



adventureworks!  
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escape pod



# Warning

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## Escape Pod Activities Guide

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# ADDITIONAL READING

## **ADVENTUREWORKS OPERATIONS MANUAL**

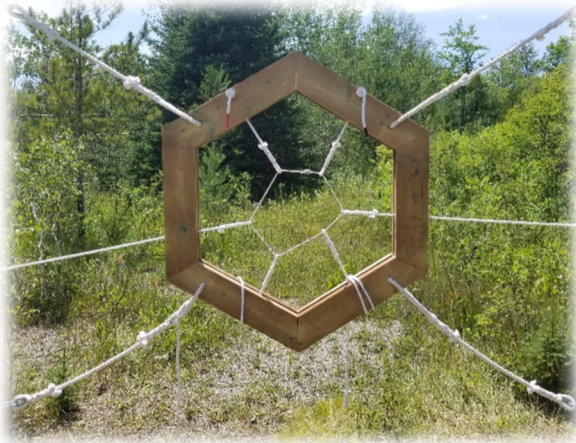
Your **Operations Manual** is required reading prior to using this activity guide. The Operations Manual describes the manufacturer's use instructions for your Escape Pod. If Adventureworks! Associates Inc. did NOT install your Escape Pod, refer to the manual provided by its manufacturer.

## **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 Escape Pod is a cluster of popular low team building activities including Hexagonal Hole, Spider's Web, Horizontal Grid, Laser Slot, and 3-D Maze. The Escape Pod also includes an Expandable Cube which can be hung on the structure or be used as a portable activity. Some of the activities use a single side and other activities use two or more sides simultaneously.



### Hexagonal Hole

This innovative version of the Porthole sees group members lifted through the hexagonal hole to the other side. In the centre of the Hexagon is a bungee cord loop, which is held open by group members as a participant is passed through. The Hexagon is suspended by carabiners which may be removed in order to store or disable the element when it is not being used.

### Spider's Web

Our durable spider's web is spliced out of UV resistant multilene. The task is for groups to solve various challenges involving the differently sized and positioned holes. This element requires groups to plan, make decisions, set priorities, and trust one another. When not in use the Spider's web and it's mini-carabiners fit into a stuff sac.



### The Expandable Cube

The Expandable Cube is an innovative piece of team building equipment which can be used for over 20 activities including: Build It, Cube the Circle, Telephone Booth, Helium Stick, Waterfall, and Photo Finish. The Expandable Cube can also be used to facilitate a series of universally accessible activities. Built of PVC pipes and connectors, The Expandable Cube is easily assembled, and includes a storage bag, and instructions.





### Horizontal Grid

This 5 x 5 grid may be connected to the Escape Pod at the knee, waist, or at the top of the element (also a great storage location). The basic task is for each member of the group to pass thru a unique hole from top to bottom without touching any part of the grid or the Escape Pod. Once the person is under the grid, they crawl out to exit and that hole is “closed”. Holes may be “re-opened” by having a participant crawl under, up, and out again.

### Laser Slot

This set of parallel lines creates slots that the entire group must pass thru (between the bungee cords) in order to solve various tasks. No one may touch the cords or the structure at any time. The connection points at various heights allow the facilitator to set the right level of challenge for each group.



### 3D Maze


Our 3D Maze sees a group navigate from one side of the cube to the other through a 3D maze of ropes and hanging objects. There are at least eight connections per side so facilitators have lots of options in tailoring this initiative for a specific group.




# 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.


<b>Blindfolds</b>	This could be bandanas, taped over or painted over glasses, sleep masks, or goggles.
<b>Buckets, Bins, or Crates</b>	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.
<b>Bullring Kit</b>	This classic initiative task may be layered over the Escape Pod or used as a debriefing strategy.
<b>Cups</b>	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.
<b>Hangers</b>	Clothes pins, safety pins, paperclips, or Christmas tree ornament hooks make it easy to hang obstacles in the centre of the Escape Pod. Tying knots takes too long and makes a mess during clean up.
<b>Items to move</b>	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.
<b>Reaching Devices</b>	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.
<b>Rope</b>	Some of the activities call for 30 – 50 feet of rope. Choose something that feels nice on the hands – anything with a 9 mm to 11 mm diameter is a good size. Retired climbing rope is ideal.
<b>Shock Cord</b>	A thin (1/4” diameter) shock cord is the best for setting up the 3D Maze – the gentle stretch prevents drooping and makes it easy to adjust when you change directions. Available at fabric/sewing stores. You want about 100 ft. Keep the spool it comes on so do don’t end up with a tangled mess. Don’t let people cut it.
<b>String</b>	If you don’t have shock cord, use thin coloured string such as masonry twine or yarn. Not thread. Dental floss is ideal because it’s easy to store and “cut”, strong enough to work for the activities, and cheap enough to be disposable. Use string instead of shock cord for hanging items.
<b>Tennis Balls</b>	A variety of colours is handy. Softer squishy balls in various colours are a good option if they are heavy enough to throw well.

HEXAGONAL HOLE	
Activity	How to Play
Classic Hex Hole	Hang the insert from the two notches in the wooden frame and place the four hand ropes thru the openings in the frame. The task is for the group to move all of its members through the elastic hole without any touches of the elastic or wood.
Porthole	<p>Remove the Hex Hole insert from the wood frame. The goal is for the entire group to pass through the suspended Porthole with as few touches as possible.</p> <p><b>Variations</b></p> <ul style="list-style-type: none"> <li>↓ Once thru the Porthole the participant may come back to lift</li> <li>↓ Allow clothing to touch the wood – this is the Classic framing where your ship is sinking and your group must escape thru the porthole into a waiting lifeboat. You break the glass but some of it remains stuck in the frame. To be safe, you must avoid touching the edges or else you will be cut.</li> </ul>
 Star Gate	Remove the Hex Hole insert from the wood frame. Hand it to the group. This is a timed event. The task is for everyone in the group to pass thru the bungee loop as quickly as possible. Every touch of the bungee (by anyone) adds 10 seconds.



SPIDER'S WEB	
Activity	How to Play
Classic Spider's Web	<p>All group members must pass through the web without making contact with its strands.</p> <ol style="list-style-type: none"> <li>1. All participants start on the same side.</li> <li>2. If a participant touches the web, that participant begins again.</li> <li>3. Openings in the web can only be passed through once.</li> <li>4. No diving or jumping through the web.</li> <li>5. All lifts must use at least two (2) people lifting.</li> </ol> <p><b>Variations</b></p> <p>↑ have the person going thru the web carry a cup of water (or other spillable substance).</p> <p>↑ any person who is passing thru the web must have their eyes closed</p>
Two-Sided Spider's Web	<p>Divide the group in half and send one of the grouplets into the Escape Pod. The task is for the entire group to switch sides by passing thru the web. All the Classic Spider's Web rules apply. Additionally, there may only be one extra person on the inside of the cube. For example, if there are 7 people on the outside of the cube and 7 people on the inside of the cube, there may never be more than 8 people inside the cube during the activity. Decide whether an opening is used only once or may be used once by a group member going in and once by a group member coming out.</p>
Rhonke's Web	<p>A rope must go through all holes of the web and may not pass completely through the first hole until it passes out the last hole. Neither the rope nor any participants may touch any part of the web. Decide whether participants may start on both sides of the web or whether all participants must start on the same side and pass thru the web to get to the other side.</p> <p><b>Variations</b></p> <p>↑ tie some knots in the rope – things change when the rope doesn't slide smoothly</p> <p>↑ tie an overhand knot 2 m from the end of the rope. Require the knot pass thru an opening before the lead enters another opening.</p> 



Item Pass	<p>The task is for the group to pass an object (such as a large and floppy stuffed animal) through each opening in the Spider's Web as quickly as possible. A pass is not a toss. Each group member must receive the item at least once. Assign a 10 second penalty each time a person or the item touches the web. Allow multiple attempts (with planning in between attempts) to improve the group's time.</p> <p><b>Variations</b>          ↑ pass more than one object – the objects must be passed separately</p>
 Eyes closed	<p>The task is for every group member to go through an opening with their eyes closed and not touching anyone or anything. The framing goes like this...you are a team of astronauts executing a full crew swap on the International Space Station. Passage to and from the Space Station is thru various air locks. The sides of the air locks may not be touched. <u>Unfortunately</u> the lighting system for the air locks has malfunctioned – in fact that's the reason for this crew swap. As luck would have it, the infra red cameras that sense heat are still working. So while astronauts in motion can't see, the folks providing verbal instructions can. Decide what the penalty is for touches.</p>
Body Parts	<p>The task is for the group to place as many different body parts as possible through the openings of the web at the same time. In other words, can each opening in the web be occupied at the same time by a different body part? Decide whether a right knee is different than a left knee.</p>



EXPANDABLE CUBE	
Activity	How To Play
Classic Expandable Cube	<p>Assemble the Cube and suspend it from its bungee loop from the centre of the frame. Each member of the group must pass thru the cube by entering in one hole and exiting thru another. Each group member must have a unique path. If the cube moves, that passage is closed and the person must complete another passage. There are 6 entrances. Each entrance has 5 exits. That's 30 possible paths.</p> <p><b>Variation</b>  ↓ Instead of suspending the Cube, allow 2 people to hold it AND move it. Cube cannot touch the ground and the person passing thru may not touch the holders. Holders may switch out roles during the activity.</p>
Every Path	<p>Assemble the Cube and suspend it from its bungee loop from the centre of the frame. Each path in the Cube must be travelled by a member of the group who enters thru in one hole and exits thru another. The trickiest part of this activity is knowing if all 30 pathways have been used.</p>

