



bermuda triangle



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Bermuda Triangle Activities Guide

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ADDITIONAL READING

ADVENTUREWORKS OPERATIONS MANUAL

Your **Operations Manual** is required reading prior to using this activity guide. The Operations Manual describes the manufacturer's use instructions for your Bermuda Triangle. If Adventureworks! Associates Inc. did NOT install your Bermuda Triangle, refer to the manual provided by its manufacturer.

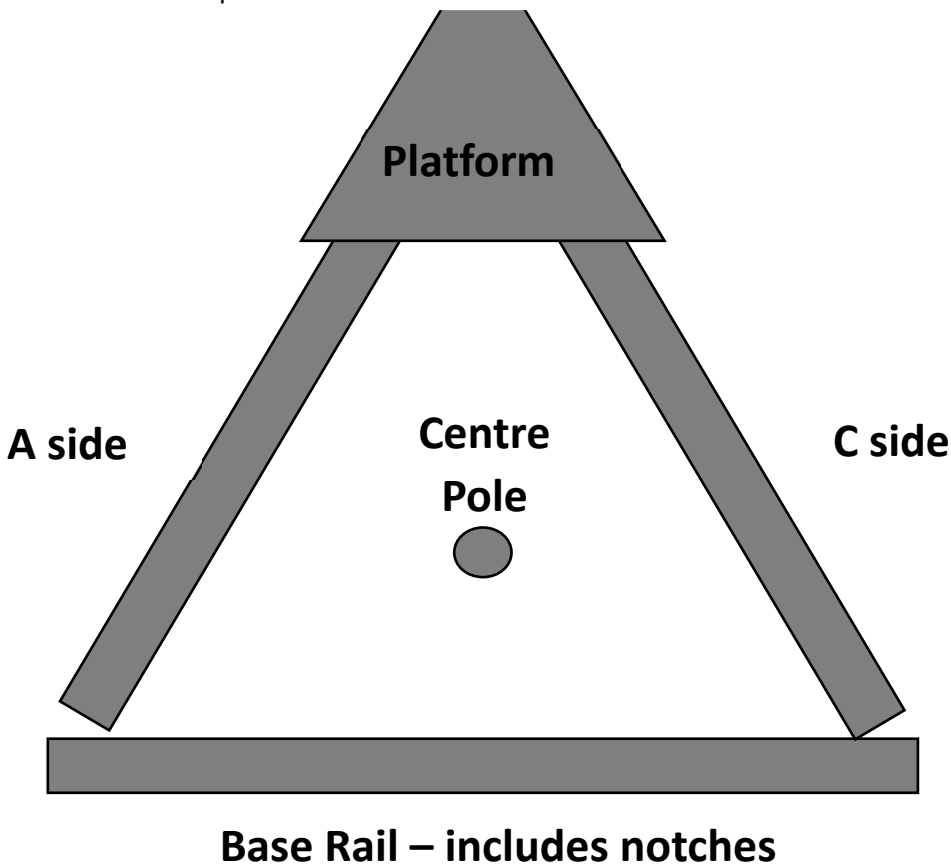
ADVENTUREWORKS ROPES COURSE AND CLIMBING WALL PRACTITIONER TRAINING MANUAL

This document accompanies any Adventureworks training certification course and reflects the specific operating procedures of Adventureworks! Associates Inc. including spotted activities such as those described in this activity guide. Do not use it (or any training manual) in place of professional training and experience.

GETTING TO KNOW YOUR ELEMENT

The Bermuda Triangle consists of three rails lying on three support poles in the shape of an equilateral triangle. There is a platform at the apex, notches cut into the rail opposite the apex, and a vertical pole in the approximate centre of the open space created by the platform and rails. Activities may take place on:

- The entire triangle – the centre pole is often a problem-solving feature (not an obstruction)
- The platform and all three rails
- The platform only
- All three rails (not including the platform)
- A single rail – often but not always the notched base rail. Sometimes you can run the activity in parallel on the A side and C side
- The centre pole



The following equipment comes with the Bermuda Triangle




- One 4"x4" board @ 6 ft
- Two 2"x 10" boards @ 8 ft
- One 10 m length of low stretch life safety rope



Activity Equipment

The supplies and equipment listed below describe what is required for the activities. Specific activity equipment is described in the write-up of the activity. Reading the description of the activity may provide you with useful details or ideas for creative options or substitutions.

Beach/Exercise balls	Something large that throws badly and won't hurt if it hits you.
Blindfolds	This could be bandanas, taped over or painted over glasses, sleep masks, or goggles.
Buckets, Bins, or Crates	For use as the either sources of items or deposit stations for them – you want them at least 30 cm (12") high and make sure they have handles. Collapsing buckets will work for some activities but not others.
Buddy Ropes	A piece of rope that is about 2 m long. It can act a floppy hand extender or boundary line. Retired climbing rope is perfect.
Bullring Kit	This classic initiative task may be layered over the Bermuda Triangle or used as a debriefing strategy.
Cups	A set of 12 or more stacking plastic cups in a variety of colours. The cups should just be large enough to fit 2 tennis balls. Disposable cups will work in a pinch but don't last long.
Expandable Cube	The Expandable Cube is an element on its own as well as part of the Escape Pod. Its parts and pieces work well in many of the activities as throwables and a mini-cube (made out of single PVC lengths) may replace a hula hoop or tire.
Gloves	A variety of glove types and sizes provide a fun way to deal with differences in dexterity. Consider putting oven mitts, household cleaning gloves, work gloves, latex/vinyl gloves, and woolly winter mittens in your collection.
Hide & Find items	Keys or slightly larger paperclips are great. So are charms, bottle caps, coins or poker chips.
Hula Hoops	Either solid or sectional. Not all hula hoops are the same size so you may want to hunt around to get a variety.
Items to move	Bean bags and deck rings fall into this category as do soft throwables. You want items with a bit of weight so that they throw nicely. Awkward shapes that make noise are fun – rubber chickens and pigs are popular.
Pool Noodles	These are a seasonal item – you won't be able to buy them in the winter. If you cut them in half you have approximately 1 m (3 ft) lengths. A full length pool noodle makes an effective COVID physical distancing device.
Raccoon Circle	This piece of 6 m climbing webbing tied in a circle can substitute for a hula hoop, tire, or buddy rope. Having multiple colours is useful.
Reaching Devices	These are items that enable participants to reach just a little further to pick up an item. Items include and are not limited to: a serving spoon, salad tongs, barbecue tongs, a small garden spade or rake, a pick up aid, a snowball maker, etc.
Tennis Balls	A variety of colours is handy. Softer squishy balls in various colours are a good option if they are heavy enough to throw well.
Tire	A tire that fits around the centre pole. Tires come in different sizes from lawnmower to truck. Having a few sizes makes it easy to provide each group with the right level of challenge for them.

THE ENTIRE BERMUDA TRIANGLE

Activity	How to Play
 <p>Name Tossing</p>	<p>Have group members get on the Bermuda Triangle and off the ground. Suggest they choose a location with the right challenge level for them: the platform is easy, the corners are medium, and the rails are hard. The facilitator should have the throwables in their hands (or at their feet if they can't hold them all). Start by introducing yourself and having everyone in the group share their name. The goal of the activity is to toss an item to each person – no pattern required. The steps are as follows:</p> <ul style="list-style-type: none"> • Say the person's name • Receive acknowledgement – eye contact, turn toward you, etc. • Toss them the object <p>Continue the activity by gradually adding more throwables into the mix. Try to stay on the Bermuda Triangle. Pause action periodically to improve group performance – people may want to switch their location or chat about what's working.</p> <p>Variations</p> <ul style="list-style-type: none"> ↑ play wearing various gloves ↑ play using non-dominant hand ↔ vary the shape and weight of the items being tossed
 <p>Fill the Crate</p>	<p>Distribute 30 throwable items outside the Bermuda Triangle (but within a reachable distance from the rails). Place an empty crate large enough to hold all the throwables inside the Bermuda Triangle. Against the centre pole is usual but a more open space works too. Have the group spread themselves out on the rails and platform. The task is to get all the items into the crate without</p> <ul style="list-style-type: none"> • Stepping into the Bermuda Triangle • Stepping off the rails or platform <p>Variations</p> <ul style="list-style-type: none"> ↑ require that items only be handled using tools – both for pick up and deposit ↔ distribute the items outside the Bermuda Triangle ↓ allow use of clothing items as retrieval devices ↓ provide reaching devices (salad tongs, plastic shovel, pool noodle, etc.) ↓ allow use of boards 

 Mass Pass	<p>Place 30 or so throwables in a container. Place the full container on the opposite side of the triangle from a similar sized empty container. The platform and centre of the base rail or the centre of the A side and C side work well. Have the group spread themselves out on the rails and platform. The task is for the group to move as many objects as possible from container A to container B within 90 sec. Participants must stay off the ground and may not move their feet. All sides and the platform must be occupied by at least one person. Items that fall into the triangle are lost (it is a Bermuda Triangle). Each person must touch each object before it drops into the 2nd container. No person may receive an object from the person directly on their left or right. “Score” each round by counting the items that make it into container B within the 90 sec. Play up to 5 rounds.</p> <p>Variations</p> <p>↑ add a time penalty (10 sec.) each time a person steps off the rail or platform</p> <p>↓ allow participants to move on the rails</p>
 Bullring	<p>Arrange the bullring on the platform. Place the receiving stand in a likely location. On the ground towards a corner is doable but so is the centre of the base rail. The 2nd stand may also be placed on a board spanning two rails.</p> <p>Move the ball in the bullring to the 2nd stand using only the strings. No one may step off the Bermuda triangle or let go of their string while the bullring is in motion.</p> <p>Variations</p> <p>↔ provide boards for the group to use as resources – some people may then become board movers rather than bullring movers</p>



PLATFORM & RAILS

Activity

How to Play



Log Jam

This is a series of challenges to get people comfortable with being on (and stepping off) the element. Have group members distribute themselves somewhat evenly around the rails.

1. Stand on the rails for 6 seconds. Step off forwards. Step back up. Step backward. Step back up. Step forwards. Step up backwards.
2. Circle the triangle. Complete a 360 degree traverse so that you end up where you started. Re-start if anyone in the group touches the ground.
3. Ask every second person to close their eyes (or put on a blindfold if they need to). Complete a 360 degree traverse. Do this twice so everyone gets a turn.
4. Ask everyone to close their eyes and complete the 360 degree traverse.

Variations

↑ Try the traverse with folks walking backwards. Eyes open or closed it's different.



Objects Retrieval

Randomly sprinkle 30 throwable items within the Bermuda Triangle. Place the boards on the platform. Ask the group to spread themselves out on the rails and platform. The task is for all the items to be retrieved from inside the Bermuda Triangle using only the resources provided and one another. Neither people nor boards may rest on the ground inside the Bermuda Triangle.

Variations



↑ items may only be picked up (no rolling or dragging)

↔ provide multi-person grabbing devices such as a grabber or bicycle inner tube with ropes

↓ provide reaching / grabbing aids such as salad tong, garden shovel, snowball maker, etc.

↓ allow group members to touch the ground outside the Bermuda Triangle



 <p>Inch by Inch</p>	<p>Without letting the group know what you are doing, place (hide) five (5) keys or paper clips in the Bermuda Triangle –within reach of the rails. Then, once you’re done hiding the items, ask the group to spread themselves out on the rails and platform. The task is for the group to find AND retrieve all five items as quickly as possible without stepping into the Bermuda Triangle.</p> <p>Variations</p> <ul style="list-style-type: none"> ↑ add distractors such as keys, coins, poker chips etc. ↓ use larger or more colourful items 
<p>Waterfall</p>	<p>Ask participants to pair up and then give each pair one cup and one bandana. Place a bucket containing “stuff” (water is ok, scoopable and retrievable stuff such as golf balls, lego pieces, or corks are better) on the platform. Place an empty bucket inside the Bermuda Triangle within easy reach of someone standing on a rail. I like the middle of the base rail. Surround the empty bucket with the boundary rope – make sure the boundary includes part of the rail. Gather the group on the ground near the platform. The task is to use only the bandanas and the cups provided to move the “stuff” from bucket A to bucket B. The platform is the loading zone while the area inside the rope is the unloading zone. Cups may be touched only in the loading and unloading zones. Cups may not be touched by hand outside these zones – including through the bandana. If a cup is dropped, it may be picked up and returned to the loading zone. The cup must rest on the bandana. At no time may the top of the bandana be above the top of the cup.</p> <p>Variations</p> <ul style="list-style-type: none"> ↑ more people per bandana
<p>Windmill</p>	<p>Ideal group size for this activity is 12. Have the group divide themselves equally among the 3 rails and the platform. Or eliminate the platform and play only on the rails. The task is for each person to end up in a different location (on a different rail) with different people. Passing may only occur on the rails – not on the platform or at the corners.</p> <p>Variations</p> <ul style="list-style-type: none"> ↑ require that each rail be occupied by a minimum of three people at all times ↓ allow passing anywhere ↓ allow one person from each grouplet to remain in their original location – this is also nice strategy for expanding this activity to group of 16.



Earthwinds

Have the group stand on the Bermuda Triangle and link hands (either directly or via buddy ropes, bandanas, pool noodles, or toilet paper). Break a hand grasp, place hula hoop, then have the folks re-grasp hands. The task is for the group to pass the hula hoop(s) around the entire group without breaking hand contact or stepping off the rails/platform. Potential challenges include:

- One hula hoop going in one direction as fast as possible
- Two hula hoops going in opposite directions – which one gets back to the start first?
- Four different coloured hula hoops going in various directions back to their original starting points
 - 12 o'clock goes clockwise
 - 3 o'clock goes counter clockwise
 - 6 o'clock goes clockwise
 - 9 o'clock goes counter clockwise
- Four plus four - use four hula hoops of the same colour that is different than the four previous colours. Place the one additional hoop between each existing pair. The original hula hoops travel as previous but the new hula hoops must remain in place.

Variations

↑ have people hold toilet paper between each other rather than hands – don't break the toilet paper

↔ have people hold buddy ropes/bandanas/pool noodles instead of holding hands directly

↔ pass around different objects – use some raccoon circles for diversity of shape and structures



↓ try it standing on the ground before trying it on the Bermuda Triangle

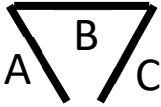


PLATFORM	
Activity	How to Play
Cantilever	<p>Place the boards and rope on the platform. Ask the group to stand on the platform. Place a bucket full of tennis balls (or other spillable stuff) outside the Bermuda Triangle about 8 feet from the end of the platform. The task is for the group to use only the items provided and each other to retrieve the bucket without anyone touching the ground or spilling the contents of the bucket.</p> <p>Variations</p> <ul style="list-style-type: none"> ↑ assign penalties if any boards, rope, or people touch the ground ↓ provide a “reaching pole” that may be used to lift the bucket by its handle ↓ allow people to touch the ground inside the Bermuda Triangle
Outreach	<p>Place the boards, rope, and bucket full of tennis balls (or other spillable stuff) on the platform. Ask the group to stand on the platform. Using only the items provided and each other, place the bucket as far from the platform as possible without anyone touching the ground or spilling its contents (real or imaginary). This activity is the opposite of Cantilever.</p> <p>Variations</p> <ul style="list-style-type: none"> ↑ assign penalties if any boards, rope, or people touch the ground ↓ provide a “reaching pole” that may be used to lift the bucket by its handle ↓ allow people to touch the ground inside the Bermuda Triangle



SINGLE RAIL	
Activity	How to Play
Line Ups	<p>Start with the group standing on a rail. Then, without stepping off, have group members arrange themselves in order of their birthday (month and day). The platform is 12 (aka December). All switching must occur on the rail itself – not on the platform or at the corners. If someone steps off, they go back to their starting point.</p> <ul style="list-style-type: none"> • Line up alphabetically by middle name • Distribute Ubuntu or Chiji Cards – have the group get in order of size of the item depicted <p>Variations</p> <p>↑ no speaking during the activity</p>
Traffic Jam	<p>Have the group split into two equal grouplets. Members should get on the base rail with one person in each square. There should be a single empty square between the grouplets. Without stepping off, the task is for the grouplet on the left to end up on the right and vice versa. The rules for moving are as follows:</p> <ul style="list-style-type: none"> • Folks may only move forward • Folks may only move into an empty square • Folks may only pass someone on the opposite team • Folks may only pass one person at a time • Folks may only move one at a time <p>The initiative re-sets when an error is made or someone falls off the rail.</p> <p>Variations</p> <p>↑ allow the group to discover the rules for themselves – simply let them know that if a group member makes an “illegal move”, there will be a buzzing noise</p> <p>↓ allow the group to discover / practice the sequence on the ground – a semi-circle makes it easier for everyone to see what’s going on</p> <p>↓ provide the group with checkers (5 black, 5 red) so they can figure out the sequence then execute it</p>
TP Sprint	<p>Place four (4) people on a rail. Split the remainder of the group into two equal grouplets standing on the ground on either end of the rail. The task is for the grouplets on the ground to switch ends with one another as quickly as possible. The folks on the log may NOT touch one another and no one may step off during the activity. There is a time penalty for each ground touch (10 sec makes for easy math and creates enough disincentive).</p>
TP Shuffle	<p>Find the middle of the group. People on the left need to end up on the right and vice versa. No one is permitted to step off. There is no particular order required once someone crosses the mid-point.</p> <p>Variations</p> <p>↑ ask group members to face backwards and travel backwards during the activity</p> <p>↓ place a hula hoop (or a few) on the ground to be used as a free space by anyone in the group</p>

<p>Partner Traverse</p>	<p>The goal is for each pair to cross the rail while remaining linked in various ways</p> <ul style="list-style-type: none"> • Finger to Finger • Toe to Toe • Back to Chest • Forehead to Forehead • Back to Back <p>The linkage may either be direct OR via a ball or other object. Different partner groups can use different rails.</p> <p>Variations ↑ Do not allow any additional points of contact</p> 
<p> Stretch & Stand</p>	<p>This individual challenge activity is oddly compelling no matter the age of group members. The task is to step onto a rail from as far back as possible and remain standing on the rail in balance for at least 5 seconds. Jumping is NOT permitted. Giving each person a buddy rope so they can mark their starting point is useful. All the rails may be used simultaneously.</p> <p>Variations ↔ turn this challenge into a partner activity. Both partners must start from the same point. They may either stretch and stand simultaneously or one at a time. At the end, both partners must be standing in balance on the rail for 5 seconds.</p>
<p>Sit & Stand</p>	<p>Have group members sit on a rail with their feet not touching the ground. The task is for everyone in the group to end up in a standing position on the rail with no one losing balance (falling off) or touching the ground at any time. This activity can be presented as a series:</p> <ol style="list-style-type: none"> 1. Sit and stand by yourself 2. Sit and stand with a partner 3. Sit and stand as a group <p>Variations ↔ go from standing to sitting. Remember that when group members are sitting, neither their feet nor any body part may touch the ground</p>

ALL THE RAILS (but not the platform)	
Activity	How to Play
Three-Way TP Shuffle	<p>Have group members divide themselves up evenly among the three rails – the platform is not part of this activity. Without stepping off the rails, each grouplet must end up on a different rail. Grouplet A goes to C, C goes to B, and B goes to A. No switching may occur at the corners. The consequence for stepping off may be a re-start or simply a stroke.</p>  <p>Variations ↓ allow switching (or a limited number of switches) at corners ↔ Grouplet B stays on its rail – A and C need to switch rails</p>
Windmill	See Platform and Rails activities
Shuffle Switch	<p>Have group members divide themselves in half. One grouplet should stand on Rail A while the other grouplet goes and stands on Rail C. Grouplets must hold hands (or bandanas/buddy ropes/pool noodles) during the activity. The goal is for grouplet A to end up on rail C and grouplet C to end up on rail A. No one may touch the ground (or the platform).</p> <p>Variations ↑ no talking once the grouplets start moving – the usual reason provided is that the group members are escaping prisoners who are handcuffed together but you can easily create a framing based on mountaineering teams who are wearing oxygen masks as they pass each other on Mt. Everest</p>



CENTRE POLE

Activity

How to Play

Lighthouse

The task is to stack as many cups as possible on the top of the centre pole. The entire cup must be visible for it to “count” (i.e. nesting one cup in another doesn’t “count”). Only one cup may be placed at a time. No one may place a second cup before everyone has placed a first cup.

Variations

↑ a person may only touch their cup during their turn -- If cups fall, they’re down and each cup must be replaced by separate person during a separate turn

↓ a person may stay “outside” for as long as they are safely positioned and may handle cups that were previously placed as part of their turn



Pole ‘n’ Tire

Oh no! While researching a new story on “Pollution and it’s impact on small, cute, fluffy creatures”, it has been discovered that the new, multi-billion dollar, anti-pollution control device installed on the specially designed, non-polluting factory’s single smoke stack has been installed upside down! Should the situation remain unchanged once the factory goes into operation the smokestack would be pumping out twice the amount of pollution of even a regular smokestack! Your team has been hired to remove the delicate device, turn it over and lower it back to the base of the stack. This must be done without damaging (touching in any way) the special coating on the stack itself! A government safety inspector (the facilitator) will be on-site and must approve any work-at-height plan prior to work beginning.

Variations

↓ allow group members to touch the pole

↓ allow the tire to touch the pole

↔ use different sizes of tires – smaller and lighter (but a tighter fit) vs bigger and heavier (but looser). Try non-tires such as a hula hoop, mini-cube, or piece of webbing.