

# “Pathways”

## Challenge Course Manual

For

Ghost Ranch 2001

# ***Ghost Ranch“Pathways” Low Ropes Course Manual***

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## ***Section 1:***

### **Ropes Course Program - A Brief Description**

Ropes course programs are used for a variety of purposes, depending on the needs and wishes of the group. Low ropes programs are typically lower risk and promote teamwork and communication (conversely, high ropes programs are more individually challenging, requiring some physical skills, as well as support from group members).

Groups work together on activities and initiatives – some are more physical, others require more problem-solving skills. A program generally starts with an introduction to the program, including a discussion about safety, a description of the “Challenge By Choice” philosophy (people participate at the level they are comfortable), and a discussion of the expectations and contributions of the participants. Low-risk games – introducing the group to having fun and serving as the foundation of the program – often precede the introduction. As the program progresses, the activities become more complicated and require a greater amount of risk and trust by the participants. Activities involve use of dynamic (portable) “props” and later, the static initiatives (cables and ropes).

In keeping with the “Challenge By Choice” philosophy, participants are encouraged to become involved in the activity at the level they are comfortable. “Pushing comfort zones” is also encouraged – facilitators will often ask (not require) people to go a step further than they think they can. This invitation to learn more about oneself is one way that ropes course facilitators promote learning through the activities.

Each activity is “debriefed” or processed to glean insights about the group and about individuals. The group notices behaviors and comments on how they performed the activity, often making suggestions on how they could work better, more efficiently, etc. The processing integrates the group’s stated goals for the program to ensure that the group is getting what they expect/need from the program and from the facilitator.

Programs end with a tie-up activity and/or discussion. Goals are reviewed and participants give feedback on the program, the activities, and the facilitator. For longer programs, this may include how the group or individuals will integrate what they learned on the courses into their day-to-day lives.

## ***Section 2:***

### **The Facilitator - Who are you?**

#### *The Facilitator Defined*

The facilitator is a leader who coordinates the learning process rather than teaches or coaches. The *American Heritage Dictionary* defines facilitate as “to free from difficulties or obstacles.” It is the facilitator’s job to provide a safe (physically and psychologically), supportive, non-judgmental atmosphere, in which participants try to accomplish tasks beyond their self-imposed limitations.

#### *The Facilitator’s Role*

Facilitation is a complex mix of roles and responsibilities. The facilitator’s roles are varied and include:

- A. **Planning and coordinating**- Know the group and their needs and plan a program that matches their requests.
- B. **Setting an Example and Maintaining a Positive Attitude**- The facilitator’s attitude and actions are picked up by the group. A facilitator with a “go get ‘em” and “let’s have fun” attitude will most likely have a group who will join in and have a good time as well as accomplish a lot. A facilitator who has an “I wish I weren’t here” or “hurry up this is dull” attitude will have a miserable day and more than likely, so will their group. The facilitator must also set an example for processing, this includes not picking on individuals and being aware of sensitive topics.  
**Remember:** Most of the time the groups you facilitate will look to you to know what to do; make sure you’re doing something that will positively affect the group.
- C. **Motivating and Stimulating**- The facilitator should take neither complete credit for the participants’ success nor the blame for their failures, and should remember other members. Excessive time should not be spent trying to force a participant to do an activity simply to satisfy a facilitator’s ego. **Remember:** The course should operate under the idea of *Adventure by Choice*. Planting the right seeds in the participant may cause greater growth than trying to force what was, possibly, not meant to happen at that time. Effective facilitation offers a good balance between challenging a participant to press on beyond their self-imposed limitations and recognizing when a participant has reached the limit. The facilitator should be satisfied with any honest attempt at any level of accomplishment.
- D. **Being Flexible**- Remember, you are dealing with people and people can be unpredictable. It’s a good idea to have planned a program in advance, but you need to be willing to change those plans if necessary. Have extra activities planned in case the group runs ahead of schedule. Some groups, though, will take hours to do an event that you had thought they would do in 15 minutes. *Flexibility* is meant in terms of ideas as well as time. **Remember:** There is more than one way to do just about anything and as a facilitator, this will be proven true many times over. Don’t worry if a group doesn’t do something the “right” way. Encouraging creativity is a part of being flexible!

- E. **Understanding-** Taking risks is an integral part of any ropes course. Through these risks, participants gain the greatest personal benefit and growth. As the facilitator, you need to understand how participants feel when they take risks. Keep in mind that “risks” can be seen in a variety of ways and do not include only a fear of heights. Participants may be taking risks by saying their name in front of the group, by holding hands, or by sharing how they reacted to the event during the debriefing. **Remember:** put yourself in each person’s shoes and understand the risk component to how they feel. Know that when a person is frustrated, tired, hungry, cold, hot, thirsty, or scared this influences the group and their experiences.
- F. **Providing a Non-Judgmental Atmosphere-** The facilitator should realize and understand that each participant has distinct physical and emotional abilities, and should not expect each participant to be able to do the same things in every way as other members of the group. **Remember:** When you provide a non-judgmental climate, members focus more on competing only within themselves, rather than with each other, and can achieve success as a result. Each participant should be expected to make a whole-hearted effort, however. The facilitator must be careful not to give too much help to an individual or a group so that participants are able to take risks, use decision-making skills, and develop self-confidence. You must also be careful not to give too little help, which would make the members quit, diminish self-esteem, and increase dependency.
- G. **Encouraging Group Members to Support Each Other-** Remember that speed or individual excellence is not the goal. (If time allows, however, and a group wishes, after they successfully complete an even they may try to see if they can complete the event in a faster time.) **Remember:** Success can be determined not by how well individuals or groups perform, but also by the extent to which they are willing to try something new and work together to accomplish a task. Generally, as group members interact in a supportive and caring way in their attempt to solve a group initiative or offer moral support to each other, then individual growth and group cohesiveness take place.

## Procedures

PRIOR TO A GROUP'S VISIT TO THE COURSE,  
SEVERAL STEPS MUST BE TAKEN TO PREPARE THE PROGRAM

1. *Know the Group*- the facilitator is responsible for knowing about the make-up of the group before they arrive at the course: size of the group, age, maturity, physical ability, etc. Work with the group organizer to determine the desired outcome. (Typical goals for low ropes programs are team building, trust building, problem-solving skills. High ropes programs are usually aimed toward more individual challenge, with the support of the group.)
2. *Know the Group's Needs*- In conjunction with the group leader, find out what the group's goals and expectations are of the program; ask them what they hope to gain from their participation in an outdoor program. Discuss the group's history: how long have they known each other? In what capacity? How will they work together after the program? It's often helpful to ask, "What should I, as the facilitator, know about the group?" Research (mixed) shows that outdoor programs positively affect group team building, self-esteem, self-concept, communication skills and patterns, and problem solving skills. You will play a key role in helping the group to reach their goals by fulfilling a variety of roles.
3. *Determine Eligibility*- Essentially, anyone can use the course regardless of age, size, or physical condition. There are a few exceptions: a person who has a medical condition that could be aggravated by events on the course (i.e. recent knee or back surgery would limit a person's ability to safely participate in high elements); an individual who can not fit properly and safely into a harness, making them ineligible to use the high elements. These situations can be addressed by the "Adventure by Choice" philosophy: encouraging people to participate at the level **they** are most comfortable.
4. *Determine Staff/Participant Ratios*- This ratio is determined by course regulations. Generally, low ropes programs for adults can have a ratio of 1:15 (facilitator to participant). The ratio for high ropes is 1:8. Send the group leader/coordinator forms for participants to complete prior to arriving at the course.
5. *Plan a program Based on the Above*- Have an outline of what events you will set up and an idea of what questions you may ask in the debriefing. Pay attention to planning events that are congruent with group development stages. Plan more than you think you will need to use. (It's easier to delete an event than to scrounge to add one!) If desirable, design an evaluation of the program. Make enough copies for each participant. Bring pencils!
6. *Arrive at the Course Before Your Group*- You will need **no less than an hour** to set up events. If you are working with other facilitators, make sure that each knows what the plans are and which events will be done when.

## WHEN THE GROUP ARRIVES AT THE ROPES COURSE

1. Meet the group at the designated spot. (Decide in advance if you will meet them at the Ranch or on the course.) If a group is using a bus, you may decide to greet each person with a quick “Hello” as they disembark. If individuals need to use the restroom, decide how you will handle this.
2. Assemble the group so that everyone can see each other and the facilitator as well. Welcome the group. Introduce yourself. If necessary, collect forms ( release and medical) and check them against number/names of participants.
3. Play a name game or icebreaker.
4. Explain what will happen and give the group a description of the ropes course. Tell them the kinds of things they will be doing (spotting, jumping, balancing, supporting each other, etc.) Tell them where to find restroom and ask that they let you know if they leave the group for any reason. If the group is there for a low ropes program, acknowledge that there are high ropes and let them know they will not be on the high course this visit. Show them where they can leave their things and where water will be available.
5. Set goals. Ask participants what they wish to gain from participating in the program.
6. Discuss “Adventure by Choice” and general safety considerations. No pushing or restraining. Also discuss group “rules” or “recipe,” using “I won’t” instead of “I can’t.”
7. Start with stretches, or ice breakers. Teach spotting. Lead into trust activities.
8. Use events that match- and challenge- the group’s level of development. Debrief each initiative that gives the group a challenge.
9. Debrief the program once the activities have been completed. Allow for no less than 15 minutes (1/2 hour if the group was there for the entire day) for a final debriefing. The discussion should leave people with a good feeling about the program. Ask how well the group accomplished its overall goals for the program. Ask what they learned that they will practice in the future. Hand out an evaluation or ask the participants to make comments on an index card so you have some feedback about the program.
10. Thank the group for coming.
11. Hand out evaluations to be collected in an envelop and given to the Ropes course director.

### ***Section 3: Facilitating***

Facilitating has many facets that compliment the roles described above. Not only will you set the stage for the group with your attitude, you will assess how the group is functioning together and adapt your facilitation to their needs. Facets to facilitation include: assessing the level of group development and matching events, clearly explaining objectives, presenting appropriate rules, answering all questions, letting the group think for themselves (and probing if necessary), being aware of safety issues, leading debriefing, and selecting the next activity wisely.

1. *Assessing the Level of Group Development and Matching Events-* One of your primary tasks is to assess the difficulty level of the events you present to the group and match it with the group's skill level as well as phase of group development. If the events are too difficult or easy, you will need to modify them to fit the group.

#### **Making events easier:**

Each event can be made easier: you may give a group an additional rope or allow a generous number of "mistakes" or falls off an event, move boundaries to make them smaller or closer, or allow participants to help in ways that would not usually be in the "rules." Remember: You do not want to give people the idea that you are making things easier because they are inferior. It is better to start easy and modify the event to make it more difficult, than to start too hard and patronize them by making it easier.

#### **Making events harder:**

It is ok to modify an event to increase the difficulty because a group performs very effectively together. Examples include: reverse roles (i.e. women strategize about completing a task while the men follow their directions); make all or some of the group mute (a particularly good idea if some of the members have done the events before and "know the secrets"); make all or a few of the participants "blind" (use blind folds or ask them to close their eyes-honor system!); "handicap" by not allowing some members to use an arm or leg; add physical obstacles: have the group reverse or go backwards. Use your imagination!

2. *Clearly Explaining the Objective-* You must be able to explain the goals and objectives of each event without "giving away" a solution. Try to include safety concerns within the "story" of events. Take time out to explain additional safety concerns as they arise. For example: wait until the group generates "stacking" people two high as one of their solutions before discussing the safety components of this solution.
3. *Presenting Appropriate Rules-* While it's important that you are consistent and trustworthy, you are in a position as the facilitator to change the rules. Watch the group to see if the event needs to be modified, then make sure to process the changes in the debriefing.
4. *Answering all Questions-* Before the group begins to work on the event, make sure their questions have all been answered. Make sure your explanation is clear.



5. *Letting the Group Think for Themselves (and probing if necessary)*- it's a good idea for the group to tell you their plan BEFORE they begin to work on the event. Let them figure out solutions for themselves! Ask them to explain how they have planned for the group to stay safe while performing the event, instead of saying, "You can't do that." Or ask them what they could apply from the previous event that would help with the current one. With enough encouragement, groups will think of solutions that no one else has tried.
6. *Being Aware of Safety Issues*- Ultimately, you are the most responsible person for participants' safety. Be constantly aware of any safety issues that may arise- physical or psychological- and take care of them immediately. During the event, you should act as a spotter where necessary, but make sure that you turn the responsibility over to the group as well.
7. *Leading Debriefing*- Debriefing can make the difference in a well-facilitated program. After the group completes the event (this does not necessarily mean that they have met the end objective of the event!), you will lead the group through the debriefing process. The group discusses the event and their performance. Ask open-ended questions. The Debriefing Model for processing an event is a simple yet straight-forward method:

#### ACTIVITY

##### NOW WHAT?

what learning will you apply  
to the next activity? to your daily lives

##### WHAT?

What happened on the event

##### SO WHAT

What did you make of what happened?  
What did you learn about each other? about the process?  
How did the activity affect you?

Gradually turn over the process to the group. As they work more together, you may find that they will follow this model intuitively.

## **“Handles” for debriefing:**

### Leadership:

Who leads? How?

Who takes the lead? To whom is it given?

Does the leadership change? When? Why?

What kind of direction/structure/support/encouragement/recognition is given?

### Communication:

What are the communication patterns in the group? Who talks? Who listens?

How respectful are individuals of each other?

What is the content of the communication?

### Norms:

What are the stated and unstated “rules of the game?”

What behaviors are acceptable/unacceptable?

How are ideas generated? How are decisions made?

How is conflict expressed *and dealt with*?

What steps does the group take in solving the problem? (“All talk?” “All action?”)

What kind of peer pressure was present?

How is success and failure defined in the group?

### Membership:

What is the “level of entry” into the group for each individual?

What recognition does each individual receive by the group?

What is their sense of belonging? Who feels included? Excluded?

How do people gain or lose membership? (Specific behaviors.)

### Goals:

What is the group trying to achieve?

What are individual goals? (e.g. the group goal may be to finish the task; an individual’s goal may be to be heard).

Are the group’s goals understood and agreed to by all members? Do the goals change?

Are the group goals different from/same as individual or facilitator goals?

### Design Considerations:

Review the overall purpose for the ropes course program and relate the goals of the event to the purpose of the program.

How competitive vs. cooperative was the group?

What was the potential for success for the activity?

Was there a mental and physical balance to the event?

How did the event affect the group’s cohesion?

8. *Selecting the Next Activity Wisely*- The next event should reflect some of the responses to the above “handles” as well as the goals of the group as much as possible.

## Notes on Using Initiatives

### **I. What is an Initiative?**

Initiatives are group tasks that:

- i. Require team work, determination, and planning by using:
  - a. various mental and physical strengths of each participant
  - b. enthusiasm and support
  
- ii. Make participants aware of how they work together by examining:
  - a. leadership
  - b. fellowship
  - c. cooperation
  - d. resourcefulness
  - e. “isms” like sexism
  - f. special populations

Initiatives are different from “new games” in that everyone in the group is performing a task for a common end. The difference is a sense of “we did it” together in an initiative rather than “we had fun together” playing the game.

### **II. When is an initiative used?**

An initiative is usually used for a specific purpose. It is important to know what issues are in the group that you are working with – this helps with design of the program as well as during the processing.

Initiatives can be used:

- i. for evaluation of group dynamics – microcosms of what’s going on in the group
- ii. to help the group change some dynamics – opportunity to try out new behaviors
- iii. as a morale booster – opportunity for success
- iv. as an ice breaker – get group interacting

### **III. How is an initiative used?**

- i. Natural presentation for use as evaluation, morale booster, or ice-breaker as an “unloaded” event. This is best done by the facilitator stating the goals, rules, the safety factors and then “getting out of the way.” It is important to let the group figure out the task without interference, except for safety concerns. The debrief may include “what happened,” roles, etc. The rules may need enforcing and clarifying.
- ii. Intervention Strategies. These initiatives will be “frontloaded” by setting up rules to address issues.  
For example:
  - a. for sexism: only women can talk
  - b. for a few people talking all the time: no one can speak more than twice
  - c. metaphors: setting up a problem similar to one facing the group in real life

#### IV. Cautions when using initiatives

- i. Do not overuse the same debriefing tools.
- ii. Be sure of safety considerations before starting.  
**Note:** As a facilitator, it is important to be aware of both the process and the safety issues as the initiative progresses. It is okay to stop an activity and clarify safety rules or to add a rule if a dangerous situation occurs.
- iii.) If success is the criteria, then the initiative should be chosen or designed so the group can successfully complete the task. Rule changes may be made to enable the group to accomplish their goal.

#### V. Conclusion

In order to bring about a successful program the facilitator should be able to answer the following questions:

Why are you working with this group?

What are their goals?

What do you know about the issues of this population?

How does the initiative fit these goals OR which initiative best fits these goals and brings out these issues by nature of the initiative?

How can this initiative be redesigned/re-described to have a closer fit between the goals and the issues that you want to be brought out? (Or stated another way -- the goal of the designer is to have an activity that so closely matches what the group needs to learn, that it will come out forcefully and spontaneously in the debrief -- you should not have to direct the questions.)

# ADAPTIVE LEADERSHIP

(Modified from Hersey & Blanchard, 1992)

The most commonly accepted definition of leadership is:

" the process of influencing the activities of an individual or group in efforts toward goal achievement in a given situation." (Hersey & Slancharci, 1977, p. 84)

The leader must adapt their leadership style to the maturity and readiness of the group members. Effective leaders vary the amount of direction and the amount of support they provide depending on the situation and on the "readiness" of the group. Follower readiness is determined by the *self-confidence, ability and willingness* of the individuals to take responsibility.

## HOW DIRECTIVE SHALL I BE AS A LEADER?

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### TELLING

The most directive (Low readiness - high direction, low support)

Leader Behaviors: Orient members to the group. Gain confidence of the group. Show warmth and understanding. Create a friendly atmosphere. Establish roles and rules. Clarify goals & purpose. Design activities that involve everyone to begin to develop cohesiveness and trust.

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### TEACHING

Highly directive (Low Moderate readiness - high direction, high support)

Leader Behaviors: Show the group HOW to do the task. Don't panic when conflict happens. Empower members and validate their differences. Help members to express themselves respectfully and freely. Create an open and supportive environment for communication. Help members to recognize and work through conflict.

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### SUPPORTING

Moderately directive (High Moderate readiness - low direction, high support)

Leader Behaviors: Motivate and be supportive rather than directive. Share and facilitate decision-making. Support attempts at solutions. Identify group progress. Clarify group rules and roles.

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### DELEGATING

Non-directive (High readiness - low direction, low support)

Leader Behaviors: Back off and keep a low profile. Let the group perform. Participate as a member. Reflect leanings and successes. Delegate most decision-making. At the end: Affirm the group. Focus on the positive. Create a ceremony to close the work/task.

# Factors Contributing to Program Planning

## VARIABLES

### The Facilitator

WHO YOU ARE-

- your skills
- knowledge
- personality
- interests
- how you use your power

### The Objective

DETERMINED BY-

- the group
- a supervisor

the facilitator

### The Group

WHO THEY ARE-

- age
- sex
- special population
- voluntary or mandatory

## THE PROGRAM

- introduction
- opening activities
- progressive program of trust activities, initiatives, games
- concluding activity
- final debrief

### The Time Period

- length of contact
- experience prior to arrival
- one of multiple visits

### The Activities

FACTORS AFFECTING CHOICE-

- safety
- nature of the activity
- timing
- fun for the group

## Ideas On How To Divide Groups

(2 group) Thumbs Up

Are you a one or a two thumbs-up person?

Mingle and meet, then sign one thumb or 2 thumbs. If you are the same sign, go together and find like people.

(3 group) Shake Those Hands

Everyone has 1, 2, or 3 shakes in a handshake. Meet and shake your number of times. If you feel the same number, then join and find like people.

(2 group) Mail Box

Imagine you are going to mail a letter. You open the door, put in the letter and did you walk away or open the door again to make sure the letter dropped.

The "trustees" go to one side, the "checkers" to the other.

(3 group) Over, Under or Don't Care

Imagine you've just run out of toilet paper - it's up to you to put in the new roll. Do you put the end on top or bottom or don't even look?

(any number) Animal Farms

Decide on x number of animals. Ask the group to select one. With their eyes closed they must find the rest of their group by making the animal noise. You can give out cards, colors, etc. to represent the animals if you want even groups. You can have them start a long way apart.

## **Section 4: Lists of Adventure Activities**

### **Name Games**

Bump Bump Bumpity Bump  
Color Car or Character  
Clean Sweep  
Dinner Date  
Fact or Fable  
Group Juggle  
Here I Sit

In One Breath  
Instant Replay  
My Food Fantasy  
My Stretch  
Natty Names  
On My Left, On My Right  
Smart Kid on the Block  
Who's in the Hot Seat?

### **Warm Up Activities**

Aerobic Walking Tag  
All Aboard  
All My Neighbors  
Balloon/Ball Trolley  
Blanket All Aboard  
Caterpillar Hoop Trick  
Common Threads  
Cooperative Blanket Ball  
Count Down  
Cyclops Tag  
Earthball

Electric Hula Hoop  
Elephant Cow Frog  
Group Juggling  
Hoop Circle  
Knots  
Moon Ball  
Sharks  
Radio Active Garbage  
Thread the Hoop  
Turn the Blanket

### **Trust Activities**

Blindfold Trust Run  
Body Surfing  
Broom Twizzle  
Cookie Machine  
Flying Carpet  
Human Ladder  
Human Ping-Pong  
People Pass

Rush Hour Traffic  
Statue of Liberty  
Team Radar  
Trust Circle  
The Trust Fall  
Trust Run  
Who Was My Guide?  
Yurt Circle



### **Group Initiatives with Mobile Props**

The Amazon	Fireman's Ladder	Medicine Man
Amoeba Creep	Flip Your Lid	Mine Field
Australian Trolleys	4 x 7	The Monster
Big Bag	3x3 or 4x4	Scrambled Puzzles
Blind Poly-Gone	Gold Rush	Stepping Stones
Centipede	Helium Pole	Square Dance
Chariots	Hole in One	Top Marks
Choo Choo Train	Icebergs	Touch Pad
Cinderella	Key Punch	Traffic Jam
Connect the Dots	Lumberjacks Crossing	Tub Turn
Electric Fence	Lycra Loops	Wireless
Equilateral Triangles	Magic Flute	communication
Fire in the Hole	Magic Slippers	

### **Group Initiatives with Fixed Equipment on the Ropes Course.**

- Crevasse Crossing with variations
- The See Saw
- The Mohawk Walk
- Nitro Crossing and The Toxic Tonic
- The Postman's Shuffle
- The Web
- Whale Watch
- The Postman's Sprint

### **Individual Low Elements**

- Balance Beam
- Bowsen's Chairs
- Criss Crotch
- Fidget Ladder
- Loose Line Bridge
- Mohawk Walk
- Multi-line Bungee Traverse
- Multi-line Tension Traverse
- Pirates Crossing
- The Snake
- Straight Tension Traverse
- Statues
- Swinging Rings
- Triangular Tension Traverse
- Wild Woozy

## **Section 4: Adventure Activities**

### **Name Games Explained**

- Bump Bump Bumpity Bump
- Color Car or Character
- Clean Sweep
- Dinner Date
- Fact or Fable
- Group Juggle
- Here I Sit
- In One Breath
- Instant Replay
- My Food Fantasy
- My Stretch
- Natty Names
- On My Left, On My Right
- Smart Kid on the Block
- Who's in the Hot Seat?

NOTE: Most of these games involve introducing one's self and can be played so that the previous participants are also re-introduced. You may instruct the group to introduce previous participants back from the very beginning. More repetitions of participants' names helps the learning process but too many will make the group loose concentration.

#### **Bump Bump Bumpity Bump:**

The group stands in a circle with one person in the middle. Each person learns names to left and right. The middleman then points to someone and says "left" or "right". The person pointed to must give the correct name before the person in the middle can say "Bump Bump Bumpity Bump". If they answer correctly the middleman points elsewhere, if not answered in time or incorrectly they switch places. After a while do an "all change" to mix up names.

#### **Color, Car, or Character:**

As participants introduce themselves they announce their favorite color, car or character and explain why they chose it!

#### **Clean Sweep:**

Pass around a roll of toilet paper asking people to take as much as they usually use. Do not tell them why when everyone has their "supply," ask them to introduce themselves and give one fact about them for every sheet they took. This can also be done with M+M's!!

#### **Dinner Date:**

Give the name of a person with whom you would like to go to dinner with and why.

#### **Fact or Fable:**

Give name then offer 2 pieces of information about yourself. One must be true and the other false. The group then votes on what is true.

### **Group Juggle:**

Establish a throwing pattern so everyone catches and throws the object (soft). They must say "John...this is for you" - the recipient must say "Thank you, Susan," before throwing it to another person they alert by saying "Fred...this is for you". After the sequence is established begin introducing more objects into the game until you have chaos!! This can be done with one "toy" asking the group to pass it around as fast as possible. World record is less than a second! This becomes "speed juggling."

### **Instant Replay:**

Group stands in 2 straight lines facing each other. One person takes 2 steps forward and says their name with flamboyant style, then steps back. The opposite line does an instant replay stepping forward 2 steps and repeating name and drama.

### **"I sit," "in the grass," "with my friend":**

Players sit in a circle with one empty space (indoor use chairs, outdoors use anything to mark the places). On "go" the players either side of the open space try to be first to sit there. The winner says "I sit," the person on the other side of the new vacant space moves into it and says "in the grass," and the next person then moves into that space and says "with my friend Pat," as they point to and name someone across the circle. Pat then sits in the free spot creating a new space. The game quickly begins again. (This can be done with bean bags indicating "places." "Here I stand, in the sand with my friend....")

### **My Food Fantasy:**

As participants introduce themselves they announce their favorite food and why they like it.

### **My Stretch:**

One Person: "Hi my name is \_\_\_\_\_ and I like to stretch my \_\_\_\_\_"

Group: "Hi \_\_\_\_\_(stretch)..ooh that felt good."

### **Natty Name:**

As participants introduce themselves they add an adjective that begins with the same sound as their own name, e.g. Devious Derrick, Sassy Suzy.

### **One Breath:**

Group stands in a line in an open area. Each person takes one breath, and one at a time runs as far forward as they can while yelling their name. They must stop when they can no longer make a sound. Everyone stays in place or marks place until everyone has had a turn. **No Cheating** by taking small breaths while running. This can be a team event with the next team member beginning where the first ended their run or the participant can run around the outside of the circle.

### **On My Left, On My Right:**

The group sits or stands in a circle with one person standing in the middle. The group is given a few seconds to find out the names of the people next to them. The person in the middle stands in front of someone and says "Hi my name is Jack. Who are you?" The reply is "Hi Jack, I'm Jill and on my left is Fred and on my right is Pat and I like everyone who is .... (name anything that others may share in common)." At this point everyone who qualifies changes places. Jack takes Jill's spot and everyone else rushes to a new space. The one who is left without a home is the new introducer.

examples: I like everyone who:

... is wearing sneakers.

... likes jazz. etc.

### **Smart Kid on the Block:**

This involves performing a clever trick or some physical strange phenomenon, e.g. wiggling ears, junior batman, double joints, etc. The participant begins by saying "This is .... she thinks she is the smart kid on the block because she can .... (tries to perform the stunt) but she's not. I'm .... and I'm the smart kid on the block because I can ...."

### **Who's in the Hot Seat:**

This is a stressful but fun name game that should be played when people know each other fairly well. Divide group in half and sit on either side of a large non-see-thru blanket. Each team sits one person close to the blanket while everyone else sits close behind. On the count of 3 the blanket is dropped and the 2 people point at each other and call out the other's name. The first to do this correctly wins that person onto their side. Continue until tired or one side wins. If there are many participants put 2 or 3 pairs of chairs facing each other.

## **Section 4: Adventure Activities**

### **Warm Up Activities Explained**

- Aerobic Walking Tag
- All Aboard
- All My Neighbors
- Balloon/Ball Trolley
- Blanket All Aboard
- Caterpillar Hoop Trick
- Common Threads
- Cooperative Blanket Ball
- Count Down
- Cyclops Tag
- Electric Hula Hoop
- Elephant Cow Frog
- Group Juggling
- Hoop Circle
- Knots
- Moon Ball
- Sharks
- Radio Active Garbage
- Thread the Hoop
- Turn the Blanket

#### **Aerobic Walking Tag:**

This is good to precede or follow All My Neighbors. The game is played with a circle marked with a rope or with bean bags. Every player chooses a partner across the circle from them. They each decide who is "it." On GO the "it" tries to tag their partner. If anyone touches anyone else they must each do a 360-degree turn. No one may run. Once the partner becomes tagged they become it. They do 2 x 360 degree turn allowing their partner to escape before chasing them.

#### **All Aboard:**

The group is given an appropriate size platform (1/2 plywood disc, or carpet close to the ground for less athletic groups). The group must get everyone balanced on the platform with nothing touching the ground and hold for a count of 10.

#### **Variations Progressive All Aboard:**

Start with 6-8 discs or carpet squares. Tell the whole group to get "all aboard" as quick as possible for a count of 10. Then repeat the task with one less disc. Continue taking discs away until almost impossible. You can also ask the group to set the challenge by deciding how few disc or carpet squares they can use to balance the group.

- Limitations:
1. No more than 3 people high (don't tell ahead of time).
  2. Only feet can touch the platform.

#### **All My Neighbors:**

The group stands in a circle using something to mark their place e.g. bean bags. The one person begins standing in the center and calls for everyone to change places who .... at this point they give a fact about themselves. The center person then tries to take someone else's place, leaving a new person in the middle. Example: "All my neighbors who ate Wheaties for breakfast - change"!

### **Balloon/Ball Trolley:**

Team lines up with a balloon or ball between each person. They must move between A and B without dropping the balls. This can be through an obstacle course or straight line. If they drop one ball, the team either begins again or picks it up without dropping others.

Variations: Using one ball:

Pick it up without using hands and carry as a group – all folks touching.

Pick it up and contact only with the head.

### **Blanket All Aboard**

**Objective** The group must see how many times it can fold the blanket and still get everyone in the group balanced on it for a fast count of 10!

**Set Up** Select a blanket or tarp of a size appropriate to the group. Place it on a flat surface. It is possible to ask the group how many times they think they can fold the blanket and still balance everybody on board.

**Rules** Folds must make each side of the blanket symmetrical! Students may come off the blanket to fold...or students may not come off to fold!!  
You chose! Or they chose!

### **Caterpillar Hoop Trick:**

Have up to 6 people stand in a single file line. Give the hoop to the front person in their left hand. The right hand joins the 2nd person's left hand through their legs and on back so all are holding hands through legs. The hoop is passed to the back and then front without letting go. This can be done in a circle. All hold hands then put the left leg over the left arm. Be careful not to kick anyone!

### **Common Threads:**

Give everyone a blindfold or 3' piece of rope. Stand in a circle. One person begins by announcing their

- a) name
- b) 3 likes
- c) 3 dislikes
- d) 20 second talk about things they've done **or**
- e) any information you think may be shared by the group.

Afterwards another person in the group who can relate to the first person takes and holds the end of their thread, and says "I too ..... (like, dislike, have done, etc)," and shares their information... after saying their name. Someone else who has not yet spoken then takes their free end and continues until everyone has an end of a blindfold in each hand. "We all share common threads". This cannot turn into Knots as they untangle the ties.

### **Cooperative Blanket Ball**

Objective To toss and catch a ball in a blanket or tarp that is being held by 2 or more people.

Set Up Sheets, blankets or tarps can be used with volleyball or larger size balls. If a high string or net is available more variations can be invented.

Rules Variations: Toss and catch with yourself.  
Exchange balls by tossing to an adjacent group.  
Toss over the net and catch.  
Group “volleyball” over net.

### **Count Down:**

This is a “counting off” game with specific rules. The facilitator begins the game with “Begin Count Down” and if rules are broken they say “Count Down Aborted,” and the game begins again. The facilitator starts by explaining the rules. After that the group cannot talk except to “count off.”

Rules: The group sits in a circle with the facilitator in it. The rules are explained and after this the group cannot talk except to count.

1. The person to the right of the facilitator begins with 1 and on around the circle.
2. When it comes to the facilitator they say “Begin Count Down.”
3. No one may use their original number.
4. No one either side of a “counter” may count down next.
5. No two people can speak the same number at once.
6. No one may say more than 1 number.

Infractions: “Count Down Aborted” and the game begins again.

### **Cyclops Tag**

This is a variation of Aerobic walking tag that is worth trying! This game is played in a restricted area, with one partner who is “it”. The same penalties apply as in aerobic walking tag. The difference is the person who is “it” must cover one eye completely and look through their fist with the other (basically making a mini-telescope with one hand over the eye they will use to see). This is a great game!

### **Electric Hula Hoop:**

Put one person inside a hula-hoop and up to 8 people on the outside holding it with both hands. Describe a course the team must take. If the person in the middle touches the hoop, they must scream and the group “freezes” for a count of ten. It can be a race between teams. 2-3 people in the center makes this event harder.

*Variations:* Middle person may close their eyes, everyone but the middle person has eyes

closed, or the middle people must walk backwards.

### **Elephant, Cow, Frog:**

Everyone stands in a circle. The leader demonstrates how 3 people in the circle can portray an elephant (center trunk, sides ears); cow (center makes udders, sides milk the cow); frog (center makes mouth and sides kick outside legs). One person volunteers to go into the center. They randomly point to a "center" person, calling out one of the 3 animals and counting to 10 fast. If any of the 3 are not able to do the right action before the count is "up" they take the center spot.

### **Group Juggling:**

This can be done using balls or toys and it has several variations.

The group stands in a circle. One person has an "easy to catch" projectile. As they throw it to someone across the circle they raise their hand and remember who caught it. The catcher can then a) say their name or b) say "thank you ...(name of thrower)" or c) scream and/or d) continue by tossing it to someone whose hand is not up. Once they have caught the projectile they raise hand!

When everyone has received the toss, the ball is thrown back to the starter. **HANDS DOWN**. Now practice the throwing pattern with or without names and screams. Once this has been established the game begins.

- a) See how fast one toy can make it around the juggling pattern without being dropped.
  - b) Start a second toy a couple of throws after the first and see if it can catch up.
- c) Throw one toy in each direction.
- d) Throw 2 toys in each direction.
- e) Throw as many toys as there are participants and see how many the group can keep in the air.
- f) Ask the group to come up with a way to successfully keep the pattern and group juggle one toy per person.

### **Hoop Circle:**

Everyone stands in a circle holding hands. Put a hoop between 2 joined hands. The hoop has to be passed around the circle without a break in hands.

- A. Go for speed.
- B. Put 2 hoops in opposite directions.

### **Knots:**

Everyone stands in a circle and grasps right hands with someone across the circle (can use ropes for groups with little flexibility or are afraid of physical contact). Then the group grasps left hand with someone different. The group then tries to untangle the knot without letting go. (Pivots are allowed and you may permit a break if necessary) 8 in a group is a good maximum number.



### **Moon Ball:**

You have entered a new Olympic event called Moon Ball. Your objective is to score as many points as you can before the ball touches the ground or within a 3 minute time limit. Every time a player hits the ball, the group chants the score (i.e., "The score is 1-2-3 etc."). Each time the ball touches the ground the score and clock start again. An extra point may be scored by passing the ball through the hoop. However, no one may hold the hoop for more than one goal (i.e., score then pass the hoop). The ball must be hit (head, hands, arms, feet) and cannot be caught, held or thrown. Game begins with a toss when someone starts the clock.

### **Sharks**

Set up a clear course of about 75 - 100 yards that can be circular, and is marked with cones.

Game: Each team has a disc (the boat). Everyone must have one hand on the boat at all times. On the command "sail" they begin racing around the course. If one person lets go the team stops, yells "man overboard" and waits until they rejoin. When the leader yells "sharks" the team drops the disc and performs an all aboard for a fast count of 10. If anyone falls off during the count they must yell, "stop" and the count begins again. The facilitator calls out "sharks" several times before the first team finishes.

NOTE: This is a great game, it is very difficult not to cheat, and a great test of honesty.

### **Radio Active Garbage:**

(If long ropes are used for common threads this can be a logical following event).

Preparation: Set up a large playground ball on a No. 10 tin can. Arrange a trash can/box some 25 yards away. Give each person a 15' rope.

Objective: Group exchange ends so everyone has one rope in each hand. Without letting go ropes they weave a basket to lift the ball and carry it to the box (decontamination chamber).

#### Limitations:

1. Cannot let go of ropes to weave them.
2. Cannot get within 6' of the ball (zapped and ball returns to start and/or the culprit is also handicapped/blindfolded!)
3. If the ball falls the group begins again.

NOTE: Variation

Give the group ropes and a piece of bungee or bicycle inner tube. Instead of using a ball, use a piece of telephone pole. The rest of the rules are the same but now they have to figure out how to grip the heavier pole.

### **Thread the Hoop:**

Take 2 hoops of the same size and hold them together as one hoop. Everyone stands around the hoop holding it at waist height with one hand. Task: without letting go of the hoop everyone has to take a turn at going “thru” the hoop.

Note: As teams are asked to go faster they may have more than one “thru” the hoop at a time.

### **Turn the Blanket**

Objective: The whole group begins by standing on the blanket (or tarp). They then have to find a way to turn it over without anyone getting off.

Set Up: Place a tarp or blanket on the floor. Choose a size appropriate to the group (4' x 6' usually holds 10-12).

Rules: If anyone touches the floor, the attempt has failed and the group must start again.

## **Section 4: Adventure Activities**

### **Trust Activities Explained**

- Blindfold Trust Run
- Body Surfing
- Broom Twizzle
- Cookie Machine
- Flying Carpet
- Human Ladder
- Human Ping-Pong
- People Pass
- Rush Hour Traffic
- Statue of Liberty
- Team Radar
- Trust Circle
- Trust Fall
- Trust Run
- Who Was My Guide?
- Yurt Circle

### **Blindfold Trust Run**

Group of 10-12 people stand in 2 lines about 8' apart with 6' between people. Everyone holds their hands up to spot. The last 2 people are "stoppers". The performer stands blindfolded at the start, and with hands up, tries to run between the lines. The "stoppers" touch (catch) them at the waist to finish. Side spotters push from the shoulders or move away from the performer while protecting their passage.

### **Body Surfing**

This is best done on mats or soft grass. The group lies down on their tummies about 1½' apart, arms outstretched, face down. The performer kneels at the head of the line by the hips. As they yell "surf's up", the line begins to roll, and they push themselves over the "hips". As everyone rolls the performer is pushed to the end of the line.

### **Broom Twizzle**

Props: 1 thatched broom or foam noodle

10-12 people stand in a circle. One volunteer goes in the center, holds the broom over head and spins 15 times to the group's counting while watching the broom head. After 15 turns the broom is placed on the ground and the participant attempts to step over it.

NOTE: The people in the circle must SPOT carefully. Everyone holds onto the performer for 10-15 seconds at the conclusion.

### **The Cookie Machine**

The group forms 2 lines shoulder to shoulder, facing each other, and about 2 feet apart. Everyone lifts their arms out in front of them, alternating arms with people in the other line. The first person then runs and dives on to the bed of hands. The group then bounces and flips (rolls) the person to the end groaning "cookie-cookie." Assistant helps the person off the line.

### **Flying Carpet**

One person stands stiff, eyes closed, arms across chest. The rest of the group picks them up and puts them in a horizontal position overhead. The group then sways, turns, and travels with that person before gently setting them down.

### **Human Ladder**

Props: One 3' x 1½' dowel per person.

The group stands in a double line with a rung between each pair. The “rungs” must be held firmly at any height from knees to shoulders and must be level. The performer must climb over the rungs, touching each one. The first and last ones should be low. The rungs can change height when not being touched.

Note: A real ladder can also be used with special groups.

### **Human Ping Pong**

Group of 10-12 sits in a circle. One person stands in the middle with their legs staggered, one foot in front of the other, arms across chest and stiff. The group, who has removed their shoes, places their feet, knees bent, on the person’s ankles. Then with arms outstretched the spotters pass the person around the circle and back and forth - Ping-Pong.

Note: If done outside at the ropes course the group should sit on a tarp.

### **People Pass**

Everyone lies down on mats or on a soft dry area. The group forms 2 lines, lying face up with heads in the middle and feet on the outside of both lines. Everyone raises their arms and takes turns to pass each person to the end of the line. An assistant helps to lower the person onto the "bed of hands" and catches them at the other end under the armpits so they do not get "shot off".

Note: If done outside at the ropes course the group should sit on a tarp.

### **Rush Hour Traffic**

Everyone partners up and has one blindfold. The person who is the car puts on the blindfold and holds hands up as “bumpers” right in front of shoulders, thumbs almost touching. The driver stands behind the car, placing hands on their shoulders. The facilitator plays policeman calling for “traffic rolling,” “slow for school area,” “red light,” “freeways,” etc. The drivers respond by steering their cars through the other traffic without touching or bumping anyone else. After awhile groups change. “Beep beeping” is encouraged. (This is an excellent tool to relocate the group!)

**NOTE:** Special emphasis should be placed on caring for your car. Avoid holes, curbs, rocks, roots as well as other people.

### **The Statue of Liberty**

Groups of 10-12 stand in a circle. One person stands in the middle pretending to hold up a "torch," other hand on hip. This person stays very stiff. The rest of the group coordinate efforts to pick them up from below the knees and raises them head height.

Note: It is important to lift with knees bent using the legs, not the back.

### **Team Radar**

Props: 1 long piece of rope or webbing  
A marker for the final destination  
Blindfolds

2-15 people start at one end of a course that will lead them thru the woods. They should be able to see the final mark. The group is given minutes to "landmark," pace, and work out how they will find the marker when blindfolded.

NOTE: They may not disturb the vegetation or ground!!

When they begin all must be blindfolded and holding onto the rope.

Safety Note: The facilitator(s) must be alert to the group "running" into obstacles and use the word "STOP." If the group gets "lost" they may begin again.

### **Trust Circle** (Willow in the Wind)

One person stands in the middle of a circle of 10 - 12 people. This person crosses their arms, closes their eyes, and stays very stiff. Trust circle participants hold up hand, fingertips touching the person in the center, feet braced in a front-to-back stance. The person is passed gently around the circle.

Note: The participant should choose a person to catch them first. Use the "ready to fall," "fall on" calls!

### **The Trust Fall**

(From a stable platform no higher than just below shoulder height to the catchers.)

10-12 catches are needed. Have the catchers stand in 2 lines facing towards the platform and very close to each other. Lift the inside arm to shoulder height, palm open and up. Alternate arms from each side and do not hold anyone on the opposite side. Use specific commands, "Ready to fall," person holds pants, stays stiff. "Fall on."

Note: The spotters should use their outside hand to protect their faces!

### **Trust Run**

Two lines of people facing each other with arms outstretched and staggered with person opposite. Runner begins several yards away and runs at a fast pace at the line. The folks in the line must drop their arms as the person passes. The idea is for the runner not to flinch or slow down while the lines try to move arms at the last minute.

### **Who Was My Guide?**

The group divides in half. One half is blindfolded. The other half chooses a partner who is blindfolded, but may not talk to them at any time. They take their blindfolded person on a trust walk by allowing them to hold their arm. The blindfolded person may talk. At the end of the walk, the guide returns to their group. The blindfolded person then removes the blindfold and the roles are reversed. The guides then choose a blindfolded partner. Before taking off blindfolds, they separate. At the end of the game each person tries to identify their guide and say how they knew!!

### **Yurt Circle**

The group, which must consist of an even number (so the facilitator may need to take part), stands in a circle with arms at a 45 degree angle to their body. The group holds hands in this circle and counts off by two's. Now the group is divided into one's and two's. On the count of three, one's will lean forward and the two's will lean backwards. The participants will need to remain stiff or rigid with feet stationary. The group should support each other with the displacement of each individual's weight in opposite directions -- i.e. ones leaning forward and twos leaning backwards.

## **Section 4: Adventure Activities**

### **Group Initiatives with Mobile Props Explained**

- The Amazon
- Amoebae Creep
- Australian Trolleys
- Big Bag
- Blind Poly-Gone
- Centipede
- Chariots
- Choo Choo Train
- Cinderella
- Connect the Dots
- Electric Fence
- Equilateral Triangles
- Fire in the Hole
- Fireman's Ladder
- Flip Your Lid
- 4 x 7
- 3x3 or 4x4
- Gold Rush
- Helium Pole
- Hole in One
- Icebergs
- Key Punch
- Lumberjacks Crossing
- Tub Turn
- Lycra Loops
- Magic Flute
- Magic Slippers
- Medicine Man
- Mine Field
- The Monster
- Scrambled Puzzles
- Stepping Stones
- Square Dance
- Top Marks
- Touch Pad
- Traffic Jam
- Wireless communication

### **Brief Synopsis of Initiatives**

NOTE: Facilitator makes up own scenarios to go with the problem.

#### **The Amazon**

Props: 30' good rope, 2x8x12 plank, a strong 8' to 10' pole (or 2x4), a 3' stick with a hook on the end, a small bucket of water with a handle, a long wall or bank.

Rules: The board may project over the edge of the bank, so may the rope and the stick. The pole may not project over the bank. Nothing may touch the ground beyond the bank.

Object: To retrieve the bucket following the above rules

NOTE: The bucket should be placed the distance of the plank and the stick away from the bank.

#### **Amoebae Creep**

A string is placed crotch high to the tallest in the group. As a straight line or circle (harder) the group tries to cross the rope without letting go hands, touching the string, hard (jump) landings, or breaking the downward plane of the string.

### **Australian Trolley**

4', 8', 10' or 12' slats of wood (2x4's) with ropes arranged at 1' intervals.

Teams of 3-12 "walk" on them without falling off.

One foot is on each slat: Variations (1) alternate the way people face, (2) use 3 trolleys so the middle one is shared, (3) use 2 long and 2 short trolleys in the middle, and (4) connect them in a train.

### **Big Bag**

The group (up to 12) gets inside the bag and attempts to move it about 15-20'. They must have the bag up to waist height, they may not talk (give them this direction just before they are about to begin).

### **Blind Poly-Gone**

This requires a blindfold each and a piece of rope 20'-30' long and tied in circle. The group huddles, puts on their blindfolds, and holds a section of the rope. The task is to form a perfect equilateral triangle. When the group thinks its finished they can all take blindfolds off. A square is also a good challenge.

Variation include having the group tie a "8" follow through, without the blind folds of course.

### **Centipede**

Arrange about 6 hoops in a staggered line. With 6-12 people in a group have them stand in a circle and tie their legs together at the ankles with an old piece of material. Once tied, the group tries to cooperate and walk across the space touching only the inside of the hoops.

### **Chariots**

This activity is for up to 12 people. The chariot is a 12' A frame with 15' ropes tied to the top. One person stands in the frame while the others circle around holding the ends of the ropes. By pulling and releasing the chariot walks forward.



### **Choo Choo Train**

**Objective** Move the team of 3-6 people from station to station, without getting off, and using only the dowels for propulsion.

**Set Up** Stations, made out of hoops or rope circles, are placed 10-15' apart. The train, consisting of a plank, several PVC pipe "rollers" and 2-4 dowels (short poles) are given to the group to figure out how to move.

**Rules** If anyone falls off the train, it must return to the previous station. It can pick up passengers at different stations or can be used as a shuttle.

Only pipes and the end of the dowels can touch the ground.

It can be more interesting if a rope is added. The rope cannot touch the ground between stations.

Note: This must be done on a smooth surface, i.e. the gym floor, or pavement.

### **Cinderella**

The group sits in a small, close circle (on a tarp if outdoors). Everyone takes off their shoes and tosses them into the middle of the circle. Everyone then blindfolds himself or herself while the facilitator mixes up the shoes. The group then passes shoes around attempting to find their own.

### **Connect the Dots**

**Props:** Place 9 carpet squares in a square. Give the group a 30' rope.

**Task:** Using the rope, connect all 9 carpet squares, however, the rope must remain straight except for three bends.

### **Electric Fence**

This is a triangular rope, about waist height. An 8'-10' strong pole is included inside the string. The group must get out without touching the string, breaking its downward plane, touching supporting trees or landing heavily. Anyone touching the fence returns and, as it was electric, everyone in contact with that person, even via the pole, must return inside the string.

Variations:

String up 2 parallel lines one above the other. Give the group a container of water. Everyone must be touching the container and pass through the lines without spilling the water or touching the lines.

### **Equilateral Triangles**

**Props:** 6 even length poles

**Task:** To arrange the poles so that they make 4 equilateral triangles. All the poles must be used, and all parts of the poles must be incorporated into one of the 4 equilateral triangles.

### **Fire in the Hole**

Props: One side of the “pit” with the “fire hole” (this can be done over a ditch).

2 long ropes  
2 2x4s  
1 small piece of string

Other side of the “pit”

2 2x4s  
1 small bucket  
1 small piece of string  
1 large bucket of water

Task: The team has to transport water across the pit to put out the “fire in the hole” (float the ping pong ball). They cannot cross the pit or have any prop except the ropes touch the ground in the pit. (It should take more than 1 bucket of water to “put out the fire”)

Safety: Watch that the group is not pulled into the pit

### **Fireman’s Ladder**

Props: a stepladder set up and tied at a height of 12' - 16'. Ropes 3/8" and 15' long are tied to the ladder 3/4 way up.

Up to 12 people hold the ropes and cause the ladder to stand upright. One person then climbs the ladder, passes over the top and down the other side. Another person is asked to volunteer. They give their rope to someone as they try. Performers become spotters at the base of the ladder as less people are on the ropes. This goes down to the last 2. They ascent simultaneously while the group now HOLDS the ladder still.

### **Flip Your Lid**

Props: Poles with eye screws on top  
Thin strings attached to a lid  
4-6 Tennis balls  
Bucket inside the rope circle...  
Rope circle

Game: (Rules may be a little flexible for group size)

The group must use the lid to carry a ball to the center of the circle and drop the ball in it. Rules can include:

1. Nothing can touch the group inside the circle.
2. One person can hold the pole.
3. One person can hold the string after it has passed through the eye screw.
4. No one can lean into the circle.

5. Balls may not be tossed.

### **Gold Rush**

Props: A long rope set out in a circle with a 15' to 20' diameter, the gold rush bucket, placed on a disc in the center of the circle, a pole with a hook on one end, and 2 other 30 foot ropes.

Game: To extract the "gold" from the center of the circle without any prop touching the ground inside the circle. No part of the body can protrude into the space above the circle. The "gold" must not touch the ground between the disc and the rope circle.

### **4 x 7**

This event is similar to the Monster. There are usually 7 people in a group. They must cross the "river" with only 4 collective body parts touching the water at any one time and the bad monster has to be connected as it travels from side to side. (You can decide if each foot counts as 1 part and if they can alternate.)

**(DO NOT GIVE THEM THIS INFORMATION IN ADVANCE!!!)**

### **4 x 4 or 3x3**

Props: 9 or 12 carpet squares with numbers on the bottom side randomly placed in a 3x3 square or 4x4 square pattern.

Numbers: 3x3 is for 7 or 8 participants,  
3x4 is for 9, 10, or 11 people,  
4x4 is for 12 to 14 people.

Game: The group is either given or selects numbers which are on the underside of the carpet squares. One number per person.

Everyone in the group then stands on a carpet square. The objective is for each person to finish up on their own number. But the only way to find out what number is under the square is for it to be "free" (no one standing on it). No square may have two people on it and no one may leave the squares. The group must work out a movement pattern to allow everyone to find their square. Participants can only move to an open adjacent square. They may not step diagonally and may not step off the squares or around any other participants.

### **Helium Pole**

Props: Choose a pole of appropriate size (elasticized tent poles)

Set Up: Arrange group so they stand in 2 lines facing each other. Everyone holds out 2 fingers palms up (index from both hands) about 1' apart. Onto these fingers the facilitator places the pole. The group must place the pole on the ground WITHOUT

letting their fingers break contact with the pole until the pole is just about on the ground.

Note: To see that the pole rises, the facilitator should apply a little downward pressure as fingers are placed under the pole.

### **Hole In One**

Objective      The group must carry a forward rolling ball down a channel made from 2 pipes. They may have 1 or 2 pipes each.

Rules                      The ball must always be rolling forward, may not touch the ground, may not be touched by hand. The ball can be started rolling by being dropped into the channel and end in a bucket.

Note: This is an excellent activity to move a group onto the ropes course.

### **Icebergs**

Props: Carpet squares and 2 marker lines

Game: for up to 15 people

Use several squares less than the number of people in the group. They must cross the “water” from the Titanic to safety- dry land – by using the icebergs.

Unfortunately, the icebergs only stay afloat when they are in touch with a human. As soon as they loose contact they sink...permanently.

Rules: Touch the water – everyone goes back

Lose contact – lose a carpet square

No one can go “ashore” before everyone has left the ship

Note: The shore can be “moved” as the wind and current drift the icebergs closer or further away (allows you to modify distance)

### **Key Punch**

Objective      Placed inside a circle are a series of numbers randomly scattered on the ground. The team is given a specific amount of time in which to: leave their home base, enter the number circle (only one person can enter at a time and only for a 5 second duration), touch the numbers in correct sequence, then return to their home.

Set Up              Make two circles of rope, webbing, chalk, etc. One should be fairly large for the numbers. They should be placed 100' or so apart, and on a good running surface. There should be 30 sequential numbers inscribed on a non-slip material (e.g. neoprene). Starting anywhere (e.g. 36) and going up in sequential order, the numbers are scattered randomly within the circle. Do not tell the group how many numbers there are or what is the

lowest.

- Rules
1. The team is given a specific time in which to succeed in completing the task (20 minutes average...10 minutes for a fast group)
  2. Only three attempts are permitted to complete the task.
  3. The task itself must be done within a certain time frame. (45 seconds is fast; average is around 55 seconds)
  4. Each attempt is timed from the moment the first person leaves “home” and ends when everyone returns.
  5. The task involves touching the numbers in correct sequence (touch by hand or foot and you don’t have to say how the numbers are to be touched). The numbers should not be collected!
  6. No person may be in the circle for more than 5 seconds at a time. An additional penalty of 5 seconds is given for a lengthy stay within the circle by any person.
  7. Any number touched out of order, deliberately or accidentally, receives a 5 second penalty added to the team time.
  8. Only 1 person can be in the circle at once. An additional penalty of 5 seconds will be given for each time more than one person is in the circle.

### **Lumberjacks Crossing**

- Objective      The group must stand on the pipe and roll it across the “river” without anyone falling off. Two “barge poles” are available to help.
- Set Up              Place two lines on fairly smooth ground, about 10’ apart. Place the pipe lengthwise and parallel to the “river banks.” Give the group 2 or more long poles.
- Rules                No one may have contact with the river. If any one “falls in” the group must start again!  
Only the pipe and the ends of the poles can touch the “river.”  
The group must start and finish on the banks!!

### **Magic Flute**

- Props:              A bucket and hose hanging from a rope on a tree limb, placed behind a line separating it from.....The Magic Flute  
                            small buckets and cups 20 yards away from a tub of water
- Game:                The group has to fill the magic flute with water until the ping pong ball

appears.

Rules: The water must be collected from the tub (the tub cannot be moved)  
Only body parts can cover the holes in the flute (no sticks or tape)  
The bucket can not cross the line  
Game is over when the ping pong ball comes out

### **Magic Slippers**

The objective is to transport the entire group across an imaginary river. However, the only way to cross, is to be wearing the magic slippers. (These can be imaginary or little baby shoes!) Each person can wear the slippers one time only and in one direction only.

Note: Riverbanks should be 10' to 30' part. Distance will depend on the agility of the group.

### **The Maze**

Blindfolded, the group finds its way out of a maze that you construct between trees with string. This can also be done with "broken" strings and they have to travel from "A" to "B" with an interrupted line arrangement.

### **Medicine Man**

Props include a rope circle 20' across, a climbing rope, a tree within 20' of the circle, a helmet, a blindfold, a climbing harness, a carabiner and a bag.

The objective is to retrieve the bag from the center of the circle using all the props. No one may touch the ground in the circle or pass over it without a blindfold over the eyes. No knots can be used to tie the climbing rope.

### **Mine Field**

Set out a large rectangle with ropes or markers. Scatter mines (frisbees, toys, balls) throughout. Partners must guide each other blindfolded through the field. Communicators must stay outside the field. Exploding a mine results in a fresh start. This can be made more difficult by using non-verbal communications.

### **The Monster**

6-12 people join together to form a monster. It can have one more leg touching the ground than  $\frac{1}{2}$  the total number of legs, and must have  $\frac{1}{2}$  the number of hands. It must walk between the start and finish lines.

### **Scrambled Puzzle**

Props: Blindfolds for all but one in the group. Puzzles: 1 per person in the group. Master or completed puzzle for 1 person who can see.

Set Up: Either a round a table or sitting in a circle, the group is blindfolded. One person sits out without a blindfold.

However, this person sits or stands with their back to the group. They may not turn around to look at the group.

Game: The puzzle pieces are spread on the table in front of the blindfolded group. They must try to assemble the pieces into a completed puzzle. The person who can see the completed puzzle can give advice or directions and everyone can talk. Ideally, everyone should finish with their own completed puzzle looking as much like the "master" puzzle as they could make it.

### **Stepping Stones**

Props: 6"x 6" blocks, one per person set in a circle

Game: Everyone stands on a block in a circle

The group moves x numbers to the right  
x numbers to the left, all around the circle  
or  
like a combo lock

### **Square Dance**

Props: 2 more carpet squares than there are people in the group.

Set up: Place the carpet squares in an oval shape. Have 3 or 4 squares that are different in some way. Put the different carpet squares together in the oval shape.

Game: Everyone steps onto a carpet square to begin. Then give everyone different numbers, or use birthdays or letters of the alphabet. The group then has to arrange themselves in "order." The only way they can change places is by linking arms on the 3 or 4 different carpet squares and all those linking arms then rotate on to different squares, i.e., swing 180 degrees! The game is over when everyone is in the correct order.

Note: For larger groups have 2 sets of 3 squares for swinging.

### **Traffic Jam**

9 squares set in a line for 8 people (7 for 6). The four people at one end remain in the same order and try to change places with the 4 at the other end i.e. ABCD x EFGH finish EFGH x ABCD. There are only 2 permissible moves. One may step forward into a free space or go around an opposite team member into a space.

Other Rules: You must keep feet facing the beginning direction.  
You may not leave the square to look.  
If you mess up, return to the start, but the old front people go to the back to let new front people try i.e. DABC x FGHE.

### **Top Mark**

A tall wall or fat tree and a piece of chalk are necessary for this event. The object is to make a mark as high up the tree as possible. 2 teams are desirable. One spots while one performs.

Rules: No boots on shoulders.  
No stepping on "small of back."  
No more than 3 high.  
Close spotting necessary.

### **Touch Pad**

60 carpet squares (30 with a white dot, 30 plain. Set in a 6 x 10 block with checker board pattern)  
Horn

Set Up: Decide on a "route" ahead of time. Moves can be forward or sideways. Can be a "blind" route, but no diagonals. Facilitator "blasts" every wrong move.

Game: All players can begin standing on 3 of 4 sides. The short side is the start. The team has to find the "route" thru to the other side. One person goes at a time. Each wrong square gets a "blast". The same person goes ahead until they make a mistake. They exit immediately and the next person tries. The route may change during the course of the game. Backwards moves may also be included. Once a person has finished they must stay at the far end.

### **The Tub Turn**

This involves the purchase of a big metal tub (old fashion wash tub) or farm-drinking trough. This is filled with water to a depth of 3-4". The group sits around the tub and with knees bent and feet on the trough they lift it. Then:

- a) take off left shoe and pass around circle
- b) turn the tub 180° - 360°.

Note: If protection from insects is necessary, use a tarp to sit on. However, do not use a tarp with a young boys and girls group.



## Wireless Communication

Note: This initiative is for groups of 8 to 12.

Props: One rope, one blind fold, some “stuff”

- Set up:
1. Put the rope down as a starting line.
  2. Ask the group to select their best listener. Bring that person forward 20’ and blindfold them. Tell them they cannot speak from then on until the game is over. Also tell them not to move unless told to do so.
  3. Ask the group to select their best communicator. Bring them forward 10’ and turn them so they face the group, who should all be standing on the starting line, the communicator may not turn around to look behind them. However, they are allowed to speak.
  4. Tell the group on the starting line they may not say anything the game is over.
  5. Now produce some props- a chair, a hoop, a hat, a glass, a jug of water, etc.
  6. Produce a set of written instructions, e.g. “Direct the listener to put on the hat, sit on the chair and pour themselves a cup of water, then drink it!”  
-give these instructions to the group on the starting line
  7. Without speaking, the group has to make the communicator understand the directions so they can tell the listener what to do.

Note: “Mouthing” and whispering the directions to the communicator is not permitted. Miming only!

## **Section 4:**

### **Group Initiatives with Fixed Equipment on the Ropes Course Explained.**

<ul style="list-style-type: none"><li>• Crevasse Crossing with variations</li><li>• The See Saw</li><li>• The Mohawk Walk</li><li>• Nitro Crossing and The Toxic Tonic</li></ul>	<ul style="list-style-type: none"><li>• The Postman's Shuffle</li><li>• The Web</li><li>• Whale Watch</li><li>• The Postman's Sprint</li></ul>
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#### **Crevasse Crossing**

The group all stands on one of the 2 platforms. They are given 2 planks, both of which are too short to span the gap. They have to find a way to make a bridge. They may not jump at anytime and the planks cannot touch the floor. (Before giving directions put everyone on the platform.) This increases the difficulty as they may not step off to evaluate the situation).

#### **Variation:**

##### **Burn Your Bridges**

Using the same equipment as the Crevasse Crossing a new challenge is added by incorporating the other platforms. The group has to travel to the other end of the element using different “bridges.” Once a “style” of bridge is used it can only be used in that place. A new crossing requires a different style bridge. Groups may need to retreat!

#### **Giant’s Finger**

Props: a small tire  
(Wooden)

Ask the group to put the “ring” on the finger - only hands can touch the pole and not on the red section. Have them take it off afterwards.

Props: a small innertube  
(Plastic Pipe)

Same scenario except the “ring” cannot touch the “finger” and neither can anyone else. The pipes come in a length appropriate to different size groups. There are different size tires also.

#### **The Mohawk Walk**

The group has to travel, connected by hands and arms across the cables. They may separate only at the trees.

Suggested rules: - if one falls off, all return with a new leader to start

- if one falls off, the line joins and that person goes to the end
- count the number of falls

## **Nitro Crossing with Variations**

The group finds a way to swing everyone across a no-touch zone from behind

- a) a log
- b) a raised rope
- c) a line

in order to transport a bucket of water.

Limits: The rope must be retrieved only with things you brought with you. No diving for the rope is allowed.

Rule: If someone touches the ground on a swing everyone returns *or* only person swinging returns.

### (2) **Swing to All Aboard**

Group finds a way to swing everyone to land on a large all aboard platform (or several).

### (3) **Hollywood Squares**

Group finds a way to swing everyone onto a series of squares set in a pyramid design, one square per person. One person per square. Once a square is touched, it is taken by the person who touched it.

### (4) **Beam Me Up Scotty**

Group finds a way to swing everyone onto a series of squares - 1 square per 3 people and 1 less square than would accommodate the whole group.

Only requirement: no more than 6 feet can be on one square at a time. People may move as they wish. When everyone's across they say "Beam me up Scotty. There's no intelligent life down here".

## **Postman's Shuffle** (TP Shuffle)

Ask the group to stand on the beam (log) without falling off they must all trade ends i.e. ABCDEFGHIJ to JIHGFEDCBA.

Variations: ask them to line up on the log alphabetically then move to zip code order.

## **Postman's Sprint**

Divide the group and have half stand at each end. Ask for (or use facilitators) 3 or 4 volunteers to stand on the beam. The teams then have to change ends passing not only each other but the fixed people too.

Variations: use 3 logs set in a line or triangle groups change places on center log.

### **The See Saw**

- Objective:** To keep the seesaw balanced while everyone gets on it. Only the 1<sup>st</sup> person or two is allowed on the seesaw while one end is touching the ground. No one may enter the circle or touch the ground in the circle (beginning again is the penalty). Hands may be placed on the upper surface of the beam only.
- Caution:** When everyone is balanced, or when the group needs to dismount they should all shuffle to one end. They should not all jump off because the seesaw will rock out of control.
- Note:** If the task has been very easy, the group can dismount without the beam touching the ground also.

### **The Toxic Tonic**

- Objective** To obtain the canister of toxic liquid, using the hollow pole, rope, 'biner, and string.
- Set Up** The orange plastic wall goes around the top of the four posts. A stump is in the center with the canister on top. The equipment and blindfolds are on the outside of the orange plastic walls.
- Rules** The fence cannot be touched with anything. No body parts can go over the fence. Only people with blindfolds can touch the equipment.

### **The Web**

- The group must pass each other through the holes of a web without touching the web. Neither the spotters nor performers may touch the web or the supporting trees.
- Suggested limits:**
- one person touches, all return
  - one person touches the web and all persons who are touching that person return (electric shock).
  - one hole per person.
  - one hole per 2 persons.
  - done in silence

### **Whale Watch**

- Objective** To balance the group on this giant seesaw without letting it touch the pressure pads. The group may start by getting on the platform in the middle and then moving to the outside edges and back. They may also start by standing around the four sides and proceed by working their way around the edge until they return to their starting places.
- Set Up** Check the area for hazards. Be sure the see saw begins centered and balanced.
- Rules** No touching pressure pads.
- Safety** No one may jump from the platform. The group must exit the same way they entered or everyone goes to one side so it will then go down!

## **The High Beam**

Objective	To get the whole group over the beam.
Set up	None
Rules	Everyone who is on the beam must be in contact with someone on the ground. No more than 2 people are allowed on the beam at one time. The trees may not be held. Participants may not reach under the beam to help lift or lower. Participants must land SOFTLY on the other side ( no jumping)
Safety	Watch out for people kicking. No head first descents. Remember spotting and lifting techniques. Spirit spotters allowed for the first and last people.

## **Individual Low Elements Explained**

- Balance Beam
- Bowsen's Chairs
- Criss Crotch
- Fidget Ladder
- Loose Line Bridge
- Mohawk Walk
- Multi-line Bungie Traverse
- Multi-line Tension Traverse
- Pirates Crossing
- The Snake
- Straight Tension Traverse
- Statues
- Swinging Rings
- Triangular Tension Traverse
- Wild Woozy

### **Low Ropes Course Individual Element Guidelines**

#### **Balance Beam**

Objective: To step on the log without touching cables, walk from end to end and return without falling off.

Cautions: Do not run.  
Keep feet underneath you.  
Do not leap off.

Spotting: One or more spotters each side, catch hips  
Hold out hands to assist balance.

#### **Bowsen's Chairs**

Objective: To cross the chairs and return without falling off.  
1. Solo  
2. In pairs cross twice

Caution: If arms get tired, step off the swings  
\* no one must stand close

Spotting: None: DO NOT STAND CLOSE

#### **Criss Crotch**

Objective 1.Solo - begin at the end of the cables and travel to the other end without falling off.  
2.In 2's - two performers begin one at either end, they have to change places switching within 3' of either side of the middle

3.In 4's - one person begins on each cable and all 4 try to cross within 3' of the middle.

Cautions: Do not jump off. If you fall forward, grasp the cable. If you fall back, step off.

Spotting: One person behind each performer - except on the switch they are outside the cable.

### **Multi-tension Traverse**

Objective: To walk all the way across and back without falling.

1. Solo
2. Blindfolded

Cautions: Don't run.  
Step off - don't fall.

Spotting: One person each side, "hands up"  
Beware of the performers flaying arms.

### **Loose line - 2 line Bridge**

Objective: 1. Solo - to cross the cable from side to side without falling off, using only the top rope for support.

2. In 2's - can follow or cross in the center.

Spotting: One person on either side of the cable.

### **Mohawk Walk**

Objective: To move around the cable without falling off and staying connected

- a) Solo
- b) 2's
- c) 4's

Caution: Do not run or leap off the cable.  
Step off if you begin to fall.

Spotting: If the group has physical limitations:  
2 spotters per performer; hold hands up by their waists.

### Pirates Crossing

Objective: To cross from side to side and back without falling off the cable.

Set Up: The two ropes must be attached to eyes and cable.

Spotting: The middle section is the most tricky part so two spotters are recommended each side to catch the performer on a forward or backward swing.

### The Snake

Objective: To walk the "snake" without falling off, (the "snake" is a rope 3" in diameter).

Caution: Do not run! As this encourages the snake to "roll" and participants to fall. Stay over the snake.

Spotting: None

### Straight Tension Traverse

Objective: Starting at the tree, walk across cable and return without falling off.

Cautions: Don't run.  
Keep feet across cable.  
If you fall **let go of the rope.**

Spotting: Stand between the starting tree ( with rope attached) and the performer and about 3' away. Minimum of 2 spotters, catch hips, beware of flaying arms. Performer is likely to fall towards 1st tree.

### Swinging Rings

Objective: Travel to other end of line and back.

Cautions: Be ready for unexpected landing by bringing knees up

Spotting: None.

Set up : Be sure the ropes are properly adjusted to the height of the performer, and secured.

### Wild Woozy

Objective: 1. To move as far down the cables as you can using a partner to help.

Cautions: 1. Lean in as you move further down the cable and do not run.



2. Do not interlock fingers.
3. Keep the body straight.

Spotting: 1. Spotters stand inside the cable with arms cradling hips. Catch them when they fall.

Variation: 1. Using two ropes for contact instead of hands. This requires 4 spotters. Performers should attempt to stand straight up on the cable.

## **Section 5: General Safety Guidelines**

The ropes course is a very safe place when all safety procedures are followed, but there is the possibility of serious injury if they are not. For this reason the facilitator has the final say on safety. The foremost responsibility of the facilitator is safety. **If the facilitator feels the event is unsafe for any reason, or if the group is acting in a dangerous manner, the event will be stopped.**

### ***The Safety Guidelines Are:***

1. No stacking more than two people high (try to discourage any stacking, usually there are other alternatives).
2. No jumping off events.
3. No one is to attempt or even touch an event until after the instructor has given the safety considerations, objectives, and parameters of the event and invited the group to proceed.
4. Close-toed, low heel shoes must be worn at all times, i.e. tennis shoes.
5. No one is to step in the middle of another person's back or on the end of a bent knee.
6. Hair long enough to be pulled back must be pulled back and tied.
7. Jewelry of any type including watches and non-prescription sunglasses must not be worn and should not even be brought to the ropes course.
8. Be careful of glasses and contact lenses when participating in events. Restraining straps for glasses are suggested.
9. No gum, candy or other food items are allowed on the course.
10. No knives or other sharp objects are allowed on the course.
11. No smoking, alcoholic beverages, drugs, radios, fireworks, or firearms are allowed in the ropes course area.
12. No one can do an event where they are not tall enough to reach the top rope or cable while standing on the bottom rope or cable.
13. No one can do high courses that cannot properly fit in a harness.
14. People with medical issues that could be aggravated by events may not do those events.
15. There must be at least one facilitator on the course who is currently certified in First Aid and CPR.

16. Prior to every use of the course the weather forecast should be checked for possible problems with high winds, rain, and electrical storms. Also be aware of current weather conditions. If lightning is present or suspected, all course activity should be ended immediately. After the storm moves by the facilitator must return to the course to take down the equipment. Also, the equipment should be spread out in the shed to dry.
17. An accident report form must be completed for any injury. This does not include minor cuts, bruises, or abrasions that are inherent to the activity. An incident report form must be completed for any incident where safety was compromised, whether injury occurred or not. These forms must be given to the ropes course director.
18. If an injury or incident occurs, facilitator must keep their own log of events and a list of all their actions. They should document as many of their recollections as possible immediately after the event.
19. The facilitator should be made aware of any health problems participants have that may influence them on the course. This includes allergies to bee stings and poison ivy, as well as asthma, diabetes, heart condition, old injuries with chronic symptoms or recent surgeries.

## What To Do In Case of Emergency

1. Assess the severity of the injury.
2. If a neck injury is suspected, DO NOT move the casualty and immediately stabilize the neck area and hold it steady until an ambulance arrives.
3. Stop bleeding by applying pressure.
4. Treat for shock by putting them on an ensolite pad if possible, wrapping them in a sleeping bag and lowering the head while raising the knees.
5. Go to the emergency phone and requesting an ambulance
6. Send a person to the parking lot or road to direct the rescue squad.
7. Talk positively to the casualty and reassure them.
8. Collect names of witnesses and note/write down exactly how the accident occurred.
9. Produce the medical form for the ambulance crew.
10. If possible follow up with a visit to the hospital. Be concerned.

## **Section 6: References**

### New Games Foundation

1. "The New Games Book," edited by Andrew Fluegeliman. Dolphin Books, Doubleday and Co.
2. "More New Games."
3. "New Games for the Whole Family," by Dale de Feure. Perigee books, Putnam Publishing.

### Project Adventure

P. O. Box 100, Hamilton, MA 01936

4. "Cows Tails and Cobras," by Karl Rohnke.
5. "Ropes Course Safety Manual," by Steven Webster. Kendall Hunt Publishing.
6. "The Bottomless Bag," by Karl Rohnke. Available from Project Adventure.
- 6
7. "The Bottomless Baggie," by Karl Rohnke.
8. "Silver Bullets," by Karl Rohnke.
9. "101 of the Best Corporate Team-Building Activities We Know!" by Priest, Rohnke, Kendall, and Hunt.

### Outdoor Institute

Rt. 4, Box 60, Pittsboro, NC 27132

10. Ropes Course Manual for the Outdoor Institute.

## **Section 7: Administration**

### **Information for Facilitators**

#### **Group ratios**

1. The high ropes course ratio is to be no more than 8 people per facilitator.
2. The low ropes course ratio is to be no more than 15 people per facilitator.

These ratios depend on the type of client. Ratios may need to be lower.

#### **Ropes Course Director**

The Ropes Course Director will be responsible for the following

#### **Goals**

Chief facilitator will work with the group leader to determine objectives and then plan events accordingly. NOTE: Ideally the high ropes course should be used to promote self confidence and esteem and not used just for the "thrill" factor.

#### **Keys + Equipment**

Chief facilitator will make arrangements with the Ropes Course Director to pick up keys prior to the event and **then return them promptly after use.** All equipment must be returned to its original place after use. Wet equipment must be left out in the shed to dry and the Director must be informed.

#### **Reports**

All users must fill out a report on their event upon its conclusion.

***Ghost Ranch***  
**ADVENTURE BY CHOICE**  
**CONFIDENTIAL MEDICAL HISTORY**

**General Information**

Name \_\_\_\_\_ Soc. Sec. # \_\_\_\_\_

Home Address \_\_\_\_\_

City \_\_\_\_\_ State, Zip \_\_\_\_\_

Telephone: (\_\_\_\_) \_\_\_\_\_

D.O.B. \_\_\_/\_\_\_/\_\_\_ Age \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_

Height \_\_\_\_\_ Weight \_\_\_\_\_

Physician \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

Telephone (\_\_\_\_) \_\_\_\_\_

**Person to notify in case of illness or injury**

Name \_\_\_\_\_

Relationship \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone: home\_(\_\_\_\_) \_\_\_\_\_ work\_(\_\_\_\_) \_\_\_\_\_

**Insurance**

You are responsible for any medical expenses and should be covered by your own sickness and accident insurance. Complete answers are required.

Are you covered by hospitalization and medical care insurance? Yes \_\_\_\_\_ No \_\_\_\_\_

Name of Insurance Company \_\_\_\_\_

Policy Number \_\_\_\_\_ Telephone (\_\_\_\_) \_\_\_\_\_

**Medical Information**

If you have any health problems that we should be aware of, please check below and describe:

\_\_\_\_\_ neck, back or shoulder pain or injury \_\_\_\_\_ diabetes, seizures or frequent or unexplained

\_\_\_\_\_ fainting/dizziness \_\_\_\_\_ Chronic illness or physical infirmity

\_\_\_\_\_ Vision or hearing impairments \_\_\_\_\_ Asthma, allergies or breathing difficulties

\_\_\_\_\_ high blood pressure and /or heart problems \_\_\_\_\_ Hypoglycemia

\_\_\_\_\_ **known allergy to Bee stings**

**Medications**

Do you carry epinephrine? \_\_\_ Do you carry insulin? \_\_\_\_\_ Are you currently taking medications? \_\_\_\_\_

Please indicate name amount and condition for which they are used.

**Ghost Ranch**  
**Program Release and Hold Harmless Form For Challenge Programs**

Group \_\_\_\_\_ Date \_\_\_\_\_

**THIS IS A LEGAL DOCUMENT WHICH INCLUDES A RELEASE OF LIABILITY  
READ IT CAREFULLY**

1. I understand and accept that the “Challenge by Choice” Programs, known as “Pathways” and “Airways” exposes me to many risks. Some of the risks which may be present or may occur include, but are not limited to :

- hazards of traveling by foot or vehicle to and from the course.
- using climbing equipment, harnesses, ropes, carabiners, and other similar equipment.
- objects falling from above which may include other climbing gear, nuts bolts, ropes, tree limbs, personal materials, cameras, etc..
- getting tangled in ropes or cables.
- falling from course elements and landing on the ground, or falling against cables, platforms, beams and other people.
- failure of any equipment , climbing or construction.
- injuries inflicted by animals, insects, reptiles or plants.
- the forces of nature including lightning, weather changes, hypothermia, hypothermia, sunburn, high winds etc.
- the physical exertion and stress associated with this outdoor activity.

2. I understand that participation in these programs is entirely VOLUNTARY. I have freely chosen to participate and understand that I may choose to stop at any time. I hereby assume the risks associated with this outdoor activity.

3 I understand that this activity may subject me to rigorous physical exertion. I hereby state that I am in sufficiently good physical condition to accept this level of activity.

4 In consideration of the opportunity to participate in this program, I have and do hereby release and will hold harmless, Ghost Ranch and all its officers, employees and agents, from any and all liabilities, actions, debts, claims and demands of every kind and nature whatsoever. The terms hereof shall serve as a release, indemnification, and assumption of risk for my heirs, executors, and administrators and for all members of my family, including any minors for which I have responsibility.

5. Prior to signing this document, I have had an adequate opportunity to read and understand it, I have had an opportunity to ask questions about it and any questions I have had have been answered to my satisfaction.

Participant’s Signature \_\_\_\_\_ Printed name \_\_\_\_\_ Date \_\_\_\_\_

Parent or Guardian \_\_\_\_\_ Printed name \_\_\_\_\_ Date \_\_\_\_\_  
( if participant is under 18 )

Please Note that if individuals choose not to sign this document, they will not be permitted to participate in any part of a program that is conducted on either “Pathways” or “Airways” Challenge Courses