

# CHALLENGE COURSE MANUAL

Girl Scout Council of Rockland County  
211 Red Hill Rd.  
New City, NY 10956  
(845)638-0438

1993 Edition  
Revised 2004

Many thanks to the following, whose hard work and dedication made this manual possible.

Lorraine Munz-Sorensen, Chairman  
Laura Kelm  
Vivian Solanchick  
Pat Russo  
Lois Gesner  
Kelly Machold  
Marie Caffrey  
June LeClair (artwork)

Permission was received to use materials from the following publications in preparation of this manual:

The Challenge Course

Carol Wood, revised by Dorna L. Schroeder  
The Outdoor Education Specialists  
Putnam - Northern Westchester B.O.C.E.S.  
Yorktown Heights, N.Y.  
c. Board of Cooperative Educational Services 1981

Ropes Course Safety Manual

Steven E. Webster, 1989  
copyright Project Adventure, Inc.

The Challenge Course at Camp Addisone Boyce was made possible through the generosity of the family and friends of Frances and Robin Ackroyd-Kelly. The A-K trail, which connects the 15 permanent elements, has been named in their honor.

1st PRINTING MAY 1993  
Revised 2004

## Table of Contents

	Page #
Challenge Course at CAB.....	3
General Guidelines.....	4
Spotting.....	6
General Instructions to the Leader.....	8
General Instructions to the Participants.....	9
Follow-up at a Group Meeting.....	10
About This Manual.....	10
List of Elements at CAB.....	11
Map of Elements.....	12
Tension Traverse.....	13
Fidget Ladder.....	14
Tandem Traverse.....	15
Spider Web.....	16
Tire Traverse.....	17
All Aboard.....	18
Swinging Log.....	19
Nitro Crossing.....	20
Criss-Cross.....	21
The Beam.....	22
Water Wheel.....	23
Porthole.....	25
Two Line Bridge.....	26
Trust Fall.....	27
Islands.....	29
Team Skis.....	30

## Challenge Course at Camp Addisone Boyce

The Challenge Course is a series of outdoor problems which are carefully designed to build self-confidence, leadership and group cooperation. The course is actually composed of several initiatives and several low ropes elements.

An initiative presented a problem to a group (usually 8-16 members) whose task it is to utilize all of the group members in completing, or attempting to complete a specific task.

A low ropes element is an unbelayed activity that focuses (the initiative) on one individuals achievement, while the other members of the group act as spotters. The line between a low element and an initiative is often a little fuzzy, and some elements can be used either way.

Participants will be successful at meeting the initiatives only if they work together and help each other. The leader serves as a facilitator who presents the parameters of the task to the group, serves as a clarifier of questions, acts as a safety valve to monitor and make sure the group attempts the task safely, and as an encourager and supporter of the group's attempts. The leader should not serve as an answer-man, telling the group how to do the task. Finally, the leader should assist the group in assessing how well they functioned as a group and what behaviors the group, and individuals within the group, exhibited.

## General Guidelines

**1. The participants should solve the challenge themselves.** The Challenge Course will be most meaningful to a group if they struggle with the problem and arrive at their own solution. By all means be enthusiastic and supportive, but resist the temptation to tell them how to do a challenge. There are several SAFE solutions to each challenge, and the participants may come up with one you haven't thought of. Let them decide who should be the leader, who should go first and last, whose solution is the best. It may take longer, but when the participants do complete a challenge, they will have learned something about working together, and they'll feel that special sense of accomplishment that comes from knowing they did it all by themselves.

**2. Safety is all-important.** As a leader, your most important responsibility is the safety of the group. If the group is about to do something that is obviously unsafe, you can and should intervene. Stop them and say "Someone could easily get hurt doing that. You'll have to think of another way to solve this challenge." On some challenges, you will need to "spot" the participants. Please read carefully the information on spotting. When spotting is needed, it is indicated in the instructions for the specific challenge. Should someone get hurt, stay with the injured participant and follow the designated safety procedures for C.A.B.

**3. The Challenge Course is NOT a race against time or against any other group.** Participants sometimes become concerned with trying to do a challenge "better" or "faster" than another group. Explain that each group of people is different, with different strengths and weaknesses. The important thing is not how many minutes it takes to complete a challenge, but how well a particular group can work together and help each other. It's far better to do two or three challenges safely and well, than to rush through the whole course and have someone get hurt. A sense of adventure and fun is an important part of the Challenge Course. But if the participants are getting overly excited or careless from attempting to hurry through a challenge, stop them, have them sit down, and talk calmly and quietly about what is happening.

**4. Failure is a learning experience, too.** Not every group will be able to successfully complete every challenge. If a group has made an honest effort at the challenge, and failed repeatedly, they may elect to admit defeat and go on to another. Or you may call a halt to things, if the group is becoming extremely frustrated. As a leader, you can exercise a certain flexibility in enforcing the "rules of the game." If a group is having a very difficult time, you may choose to overlook a minor infraction. Likewise, if a group is meeting no difficulty at all, you may want to become extremely strict in interpreting the rules.

**5. The C.A.B. Challenge Course is primarily designed for participants ages 10 and up.** We have found that participants younger than this have trouble with the kind of group decision-making and cooperation which the Challenge Course requires. Older participants (and adults, too) can gain a great deal from the Challenge Course experience, especially if the course is modified to make it more challenging. Some participants with disabilities have completed the Challenge Course successfully, and benefited perhaps more than non-handicapped person. You as a leader must use your judgment about allowing participants with limitations to attempt the Challenge Course. Participants who are overweight may also have difficulty and be a danger to

themselves and other participants. Here again, use your judgment, keeping in mind that if such a participant is able to complete the Course successfully, the boost to her self-respect can be enormous. One of the wonderful things about the Course is that a person's sex and physical size have little relation to her contribution to the group. Try to help the participants overcome preconceptions they may have about what others can or cannot do because of their sex or size.

**6. Above all, ENJOY the Challenge Course with your group.** They will be having a wonderful time. Join in the spirit of adventure.

## Spotting

Spotting is a human safety net provided by other people for the person(s) doing an activity. It is the primary safety system for Initiative problems and low rope elements. Basic spotting techniques are taught to participants through introductory activities and are modified or added to as the demands of specific elements require.

Falling off things is to be expected. Proper spotting helps prevent falls that result in injury. Regardless of the specific spotting technique being used (techniques do vary from different events and elements), the primary principle is to protect the participant's head and upper body through physical support.

The term **catching** is often used in both the teaching and doing of spotting. But while spotters usually need to be in position to catch a participant in the event of a fall, it is very difficult to literally catch a falling body, even from just a small height. Spotters and participants must understand that catching means to support and protect the upper body and head in case of a fall (sometimes referred to as breaking the fall). An understanding of this concept of catching, along with a grasp of the real meaning and function of spotting, can prevent breaking the initially fragile feelings of trust. Participants should understand that a spotter who breaks their fall, even though either or both participant and spotter end up on the ground, has indeed performed her role responsibly and in a trustworthy manner. Falls, along with minor scrapes and bruises, come with the territory.

Teaching spotting is one of the most important tasks in any ropes course experience. Careful instruction is required because potential spotters often times do not recognize their importance until actually called upon to protect someone.

Here are some key aspects to remember in teaching spotting to a group:

1. Effective spotters follow the movements of the participant doing the activities -- especially in the case of traversing elements: i.e., Tension Traverse, Swinging Log, etc. By paying close attention to the participant's movements, the spotter is forced to follow whatever movement the participant makes and to position herself to respond to a fall.
2. Spotters need to be able to move in and dampen any motion in a swinging activity: e.g., when swinging onto a Swinging Log, landing on the Nitro Swing.
3. Develop a sequence for teaching the spotting of each element.
4. Practice spotting using activities designed to reinforce proper technique: i.e., Trust Fall.
5. Be clear in explaining how good spotting enhances and develops trust among participants. Joking about **not catching** someone has no place on a ropes course.
6. Carefully distinguish the differences, among spotting, catching, and assisting.
7. Supervise spotters closely, reminding them of proper techniques as needed.

8. Rotate spotters so everyone has a chance to spot and is used to spot other appropriately sized participants. The big people should not end up doing all the spotting.)

9. Pay close attention to the number of spotters required to spot each element effectively. Size, strength, weight, fatigue, and group dynamic factors may also affect minimums. Do not hesitate to require more than the stated minimums in particular situations. But remember that too many spotters spotting for the same situation can lead to the problem of no one taking her job seriously enough because nobody feels her role is important.

## General Instructions to the Leader

### BEFORE ARRIVING AT C.A.B.

There is no need for formal preparation for the Challenge Course; it is enough to say that it is not an obstacle course and that it does not involve any type of competition. The key to success on the Challenge Course is working together.

You may want to discuss the meaning of the term "working together" in the context of home, school, community and globally.

If you choose to not prepare the participants, the Challenge Course will be just as effective.

### AT C.A.B.

Before starting on the course, re-emphasize that the Challenge Course is a group effort, and that they will need everyone's help and ideas to successfully meet the challenges ahead. Then present the General Directions below to the participants.

The challenges may be done in any order. At each element, have the girls sit down, then read the instructions or present the problem for that challenge. Give the group at least two minutes to plan and organize. After this strategy time, the participants may attempt the challenge whenever they are ready. Feel free to embellish the challenges as you like, within the bounds of common sense and SAFETY. Except for safety considerations, try not to interfere with the group's attempt to solve the challenge. They will derive greater benefit from their own mistakes. REMEMBER, YOU ARE ONLY THERE AS A GUIDE.

If the group has worked at a challenge for twenty minutes without success, and frustration seems high, you may suggest that the group take a vote to decide if they want to continue with the challenge, or give up and try another one.

Remember:

1. Present the problem clearly, and be clear about what additional props or equipment are allowed.
2. Support the group's efforts without telling them how to accomplish the task.
3. Be patient.
4. Don't disengage from what is happening -- pay attention, observe behaviors and be positive.
5. Remember that a positive learning experience does not always mean successful completion of a task -- no matter how much the instructor and/or the participants may want that to occur.



## General Directions to the Participants

The Challenge Course is made up of a series of challenges or problems which you as a group must solve in order to move on to the next challenge. Solving the challenges involves both mental and physical work on everyone's part. There is no one right solution; the only solution that is right is the solution that is right for your group, so don't keep asking the adults if what you are doing is right. There are no observers in this activity; everyone must be an active participant.

The Challenge Course is **NOT** a competitive activity. It is not a race among the groups to see who completes more challenges or who gets done first or a test to see who is the strongest. The only competition that might come out of today's experience is to see how well you as a group can function together.

Safety is MOST important. If you are not going through the challenge, then you should be acting as a spotter. A spotter does not stand with her hands in her pockets, like this (DEMONSTRATE). Everyone should be standing ready to catch the person going through the challenge or to act as a back up spotter, ready to catch the spotter who might fall under the burden of catching someone else.

You should also be ready to be a positive support to anyone who might become frightened while on the challenge; sometimes a few simple words of encouragement are enough to get a person moving again.

The adults are not here as referees, to tell you if what you are doing is right or wrong, to offer solutions or to break up an argument. In fact, the only time they will stop you is if they feel that what you are doing is not safe.

If someone in the group should fall or step into a restricted area, then the whole group must start the challenge over again. But, if it is not that person's fault, whose fault is it? Yes, it is the fault of the whole group because the whole group was not supporting that person both physically and emotionally. Working together, supporting one another, and safety, are the most important factors to remember as you go through the Challenge Course.

## **Follow-up: At A Group Meeting**

The Challenge Course creates a great deal of excitement among the participants. You can use this enthusiasm to stimulate discussions about working together and solving problems. These questions might help to focus your discussions:

1. What was your favorite challenge? What made it your favorite?
2. Was one challenge more difficult for your group than the others? What made it more difficult?
3. What did you learn about what makes a good leader? A good follower?
4. Did your group get better at solving new problems as you worked through the challenges? In what ways?
5. How did you feel when facing new and unknown experiences? How did you feel after successfully accomplishing something you thought you might not be able to do? How did you feel if you were not successful?
6. How did you feel when you had to ask someone else for help? How did you feel when someone else asked you for help?

### **ABOUT THIS MANUAL**

The information in this manual for each initiative or low ropes element is presented in the following format:

1. **Presentation of Problem**
2. **Directions for Leaders**
3. **Leader's Guidelines for Safety**
4. **Instructions**

It is not the intention of the manual to require **one way** of presenting an activity or to dictate leadership style. There are many different styles and a diversity of presentation methods which can be effective.

### ***REMINDER.....***

**Don't forget you need a first aider with you when doing the Challenge Course. Don't forget your first aid kit!**

NOTE: This manual is intended for use ONLY by those adults who have completed the Challenge Course Training at CAB.

## **List of Elements at C.A.B.**

**A-K Trail** (closed and not inspected at this time)

Tire Traverse

Swinging Log

### **Beaver Meadow**

- 1 Tension Traverse
- 2 Tandem Traverse
- 3 Nitro Crossing
- 4 All Aboard
- 5 Criss-Cross
- 6 The Beam
- 7 Fidget Ladder
- 8 Porthole
- 9 Water Wheel
- 10 Trust Fall
- 11 Two Line Bridge
- Zip Line (soon-2010)

### **Main Camp**

- 12 Team Skis
- 13 The Islands
- Spider Web (soon 2010)
- TP Shuffle (maybe)

Map

## TENSION TRAVERSE

### *PRESENTATION OF PROBLEM:*

Each participant is to walk a designated length of the cable without touching the ground, holding onto the rope with 2 hands for balance. Start at the end where the rope **AND** the cable are attached to the tree.

### *VARIATIONS:*

Increase the designated length to be walked. (The further the distance, the more difficult the task.)

### *DIRECTIONS FOR LEADERS:*

1. Check area for unsafe objects - dead limbs, etc.
2. Inspect trees for soundness and security of cable attachment.
3. Make sure suspended rope is clean and free of knots.
4. One leader should "spot" by holding onto the rope behind the finish area on the cable. Leader can adjust tension on the rope to make it easier or harder.
5. When done, recoil and tie rope off ground.

### *LEADER GUIDELINES FOR SAFETY:*

1. Spotters must be on both sides of the cable and on either side of the walker.
2. Do not allow walker to wrap rope around any part of the body.

### *SPOTTER'S INSTRUCTIONS:*

1. Spotter must stop swing of walker. Walker will tend to fall sideways and swing towards tree where rope is anchored.
2. Spotters are to protect walker's head, neck and back from hitting the ground.
3. Spotters should "catch" walker if they start to fall and absorb the force of the fall.
4. Spotters should try to "push" and return the walker to the cable if possible.
5. Spotters rotate (or side step) along the cable so they are always next to the walker.



## FIDGET LADDER

### *INSTRUCTIONS FOR PARTICIPANTS:*

Climb from the bottom to the top (low end to high end) of the ladder. You must keep your **HANDS AND FEET** on the rungs of the ladders.

### *VARIATIONS:*

1. Touch the top rung of the ladder.
2. Touch the tree at the high end.

### *DIRECTIONS FOR LEADERS:*

1. Check the area for unsafe objects; i.e. limbs, rocks.
2. Inspect the ladder for loose lashings and check rungs for cracks.
3. Present the task and review spotting instructions.



### *LEADER GUIDELINES FOR SAFETY:*

1. The ladder can rotate very quickly, flipping a participant over.
2. Spotters must be careful not to be hit by rungs of the ladder.
3. Climber should keep weight in center, spread feet wide.
4. Climber should be spotted while mounting and dismounting ladder. Mounting is difficult - climbers have a tendency to flip over while mounting. Spotters hold down the ladder until climber is on. Gently release.
5. Remind participants they must use their hands -- they cannot "walk" up the ladder.
6. Help the climber down by holding onto the top rung, rotating the ladder toward you and spotting the climber under her shoulders.

### *SPOTTER'S INSTRUCTIONS:*

1. Spot with one hand above and one hand below the ropes and between the wooden rungs.
2. If the ladder starts to rotate up, push down to make it level, thereby preventing the participant from flipping onto the ground.
3. The ladder can rotate quickly. Be careful of the rungs; you don't want to get hit by them.
4. If the ladder starts to rotate down, be prepared to "catch" the climber and prevent a fall to the ground.

## TANDEM TRAVERSE

### *PRESENTATION OF PROBLEM:*

The object is for two participants to move along the cable as far as they can go. The two should mount the cable where the cables form a "v" and move to the ends where the cables are farthest apart. The two people should hold and lean against each other with equal pressure.

### *DIRECTIONS FOR LEADERS:*

1. Area should be checked for debris, limbs or loose rocks.
2. Make sure there are enough spotters.
3. Pay special attention to walkers as they near the widest part of the walk.
4. Walkers should not interlock fingers.



### *LEADER GUIDELINES FOR SAFETY:*

1. Spotters should be located on both sides as well as behind and between walkers.
2. Have the group participate in spotting to prevent boredom. The more spotters the safer.
3. Have spotters put hands up ready to catch the walkers. Be prepared for forward or backward fall.

### *SPOTTER'S INSTRUCTIONS:*

1. Make sure there are spotters back of walkers as well as inside the "v".
2. Spotters need to reposition themselves as the walkers move along the cable. As the "v" gets wider, additional spotters are needed inside.
2. Make sure NO ONE INTERLOCKS fingers.

## SPIDER WEB

### *INSTRUCTIONS FOR PARTICIPANTS:*

As you round the bend of the trail, there is a giant spider's web that blocks the trail. You cannot go around, under or over it because the weeds are too dense on either side. Luckily, the giant spider is sleeping. If you carefully go through the web without touching it with any part of your body, then the spider will not awaken and attack you. A body can pass through a web opening only once, which means that once a person passes through one opening, no one else can use that opening. However, if anyone touches the web with any part of her body, then the whole group must begin again.



### *DIRECTIONS FOR LEADERS:*

1. Check area for debris such as limbs, rocks.
2. Do not allow the participants to jump, dive or be thrown or propelled through the web.
3. Suggest that the group have a plan of action.
4. Act as a spotter for the first few participants that go through the web. After a few strong participants are on the other side, be prepared to act as a back-up spotter.

### *LEADER GUIDELINES FOR SAFETY:*

1. Do not allow people to dive through the web. There is a possibility of neck injury, rope burns or web destruction.
2. Do not give instructions or ideas to the group. Let the group plan the activity. Merely suggest they have an appropriate plan of action before starting.
3. Make sure that all participants help with spotting.

### *SPOTTER'S INSTRUCTIONS:*

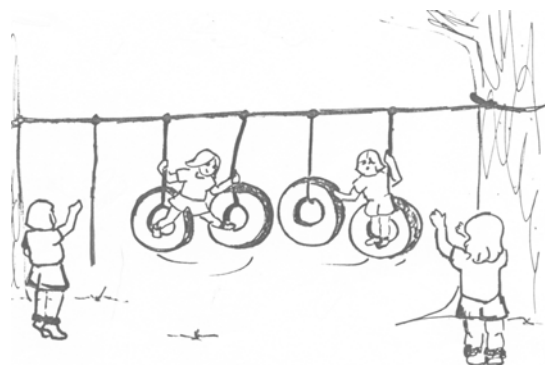
1. Be in tune with the plan so you are prepared to help.
2. Work as team when lifting, bend you knees and use your legs for lifting, not your back.
3. Communication and team effort are the means to success in this problem.



## TIRE TRAVERSE

### *INSTRUCTIONS FOR PARTICIPANTS:*

You are part of an environmental task force looking for toxic waste dumps when you come to this particular area which once had a decrepit foot bridge. When the last person crossed the bridge, it collapsed and you are now stranded on a small island surrounded by toxic waste. If you don't escape you will be destroyed. The only chance of escape is to cross the hazardous waste dump via the swinging tires and ropes to get to the opposite shore. A series of tires and ropes are suspended from an overhead cable. Participants must swing from tire to tire to cross the designated area.



### *DIRECTIONS FOR LEADERS:*

1. Check the area for unsafe ground cover.
2. Check inside the tires for debris as well as water, bees, etc. Check the ropes for wear.
3. Have spotters assist at the beginning and end as well as watching the middle.
4. Spotters should not stand in the path of the swinging tires.
5. Emphasize safety rules for spotting.

### **LEADER GUIDELINES FOR SAFETY:**

1. Inspect trees for soundness, security of cable attachments and check for frayed cable ends.
2. Have spotters assist and spot participants as they move onto the first swing and off of the last one.
3. Alert participants not to swing in the tires with their heads hanging below the tire.
4. Be aware of participants' fatigue level and spot if evidence of fatigue sets in. A participant may have to stop the activity before completion.
5. If more than one person is on the tires, they will need to talk to one another.
6. Be alert as participants go from one tire to the next. Since the ground cover is rocky, spotting (being there and ready) is necessary as a transfer is made.

### **SPOTTER'S INSTRUCTIONS:**

1. All participants can take turns assisting when not on the tires.
2. There should be a spotter on both ends and someone watching in the middle.
3. Do not get in the way of swinging tire.

## ALL ABOARD

### PRESENTATION OF PROBLEM:

You're out sailing when your boat starts to sink. You hear splashing and in the distance you see sharks coming toward you. There is only one buoy you can climb on to be safe before the sharks pass. Your entire party must get aboard the buoy (platform) and stay there for five seconds hoping the sharks pass by and go on their merry way. If anyone's body touches the water (ground) the sharks will come back and you must begin again.



### DIRECTIONS FOR LEADERS:

1. Do not allow the group to stack one person on top of another.
2. Watch carefully and make sure no hands or feet touch the ground.
3. Be certain the group is approaching this problem in a safe manner.
4. Give the group no more than 15 minutes to complete this activity.
5. The key to success is communication and team effort.

### LEADER GUIDELINES FOR SAFETY:

1. Participants may attempt to simply form a pyramid or pile. Lying on top of each other is dangerous. DO NOT ALLOW THIS.
2. Spot carefully if participants attempt to sit on each other's shoulders. DO NOT ALLOW THEM TO STAND ON EACH OTHERS SHOULDERS.
3. Make sure the area around the platform is free of obstacles.

### SPOTTER'S INSTRUCTIONS:

Spotters should watch for those who might lose their balance and fall off the platform. They can try to gently push them back on. Be prepared with hands up, 1 foot forward, 1 foot back.

## SWINGING LOG

### *INSTRUCTIONS FOR PARTICIPANTS:*

Walk the length of the log without touching the ground.

### *VARIATIONS:*

1. Start two persons at opposite ends so that they must pass each other on the log.
2. Walk backward on the log.



### *DIRECTIONS FOR LEADERS:*

1. Check area for unsafe objects; i.e. dead limbs, rocks.
2. Inspect trees and log for soundness, security of cable and frayed cable ends.
3. Present task and spotting instructions.
4. Demonstrate log movement and swing.

### *LEADER GUIDELINES FOR SAFETY:*

1. Start with the log still. Facilitator on both ends can press with leg.
2. Do not run on the log. Do not jump off the log.
3. Spotters can prevent the log from swinging sideways by holding the cables supporting the log during mounting and dismounting.
4. Spotters should always keep their hands up.
5. Do **NOT** stand between tree and the end of the log.

### *SPOTTER'S INSTRUCTIONS:*

1. Help keep the log from swinging during mounting and dismounting.
2. Keep hands up and protect the walker from falling off the log.
3. Spotters should never position themselves where they can be hit by the log, especially between the swinging log and the tree.
4. Spotters should be able to move freely along with the walker; or have enough spotters to cover the length of the log.

## NITRO CROSSING

### PRESENTATION OF PROBLEM:

You're hiking through a jungle when you realize a tribe of hungry Amazons is chasing you. You see from your map that the quickest escape route is over a river gorge filled with poison yogurt. Upon arriving at the river, you see a rope suspended over the yogurt. The one weapon you do possess is a large open can of nitroglycerin. In order to prevent an attack on your group, all of you must cross the gorge using the rope. At some point during your escape, you must take the can of nitro with you. You can use it to blow up the rope so the Amazons cannot follow you. If you spill even a drop of it, it could explode -- so be very careful. If any does spill, or if anyone falls in or touches the poison yogurt, you must all return to the start and begin the challenge again. In order to obtain the rope, you may use any resource found within the group. You may not use any natural objects (i.e. sticks, rocks, etc.) as they may be contaminated with poison yogurt.



### DIRECTIONS FOR LEADERS:

1. A swing rope is suspended from a cable. Mark off the open area not to be touched. (6 feet on either side of dangling rope for a total of 12 feet.)
2. Check rope to make sure it is sound.
3. Inspect ground area for safety - clear of debris, limbs, rocks, etc.
4. Use adults and larger girls for spotters on both sides of canyon.
5. Do not allow diving or jumping for the rope.
6. Be sure to bring a #10 tin can with a wire bale or a child's plastic beach pail with you so you can fill it with water at the site (this is the nitro").

### LEADER GUIDELINES FOR SAFETY:

1. Be alert for any objects on the ground that participants might fall or step on.
2. Spot the first couple of people swinging across the bordered area or until enough group members have crossed and can provide spotting.
3. Nitro cannot be transported in someone's mouth.
4. Do **NOT** permit use of excessive force to swing members across.

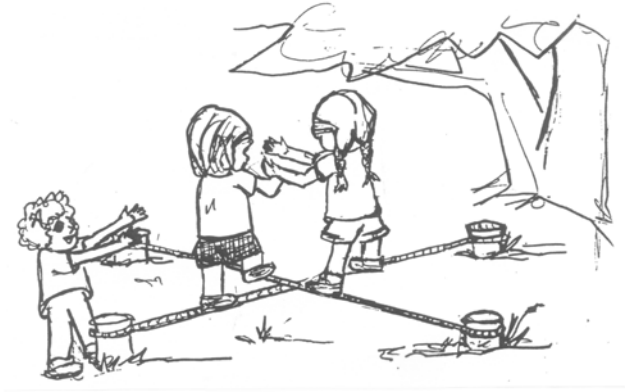
### SPOTTER'S INSTRUCTIONS:

1. Use spotters on each side of gorge.
2. Spot under head and back during second half of swing and dismount from rope.
3. Be aware of the trees when spotting.

## CRISS-CROSS

### *PRESENTATION OF PROBLEM:*

There are two tautly strung and intersecting cables (looks like a large "X") located close to the ground. Two participants will mount the cables on opposite ends with their legs stretched as far apart as possible. They need to balance themselves while walking on the cables to the intersection where the two must pass without touching the ground and continue as far as they can go to opposite ends. The participants may hold each other while they pass.



### *DIRECTIONS FOR LEADERS:*

1. Inspect area for unsafe ground cover and liter.
2. Inspect wood beams for soundness, security of cable attachment points, and check for frayed cable ends.
3. Review spotting requirements; three spotters per participant on cable.

### *LEADER GUIDELINES FOR SAFETY:*

1. Use at least 3 spotters per participant; 1 on each side and 1 behind.
2. You may use a row of spotters to have more group involvement and prevent boredom of group.
3. Do not allow bouncing.
4. As participants proceed along widening cables, there is a tendency to lean back - so be aware.
5. HINT: have participants talk and find a solution to passing each other. Do not suggest ways to do it.

### *SPOTTER'S INSTRUCTIONS:*

Spotters should stand with 1 foot forward and 1 foot back, and with hands up so as to be ready if a participant starts to fall from the cable. Your job is to gently push them back, or break their fall in order to prevent injury.

## THE BEAM

### PRESENTATION OF PROBLEM:

You are on a jungle trail and you have come up to a snake pit with poisonous vines on all the trees and you cannot turn back. The only way is to go over the beam with your team. The side supports are covered with poison vines, so do not touch them. Once over the beam you can only give assistance from the far side. No more than 3 people are allowed on the beam at one time.



### DIRECTIONS FOR LEADERS:

#### LONG PANTS ARE SUGGESTED

1. Check the area for unsafe ground cover, i.e.: limbs, rocks.
2. Inspect beam for soundness and security of lashing.
3. Review the proper spotting techniques for the neck and upper torso area.
4. Of the 3 people allowed on the beam at one time, 2 may be spotters and/or helpers and one may be the "traveler."

### LEADER GUIDELINES FOR SAFETY:

1. Never let participants throw someone up and over the beam in a zealous effort to complete the activity quickly.
2. No one is to jump down from the beam.
3. Participants must understand they are not to kick out with their feet in an attempt to get themselves up and over. They are putting spotters at the risk of suffering from "foot in mouth disease."
4. Do not allow participants to use logs, rocks, etc., to assist in getting over (i.e. to make a platform).

### SPOTTER'S INSTRUCTIONS:

1. Spot individuals from the beginning of their effort to mount the beam, as they pass over, and as they lower themselves to the ground.
2. No more than 2 participants at a time are allowed on the beam to help others.
3. Remember to spot those **ON** the beam.
4. Remember proper spotting techniques of neck and upper torso area.
5. Be alert, avoid being kicked.

## WATER WHEEL

### PRESENTATION OF PROBLEM:

While backpacking in a remote wilderness area, you come across a network of barbed wire. The only way through is via a giant water wheel. Your group must get each person safely over the wheel to the other side of the barbed wire fence. Since there is not much clearance around the wheel, you must travel stomach down and head first (except for the first person). You will then go into a forward roll into the arms of your team mates. DO NOT hold onto the side of the wheel as it turns.



### DIRECTIONS FOR LEADERS:

1. Do not let students step on anything, they must boost each other up.
2. Spotting is essential; be prepared to be a back-up spotter, but do not physically help a participant.
3. There are many solutions to this problem. The best solution is the one that works for your group.
4. Emphasize safety and caution.
5. You should control and turn the wheel as the participants go over.
6. At least 2 adults are essential - one to turn the wheel and one to supervise spotting on the far side.
7. Instruct participants on specific spotting techniques for this challenge (see spotting instructions).

### LEADER GUIDELINES FOR SAFETY:

1. Check area for rocks and debris.
2. Check to see that the pole is properly mounted.
3. Use adults to control the speed of the wheel.
4. Make sure you have experienced spotters (at least one adult) on the far side of the wheel.
5. You may or may not need spotters for the 1st person over; it depends upon the size, agility and strength of the participants.

### SPOTTER'S INSTRUCTIONS:

1. Participants should line up in 2 lines facing each other with arms extended (as in the Trust Fall). The arms from each side should alternate (like a zipper).

2. Spotters should assist the participant off the wheel by holding under the shoulders. Participant puts arms on spotter's shoulders.

3. The tendency will then be for the forward momentum of the participant to make her stand up quickly and fall forward. Spotters must make sure she does not fall and land on her face, hands or knees.

4. Good communication is essential.

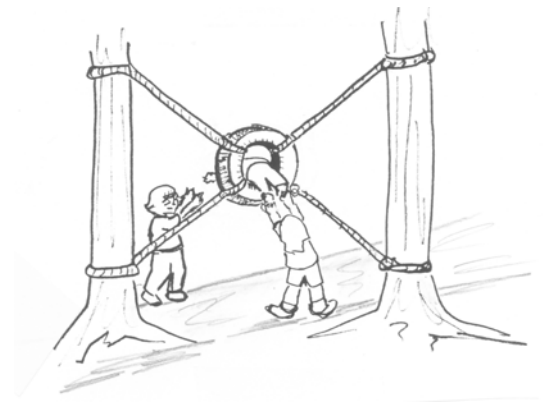
5. Spotting does not end until the participant going over the wheel is in a upright position with feet on the ground.



## THE PORTHOLE

### *PRESENTATION OF PROBLEM:*

We are on a cruise ship and it has caught on fire. We are stuck in a state room and our only exit out is through the porthole. Unfortunately, the porthole surroundings are red hot and you cannot touch the surrounding area without getting burned. Therefore, you cannot touch any of the surface of the ship. Time is of the essence. Once through you may not return to help, but you may help from the "outside."



### *VARIATIONS:*

If anyone touches "the ship" or reaches to the wrong side to help, the entire group must begin again.

### *DIRECTIONS FOR LEADERS:*

1. The first obvious problem may be participants who are overweight. Allow them to pass if they wish to. However, let the participants initiate this, don't suggest it before the group begins.
2. Do not allow the participants to touch the outer rim of the tire or to use the ropes or trees.
3. Once some participants are on the other side, they may help only from the inside of the tire, not on the sides or underneath.

### *LEADER GUIDELINES FOR SAFETY:*

1. Check area for unsafe ground cover and debris.
2. Have at least one spotter in front as well as one in back of the porthole.
3. Use adults or larger participants for spotting.

### *SPOTTER'S INSTRUCTIONS:*

1. A useful technique - no matter how the participants come through - is to line up with arms extended as for the Trust Fall (like a zipper).
2. The spotters closest to the tire should be available to help the person coming through.
3. Spotting is not completed until each person going through the porthole is standing upright on the ground.

## TWO LINE BRIDGE

### *INSTRUCTIONS FOR PARTICIPANTS:*

You must cross a canyon using a two line bridge. The lower cable is for your feet and the upper one for your hands.

### *DIRECTIONS FOR LEADERS:*

1. Participants must wear a properly sized harness (5 sizes are available - XS, S, M, L, XL), and a helmet. A barrier i.e. shower cap or coffee filter between head and helmet is recommended.

2. Check and make sure that the harness is fitted properly and securely.

3. Clip a locking carabineer into the harness and double check that the gate is clipped around all the proper strands and screwed shut.

4. Clip a second carabineer to the upper cable. Attach the safety sling to both carabineers--one to the person's harness and one to the upper cable.

5. Have someone on the opposite end to assist the participant in getting off the belay.

6. Do not allow bouncing on the cable.

7. Only one (1) person on the cable at a time is allowed.

8. Make sure all safety equipment is packed properly and returned to where it was issued.

### *LEADER GUIDELINES FOR SAFETY:*

1. The belay apparatus should always remain above the climber and the carabineer should remain between the hands.

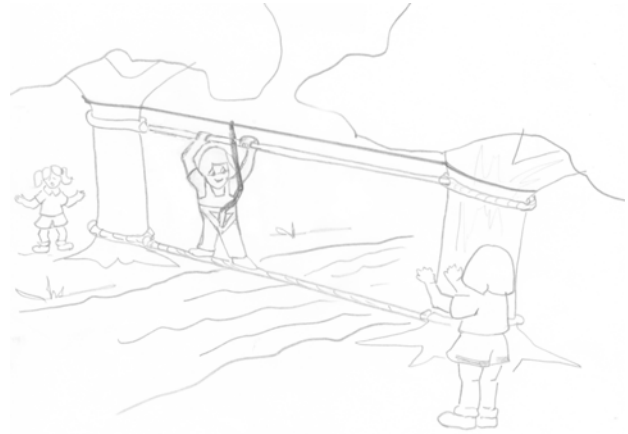
2. Instruct the participants that if they begin to fall, they should grab the sling with their hands.

3. Have the participant tie up long hair and tuck in loose clothing.

4. Have participants return to the starting side using a plank (or log) to cross the stream. If the group is small, they may return on the cable.

### *SPOTTER'S INSTRUCTIONS:*

This element does not require spotters because of the use of the safety harness and tying into the upper cable. However, people may assist the participant in the beginning (getting ready and mounting the cable) and in the end, (getting down and getting off belay.)



## TRUST FALL

### *INSTRUCTIONS FOR PARTICIPANTS:*

#### CATCHERS (REST OF GROUP)

1. Line up in two lines facing each other - minimum of 6 people on each side.
2. Have hands palm up (no fists), elbows slightly bent, alternating hands (Zipperline). Do not clasp wrists. Keep heads back.
3. Arms give with weight of falling person.
4. Do not back away.
5. Plant feet firmly with one foot back and one in front.
6. Be sure to catch head of faller.
7. Be prepared for pikes which put all the weight on two or three catchers.
8. Do not extend your head forward to "see." Your head can be hit by the faller.
9. After catch, lower person in horizontal position feet first.



#### PERSON ON PLATFORM (PICNIC TABLE)

1. Stand with your back toward the catchers, feet together. Keep arms in and close to your body and clasp hands in front i.e. hold shirt at shoulder.
2. Stay as straight as possible and avoid bending (piking) at waist.
3. Fall only when the signal is given.
4. Fall back (do not jump or throw body) into the arms of the group who will catch you.

### *DIRECTIONS FOR LEADERS:*

1. One leader should stand at the end of the line to catch faller's head, neck and shoulders. (2005) not recommended)
2. Adults/leaders should fill in by the hips and back of the faller.
3. Use these signals when the line and faller are ready:
  - a - Group: "We're ready"
  - b - Faller: "I'm ready"
  - c - Group: "Ready to Fall"
  - d - Faller: "Falling"

### *LEADER GUIDELINES FOR SAFETY:*

1. Check area for unsafe objects; i.e. dead limbs and rocks.

2. Present task and review all spotting requirements.
3. Make sure all watches, etc. are removed from all participants.
4. Leader should not be the first person to fall. The leader should not fall at all unless there are adequate adult spotters.
5. Make sure group is serious and paying attention before starting.

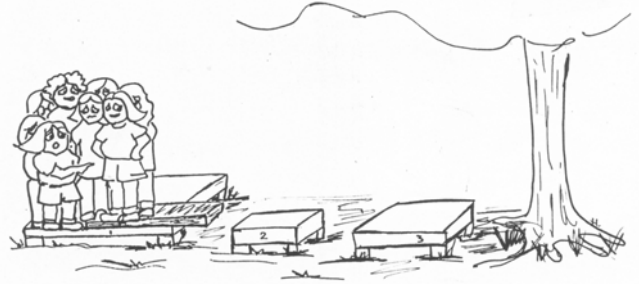
*SPOTTER'S INSTRUCTIONS:*

1. Everyone should have a clear understanding of what's happening.
2. Make sure catchers are positioned correctly; knees flexed, arms extended, bent at elbows, palms up, one foot back and one foot in front.
3. Attention is focused on faller at all times. Lower faller to ground carefully.
4. Spotters need to communicate with everyone so all know when ready.

## ISLANDS

### PRESENTATION OF PROBLEM:

You have come to a swamp. This swamp is deep and filled with dangerous leeches that have giant appetites. The only way across is to Island hop. But alas, they are too far apart for you to jump onto. There is only one plank in the whole area. Your team must find a way across to safety. The plank cannot touch the swamp water; it will disintegrate. The plank may not touch 2 Islands at the same time, or it will be useless. No one may jump or leap from Island to Island. It is life threatening to land in a swamp with leeches.



### VARIATIONS:

1. Arrange the Islands differently.
2. Set a time limit.
3. Time the team and see if they can beat their time.

### DIRECTIONS FOR LEADERS:

1. Set up Islands with the smallest one in the middle.
2. The 3 Islands should be spaced just within beam length.
3. The beam can only touch one island at a time.
4. The group starts on the largest Island.
5. DO STOP them from taking any death defying leaps.
6. DO NOT tell the group the solution.
7. If the plank or a person touches the ground, all the participants must begin again.

### LEADER GUIDELINES FOR SAFETY:

1. Check ground around the Islands for debris.
2. It is best to set up the Islands on a level grassy area.
3. Do not let participants jump from one Island to the other.
4. Do not let them all pile onto the middle island at once. It will not work and is unsafe to do so.
5. Remind them to think the problem through.

### SPOTTER'S INSTRUCTIONS:

1. This is not a dangerous activity and spotting requirements are minimal.
2. You should have one spotter at the crossings and one or two at each Island - to prevent "over crowding" accidents.

## TEAM SKIS

### PRESENTATION OF PROBLEM:

Before you is a pit of people-eating alligators. You must get all the members of your team safely across the alligator pit without falling in. The only things you may use to help you cross the pit are the pieces of rope and the two boards, which have been treated with alligator repellent. If any participant on your team falls in, the entire team must go back and begin again. Be careful - the alligators are very hungry.



### VARIATIONS:

1. After the participants travel forward, have them go backward.
2. Turn alternate participants around and have the group move the skis forward, backwards and sideways.

### DIRECTIONS FOR LEADERS:

1. This is much more an exercise in problem-solving and teamwork than in physical skill.
2. There are many possible solutions to this challenge.
3. Mark off the beginning and ending of "The Pit" (about 30' wide) with a "start" and a "finish" line.
4. If anyone falls into the alligator pit, make the entire team go back and begin again.
5. Do not tell the participants how to use the boards. Part of the challenge is for them to figure out their use.

### LEADER GUIDELINES FOR SAFETY:

1. This is a very safe activity unless the domino theory prevails.
2. Survey the ground to be crossed for rocks, etc. in case of a group fall.
3. Do this on a level, grassy area.

### SPOTTER'S INSTRUCTIONS:

Spotting for this challenge is mostly watching and enjoying.

Notes