



adventureworks!
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low ropes

activity guide

First Edition

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Low Ropes Activity Guide

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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.

Bandanas	A dozen or more bandanas in rainbow colours make a great item to move around. They are easy to attach to cables and ropes but need to be passed since they don't have enough weight to be thrown. Two colours are a handy way to designate team members – folks just tie a bandana around their wrist.
Blindfolds	This could be bandanas, taped over or painted over glasses, sleep masks, or goggles.
Boundary Lines	A 10 – 12 ft piece of rope for designating where the danger lies that requires the group to engage in the activity in the first place.
Buckets, Bins, or Crates	For use as 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 smaller boundary line.
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.
Exercise ball	Something large that is awkward to carry and won't hurt if anyone drops it.
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.
Raccoon Circle	This piece of 6 m climbing webbing tied in a circle can substitute for a hula hoop, buddy rope, or boundary rope. Also serves a debriefing tool. 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.
Rope – long	A 10 – 15 m (30 – 50 ft) length of rope is perfect for a do-it-yourself handline. Choose something that feels nice on the hands – anything with a 9 mm to 11 mm diameter is a good size. A piece of retired climbing rope is perfect.
Spot Markers	Items that mark the spot where a person stands include: poly spots, carpet squares, rope loops, hula hoops, and more. They are also great for designating safe rest areas to step off during an activity.

Tarps	Small plastic tarps can be folded into various shapes to create visually obvious standing areas. Be sure the tarp remains dry throughout the activity – tarps can become very slippery just from people walking on dew-soaked grass.
Tennis Balls	A variety of colours is handy to represent “jewels” or other valuable items that need to be retrieved or moved around. Great to throw or put two in a cup for a challenging item to carry – if they “spill”, it’s much easier to re-set than if the person was actually carrying water. Yellow tennis balls make good substitutes for gold nuggets or grain.
Tent Poles	Collapsible tent poles make a great helium stick or elevated boundary marker. Simply balance the assembled pole on a set of milk crates, upside down buckets, or cups.

ASCEND Traverse Kit - GETTING TO KNOW YOUR ELEMENT

The ASCEND Traverse Kit consists of a series of wooden boxes and a variety of lumber. ASCEND Traverse activities typically require the group to transport themselves from point A to point B. A variety of activities are possible by varying the arrangement of these items. Set-up diagrams and descriptions are provided for each activity.

Boxes

There are three sets of nested boxes. Each set consists of a small box that fits inside a medium box that fits inside the large box. There are nine (9) boxes in total – three of each size.

- Each box has a flat top. This surface is used for activities with 2" x 10" boards.
- The bottom of each box is open.
- Each side has a notch or slot cut into it. These surfaces are used for activities with 4" x 4" boards.
 - There are two square slots cut into opposite sides.
 - There are two triangular notches cut into the remaining sides.

Boards

There are two types of boards provided.

- **2" x 10"s** may be moved by participants as part of the activity.
 - Four (4) boards that are 6 ft long
 - One (1) board that is 5.5 ft long
 - One (1) board that is 6.5 ft long
- **4" x 4"s** are placed in square slots or triangular by the facilitator. They are too long and heavy to be moved by participants as part of the activity.
 - Four (4) boards that are 8 ft long

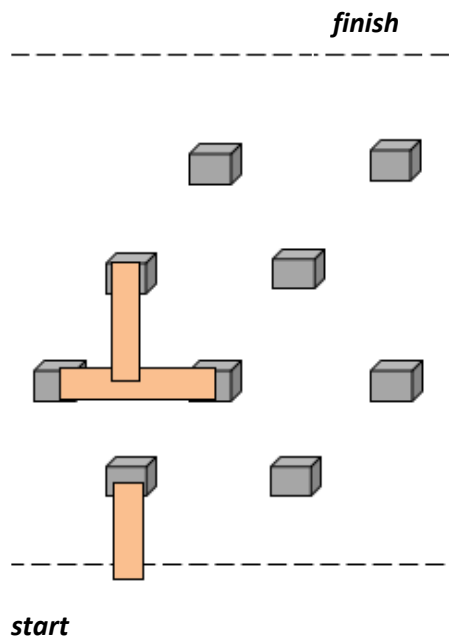
SAFETY INFORMATION

- Boards are long. It is possible to hit someone who is not right next to you when you are moving them. Group members should announce in a loud voice that they are "moving equipment" or make continuous beeping sounds so that fellow group members don't get hit accidentally.
- Boards are heavy. Ensure group members use appropriate lifting techniques.
 - Do not throw boards.
 - Do not substitute longer or smaller boards. Boards (of any dimension) longer than 8 ft require a mid-span support. Adults should not stand on boards less than 2" x 10" unless they are on edge.
- People are heavy. Make sure all fingers and toes are clear before anyone steps onto a board. Make sure everyone is off the board before attempting to lift it.
- 2" x 10"s should be placed so that all four corners are on the box and there is 4" of overlap on each end. This arrangement prevents the board from falling off if it accidentally shifts while people are moving on it.
- 4" x 4"s should be placed so that the end of each board spans both openings in the box. This arrangement prevents the board from rolling when people are standing on it.
- Wood can crack and break under stress. Inspect boards before use. Do not use damaged boards. Ask groups NOT to bounce on the boards.
- Additional safety information is provided in the description of each activity.

Activities using 2 x 10 Boards

Activity

The Meuse



How to Play

The goal of this activity is for the group to transport themselves from the “start” to the “finish” using only the boards provided. The customary rule is that neither the boards nor people may touch the ground during the crossing. Individuals who fall off must return to the start. The key to figuring out the puzzle is the T-shape that allows boards to be supported off the ground even when they don’t reach from box to box directly.

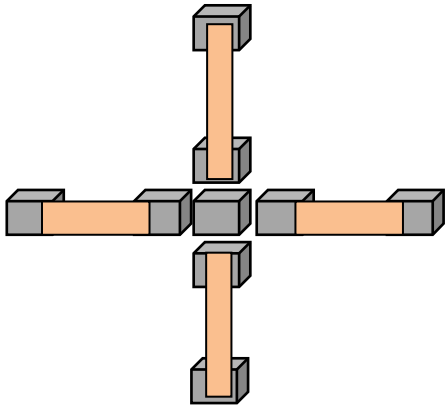
Variations

↑ **Transport.** Give everyone at least one item (such as a pool noodle, cup of water, or inflated beach ball to transport to the other side). This makes passing boards more challenging as people need to figure out how to hold multiple things in their hands or how to cooperate with people around them.

↔ **Gathering jewels.** Sprinkle tennis balls on the ground around the boxes. These tennis balls represent precious items dropped by pirates. Picking them up provides a compelling reason to move around the entire area.

↓ **Auto-return.** A board that touches the “fast flowing river” or is dropped is automatically carried away by the “current” back to the start.

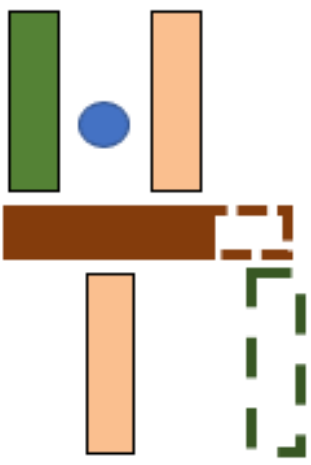
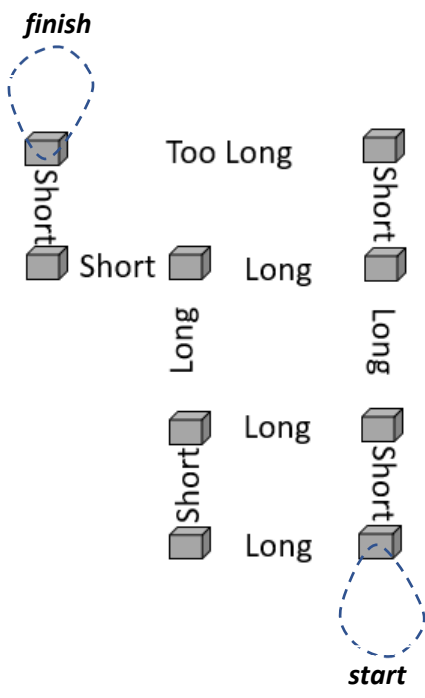
Windmill

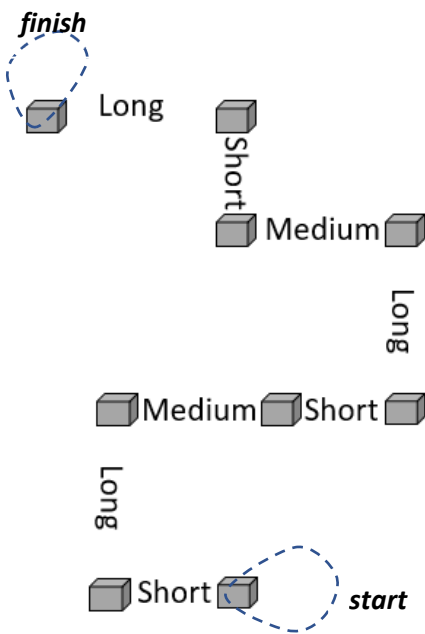



Ideal group size for this activity is 12. Have the group divide themselves equally among the four elevated 2"x10" boards. The task is for each person to end up in a different location (on a different rail) with different people. People must keep at least one foot on a board or support block at all times. No one may step off during the activity.

Variations

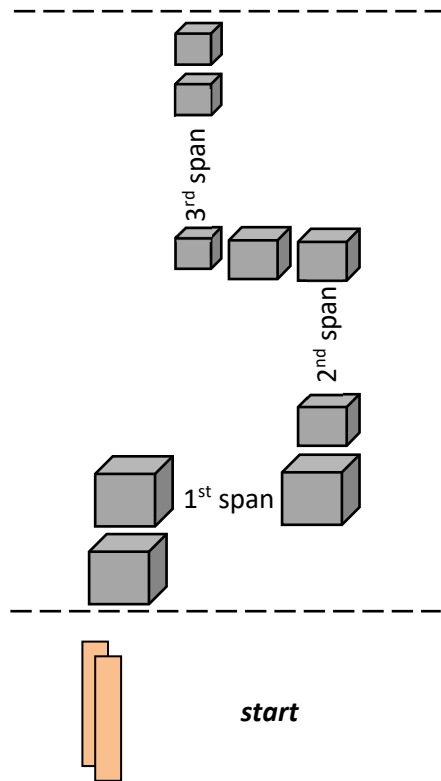
- ↑ No touch. Group members are not permitted to touch one another at any point during the activity. It is challenging but doable.
- ↑ require that each board be occupied by a minimum of two people at all times
- ↑ flip the box tops supporting the boards and use the 4"x4"s and square slots instead. Leave the centre box top face up. Same activity but much harder to balance.
- ↓ 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.

<p>Movable Martini Puzzle</p> 	<p>Place four boards in a football goal post arrangement (solid colour boards) with an exercise ball between the two uprights. Invite group members to get on the boards. Once everyone is standing on the boards, let the group know that the challenge is to change the arrangement by moving only two boards in such a way that the “olive” (i.e. exercise ball) which is currently inside the glass ends up on the outside of the glass. The “olive” may not be moved and no one may step off the boards.</p> <p>Variations</p> <p>↑ Use 4”x4”s instead of 2”x10”s. The 4”x4”s provide more board feet (8 ft of length instead of 6 ft) but they are harder to balance on and harder to move.</p> <p>↓ Challenge the group to solve the puzzle in as few moves as possible. If they initially solve it by moving three boards, ask them to do it again but this time moving only two boards.</p>
<p>The Long and the Short of It</p> 	<p>Place the boxes on the ground at intervals that exactly match the length of the boards with 4” overlap on each end. Paths do NOT need to be straight or use 90-degree angles but a dead-end makes a good problem-solving feature. If you are concerned about the boxes being moved out of position by passersby or group members, use a flag (outdoors) or piece of tape (indoors) to mark one of the corners. Use hula hoops, tarps, or raccoon circles to create “safe areas” around the box tops.</p> <p>The task is for the group to get from the start to the finish using two different length boards – usually 5.5 ft and 6.5 ft. The rules are as follows:</p> <ul style="list-style-type: none"> • Group members may only stand on boards, box tops, or inside safe areas. People must remain in contact with wood at all times (i.e. no jumping or stepping between safe areas). • Boards may NOT touch the ground – not even in safe areas. • Boards must be passed (i.e. do NOT throw boards) <p>Variations</p> <p>↑ Provide boards that vary by 6” in length (5.5 ft and 6 ft or 6 ft and 6.5 ft) instead of 12”. This makes it harder to see the difference in span lengths.</p> <p>↑ Two-sided crossing. Divide the group into two grouplets and send one group to the start and one group to the end. Give the end group a short board. The grouplets must switch sides. No one may exit until everyone has left the two entry areas.</p>

<p>Portable Zig Zag</p>  <p>The diagram illustrates a zig-zag path between a 'start' and 'finish' point. The path is formed by three different length boards (Long, Medium, Short) and boxes. The path zig-zags between the boxes. A dashed blue circle marks the 'finish' point and another dashed blue circle marks the 'start' point.</p>	<p>Place the boxes on the ground at intervals that exactly match the length of the boards with 4" overlap on each side. Use 90-degree angles so that two boards will fit securely on top of each box. If you are concerned about boxes being moved out of position by passersby or group members, use a flag (outdoors) or piece of tape (indoors) to mark one of the corners.</p> <p>The task is for the group to get from the start to the finish using three (3) different length boards (5.5 ft, 6 ft, and 6.5 ft). The rules are as follows:</p> <ul style="list-style-type: none"> • Group members may only stand on boards or box tops. • People must remain in physical contact with each other AND wood at all times (i.e. no jumping or stepping between boxes). • Boards may NOT touch the ground. • Boards must be passed (i.e. do NOT throw boards) <p>Variations</p> <p>↑ Place the path so it goes around corners or other visual barriers such as trees or shrubs. This shape increases communication difficulty.</p>
<p>Opposites Attract</p>  <p>The diagram shows two parallel dashed purple lines representing boundary lines. The top line is labeled 'finish' and the bottom line is labeled 'start'.</p>	<p>Set up boundary lines so that they are 10 m (30 ft) apart. Gather the group outside the roped off area and issue them the following items:</p> <ul style="list-style-type: none"> • Two (2) boards 2" x 10" x 6' • Two (2) large boxes • Two (2) small boxes <p>The task is for the entire group to cross the roped off area using only the supplied equipment. The rules are:</p> <ul style="list-style-type: none"> • Only boxes may touch the ground • No person or board may touch two identical boxes at the same time • Group members must have at least one foot on a board or box at all times • Boards may not move backwards • Boxes may not be thrown <p>Variations</p> <p>↑ reduce the number of items provided to the group to only one (1) board and three (3) boxes – two (2) boxes that are identical</p> <p>↔ Gathering jewels. Sprinkle tennis balls on the ground. These tennis balls represent precious items. Picking them up provides a compelling reason to move around the entire area.</p>

Mountain Tops

finish



Set-up a three 6' spans. There should be an extra box top at the start of the 1st span, the end of the 2nd span, and the end of the 3rd span. Arrange the box tops in order of decreasing size.

The group must progress from the largest box top to the smallest box top without any person or boards touching the ground. The rules are as follows:

- The group must be standing on the board and boxes of the 1st span before placing the board for the 2nd span.
- The group must be standing on the board and boxes of the 2nd span before the board for the 3rd span may be placed.
- Each person must maintain contact with wood at all times (i.e. no jumping)
- Boards must be passed – not thrown.
- Boards may only move forward.
- There are consequences if a person touches the ground.

Variations

⬆️ Only people who are doing the activity eyes closed may touch the boards. Eyes must remain closed the entire time – not just when the boards are being handled. It is helpful to give the folks with their eyes closed a bandana to tie around their wrist. This helps sighted folk remember who is allowed to move boards.

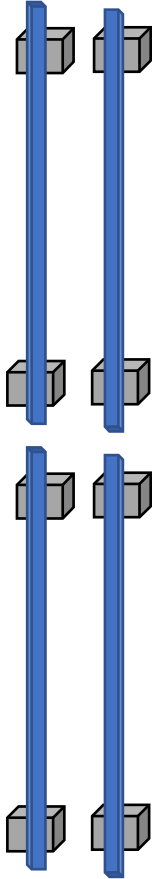
↔️ It is typical to “consequence” the person who touched the ground. Instead, offer the consequence to the group – anyone can take it. Consequences may include

- Returning to the start
- Doing the remainder of the activity eyes closed
- Carrying an item that is larger and awkward or delicate

Activities using Square Slots

Activity

Railroad Crossing



How to Play

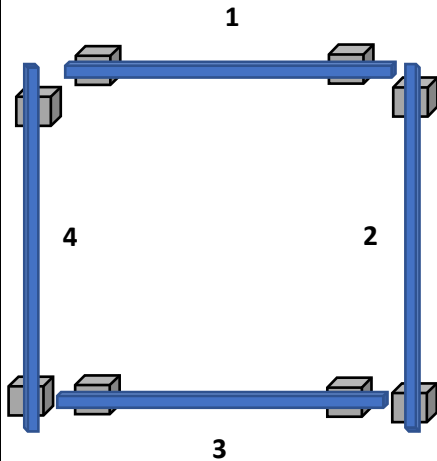
Set up two 4x4s square in the support blocks – create two sets if you have a larger group (more than 12 people). Place the elevated 4x4s approximately 60 cm (2 ft) apart. Have the group divide themselves into two grouplets and stand behind their elevated 4x4. Present the following challenges:

1. Everyone in the group must stand with both feet on their designated board for 10 seconds.
2. Start with group members standing on their board. Then, switch boards with the group standing across from you without anyone stepping off. Re-start until the task is accomplished.
3. Start with group members standing on their board. Individuals must reverse their order on their board (i.e. the person at the front should end up at the back, the person at the back should end up at the front, etc.). Re-start if anyone touches the ground.
4. Start with group members standing on their board. Individuals must pass an item AROUND the entire group as quickly as possible. AROUND means that except for the four people on the ends, everyone receives the item from a person standing on the same board as them and passes it to a person also standing on the same board.
 - Start with a small item (such as a tennis ball) and then get progressively larger (a beach ball) and then ultimately an exercise ball
5. Start with group members standing on their board. The goal is for the group to achieve the greatest possible foot imbalance on the boards – the maximum is all the group members' feet on one board and no feet on the other board.

Variations

↑ Move boards closer together OR further apart – up to 1.2 m (4 ft).

Log Jam



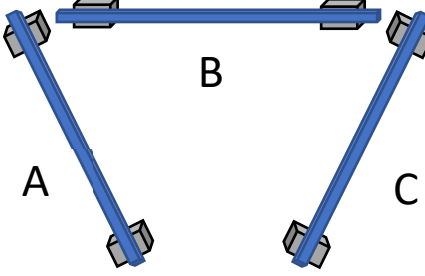

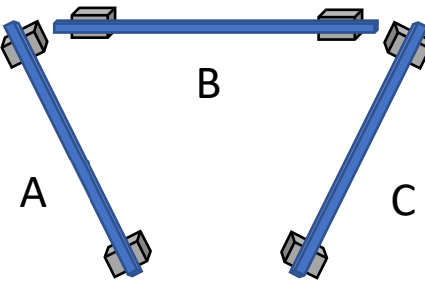
Create a square using 8 boxes and 4 rails.

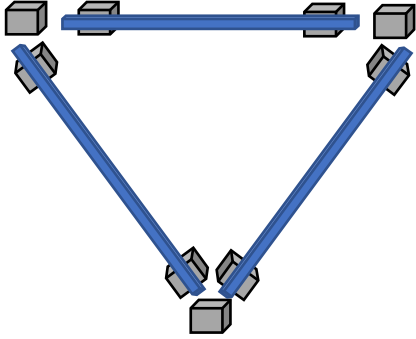

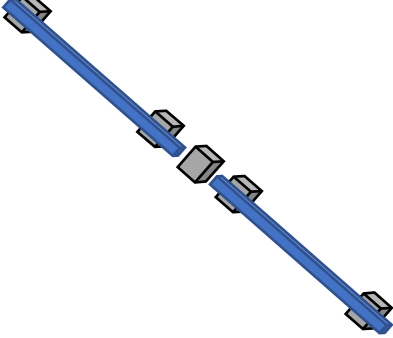
This is a series of challenges to get people comfortable with being on (and stepping off) the element. Have group members distribute themselves somewhat evenly around the rails standing on the outside of the square.

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 square. 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 each group member to point at the spot directly across from them. Then ask each group member to get to that spot without stepping off the boards. The solution is NOT simply rotating 180 degrees.
4. Ask the grouplets on boards #1 and #2 to switch boards and end up in the exact same order on the new board. Ask the grouplets on boards #3 and #4 to do the same thing.
5. Ask the grouplets on boards #1 and #3 to switch boards and end up in the exact same order on the new board. Ask the grouplets on boards #2 and #4 to do the same thing. The solution to this one is as simple as a 180-degree rotation.
6. 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.
7. 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.

Activities from the Bermuda Triangle	
<p>Shuffle Switch</p> 	<p>Using the square slots, set up the beams in an open triangle shape.</p> <p>Have group members divide into two grouplets. One grouplet stands on Rail A while the other grouplet stands on Rail C. Grouplets 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.</p> <p>Variations</p> <p>↑ 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>
<p>Partner Traverse</p> 	<p>Set up multiple elevated rails. Different partner groups can use different rails.</p> <p>Each pair attempts to cross a single rail while remaining connected in the following 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.</p> <p>Variations</p> <p>↑ Do not allow any additional points of contact</p>
<p>Three-Way TP Shuffle</p> 	<p>Using the square slots, set up the beams in an open triangle shape.</p> <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</p> <p>↓ allow switching (or a limited number of switches) at corners</p> <p>↔ Grouplet B stays on its rail – A and C need to switch rails</p>

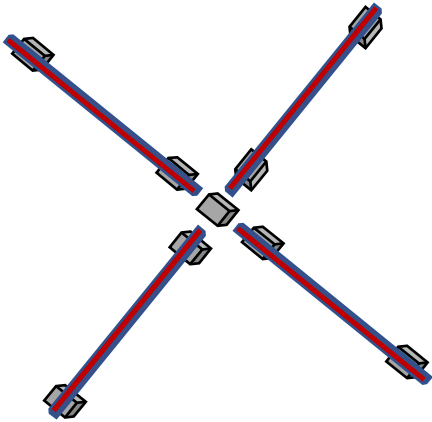
<p>Full House</p> 	<p>Set up an equilateral triangle with box tops in each of the corners.</p> <p>Start with the group standing on rails. Then, without stepping off, have group members arrange themselves in order of their birthday (month and day). All switching must occur on the rails themselves – not on any platforms 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>
<p>TP Sprint</p> 	<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>
<p>TP Shuffle</p> 	<p>Have the group stand on rail (use two rails if you have a more than eight (8) people in your group). Divide the group into two equal grouplets. People in the left grouplet need to end up on the right side 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 spot marker (or a few) on the ground to be used as a free space by anyone in the group</p>

Activities using Triangular Slots

Activity

How to Play

Propeller



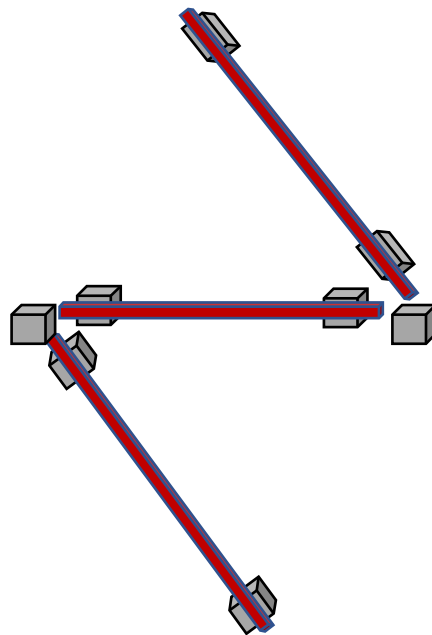
Participants begin in four approximately equal groups on the outside of the propeller blades. The task is for each participant to end up in a new position without falling off the boards. The rules are:

- NO props allowed (including and not limited to clothing, shoelaces, etc.).
- A participant who steps off returns to their original starting location.
- All participants must pass thru the centre hub
- Participants must be physically connected while moving on a beam. Spotters may NOT be used as a physical connection.

Variations

- ↓ If a participant falls off after reaching the central hub, they are only required to return to the central hub
- ↓ Place a hula hoop or spot marker mid-way along a beam to serve as a rest or balance point. Alternatively, place 2-3 spot markers in the centre that the group must first retrieve before they may be placed as rest points.

Ridge Walk



Place three or four (3-4) 4x4s in triangular slots. Gather the group at one end of the activity. The task is for the group to transport themselves from the "start" to the "finish". The rules are as follows:

- Everyone must be "on" the activity before anyone is allowed to step "off"
- Everyone must enter at the start and exit at the finish
- Everyone must remain physically connected to the group throughout the activity.
- Breaking contact with the group OR touching the ground requires a re-start by the entire group.

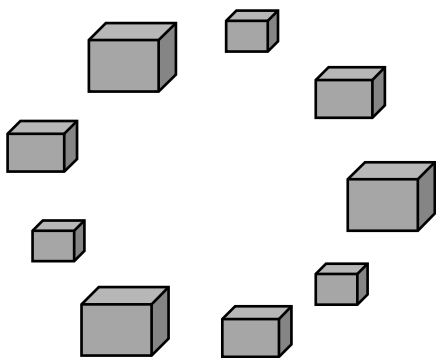
Variations

- ↑ Two-sided crossing. Start half the group at each end. No one may step off until everyone is on.
- ↑ Do NOT allow group members to stand on the turned up support blocks – not inside them and not on the edges.
- ↑ Set up obstacles over the boards that group members need to go over or under. Pool noodles are suitable for stepping over. Tarps are good for going under.
- ↔ Provide the group with a retired climbing rope or pool noodle that everyone must remain in contact with throughout the activity. Shorter, more rigid items tend to be more challenging.
- ↓ Set up the first beam so that it sits in the square slots. This creates a gentler start.

Activities using Boxes

Activity

Box Tops



How to Play

Set up the nine (9) boxes in a circle, top up, within easy stepping from one another. Create an alternating small, medium, large pattern. Each group member needs to stand on a box. Two people may share a medium box and up to three people may share a large box.

The task is for each person to touch the top of all the other boxes in the circle using only their feet. The entire group must re-start if anyone touches the ground.

Variations

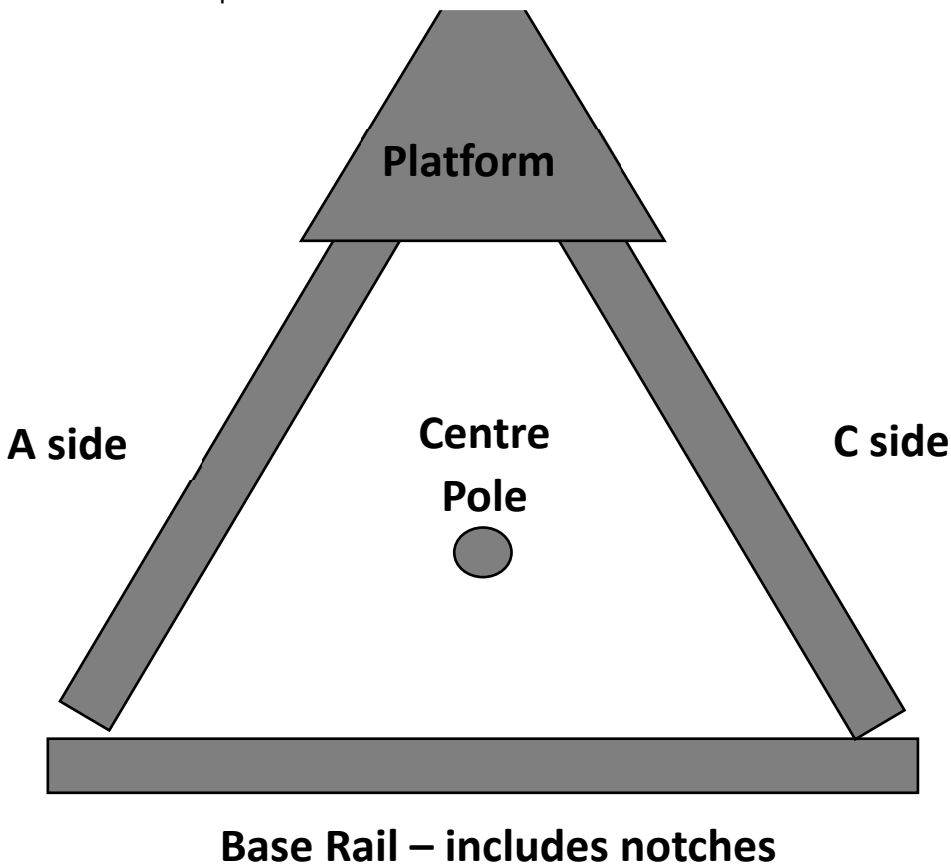
↑ Progressively take away boxes. One or two at a time. Different sizes each time.

↔ Have the group create a structure that will allow all group members to touch the top of all the other boxes without anyone stepping off.

Bermuda Triangle - 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

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 

 <p>Mass Pass</p>	<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 ↑ add a time penalty (10 sec.) each time a person steps off the rail or platform ↓ allow participants to move on the rails</p>
 <p>Bullring</p>	<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 ↔ 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.

8. Stand on the rails for 6 seconds. Step off forwards. Step back up. Step backward. Step back up. Step forwards. Step up backwards.
9. 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.
10. 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.
11. 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>

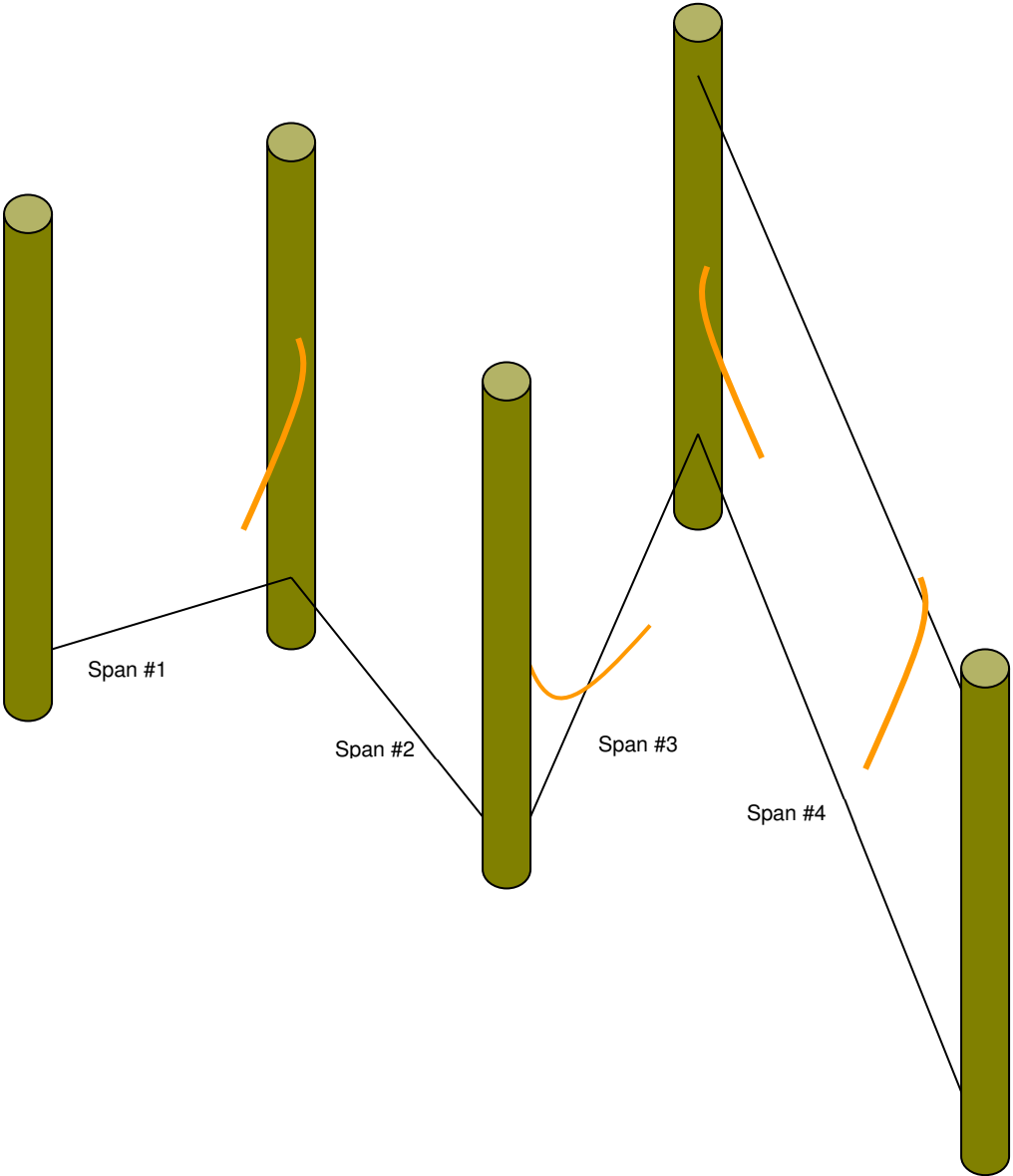


CENTRE POLE	
Activity	How to Play
Lighthouse	<p>The task is to stack as many cups as possible on the top of the centre pole. The entire cup must be visible for it to “count” (i.e. nesting one cup in another doesn’t “count”). Only one cup may be placed at a time. No one may place a second cup before everyone has placed a first cup.</p> <p>Variations</p> <ul style="list-style-type: none"> ↑ 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	<p>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.</p> <p>Variations</p> <ul style="list-style-type: none"> ↓ 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.



Cable Traverse - GETTING TO KNOW YOUR ELEMENT

The Cable Traverse consists of four or five footcables attached to support columns (trees or poles) in a linear shape. The spans become progressively longer as one moves from start to finish. The Cable Traverse includes a series of handlines that attach to some of the support columns.



Activity	How to Play
<p>Classic Cable Traverse</p>	<p>The entire group starts on the ground at the first support column. The task is for every group member to reach the end of the element without touching the ground. The rules are:</p> <ul style="list-style-type: none"> • There may be only four (4) people on any footcable at any time • A handline may only be used by the group if someone reached it by crossing the span on the footcable <p>Adjusting the challenge level</p> <p>The consequence for a group member touching the ground can make this activity easier or harder. Options include:</p> <ul style="list-style-type: none"> • Nothing – simply count “strokes” the way you do in golf. • Having the toucher return to the previous support • Having the toucher return to the start • Having the entire group re-start <p>Variations</p> <ul style="list-style-type: none"> ▲ Require that the group maintain physical contact with each other at all times (i.e. one chain of people) ▼ Provide one or more spot markers (such as a hula hoop) that the group may use as a resting zone. Once a spot is placed on the ground, it may not be moved. ▼ Provide an actual crutch to use as a balance aid. The crutch may only move forward. Group members pivot around the crutch.



<p>Two Way Item(s) Pass</p>	<p>Divide the group into two grouplets and send one grouplet to the start and one grouplet to the finish. Provide each grouplet with a container of items that are distinct from the other grouplet– tennis balls, deck rings, or pool noodles are good choices since they large enough to be tangible but somewhat awkward to carry while balancing on cables. The task is for the items at the end to make their way to the start while items at the start must make their way to the end.</p> <p>The rules are as follows:</p> <ul style="list-style-type: none"> • Items may only be touched by people who are on the cables. • Items must be passed hand-to-hand. Throwing is NOT permitted. • Items may not be transported in any container. • Items that fall to the ground are lost to the group. • Items that are being held by someone who steps off a footcable are lost to the group. <p>** This is good goal-setting activity. The group decides what their goal is for moving items and how many chances they will need to reach their goal. They may have as much planning time as they want before they start and in between rounds.</p> <p>Variations</p> <ul style="list-style-type: none"> ⬆ Switching sides. Items may NOT be passed – at least not to members of the other grouplet. All items and all people must switch sides. ⬆ In addition to moving the items, some (but not necessarily all) people from each side must switch locations ⬆ Items may not be touched. Instead, they must travel inside cups.
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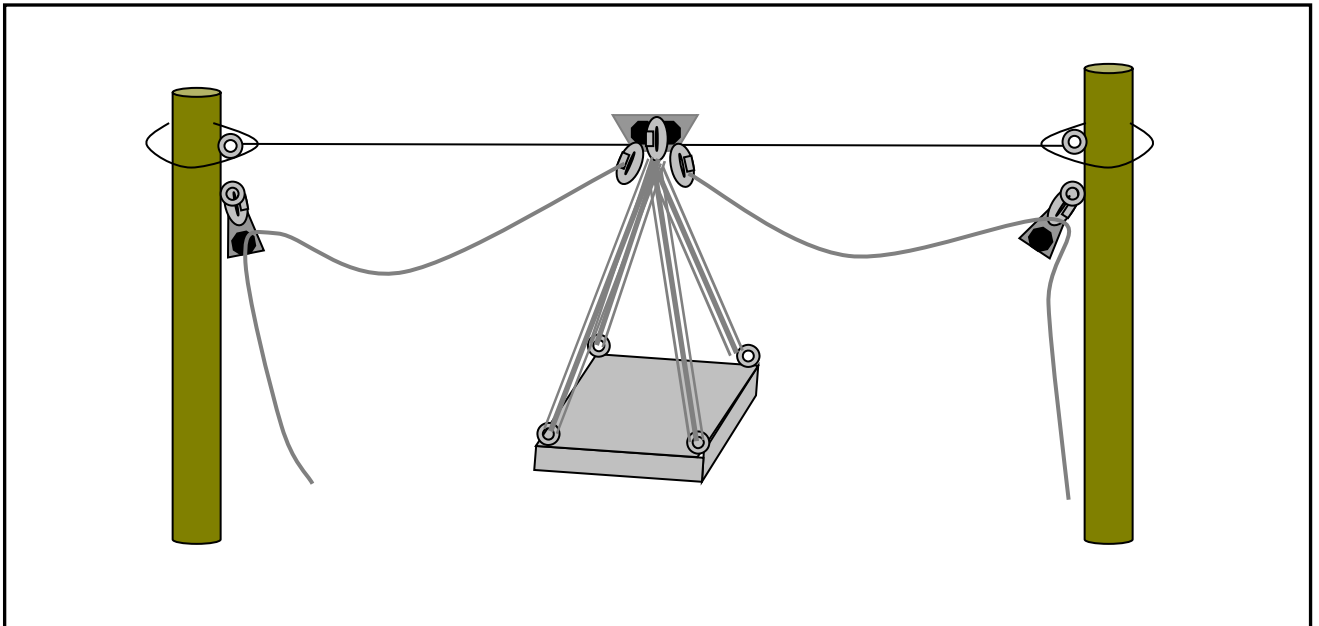
<p>Rainbow Repair</p>	<p>Attach bandanas to the foot cables and handlines of the Cable Traverse. Vary their location – put some close to the column and some towards the middle of the span.</p> <p>The story goes like this.. “Oh no! The colours of the rainbow have been mixed up and your task as apprentice leprechauns is to sort out the mess. Luckily the rainbow structure is already up and can be used to move the colours around (because you’re not yet qualified to flying around). Each colour should be placed in the correct order. Different colours should be in different locations (i.e. foot cable of span #1, handline #1, foot cable of span #2, etc.)</p> <p>Variations</p> <p>↑ Instead of bandanas, sprinkle the items from Two Way Item Pass under the foot cables where they won’t pose a tripping hazard for spotters. Place some directly on the ground and balance others on the tops of cups or buckets to make them easier to retrieve. The task is to gather the resources without stepping off the foot cables. Everyone is required to end up with at least one item and an similar-ish amount of resources (that’s plus or minus two – so if someone has one (1) item, no one should have more than three (3) items). Items may NOT be moved to make them easier to retrieve. Providing reaching aids makes the retrieval process easier because folks do not need to bend down as far.</p> <p>↔ Bi-directional response. Start half the group from the beginning and half from the end. This variation increases engagement because of the increased number of simultaneous action opportunities.</p>
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<p>Choose Your Own Adventure</p>	<p>The group gathers on the ground at the start where they are handed a backpack. Inside the backpack are</p> <ul style="list-style-type: none"> • detached handlines along with their connectors • a long rope • a pool noodle – it makes a terrible walking stick but a fairly decent hand extender <p>After teaching the group a knot suitable for attaching the rope and how to use the connectors, the group is sets off on their journey...it's up to them to determine where and how to employ their resources</p> <p>Variations</p> <p>↑ Instead of providing instructions on how to use the resources at the start, provide written instructions at each column. For example, once they reach the second column, the group gets instructions on how to use the connectors. Once the group reaches the fourth column, they are provided with knot tying instructions.</p> <p>↔ Hang the backpack of resources on the second column so that someone needs to cross the first span to retrieve it.</p> <p>↓ Provide written hints and strategies for using the resources to cross each span. Place written hint at the start of the span.</p> <p>** The facilitator must verifying that any knots tied by the group are going to hold.</p>
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Cargo Crossing - GETTING TO KNOW YOUR ELEMENT

The Cargo Crossing consists of a wooden pallet suspended on an overhead cable. The pallet is attached to a pulley system that enables it to travel between columns (trees or poles). The tag lines (i.e. haul ropes) are long enough so that when the pallet is all the way over on one side, there is just enough rope left to hold on to on the opposite side (this also means that the two ends will meet when the pallet is in the middle of the span).

Cargo Crossing activities may be presented as full-scale “river crossing puzzle” where the group must transport themselves or other items from one river bank to another, usually in the fewest trips. The puzzles differ by restricting which items may travel together, how many items can be transported at the same time, or which items may be safely left together.



Cargo Crossing

Activity

How to Play

Classic Cargo Crossing

Set-up the activity by laying down a boundary line at each end and dividing the group into two approximately equal grouplets. Place the pallet in the middle of the span and the end of each rope on its side of the element. The goal is for everyone in each grouplet to cross the span between the support columns on the suspended platform and without touching the ground. The person(s) on the pallet may pull themselves or be pulled across by others.

Variations

↑ **Same side crossing.** The goal is the same but in this version the entire group starts on the same side. The difficulty is figuring out how to initially retrieve the haul rope from the opposite side...you may choose to provide the group with a (somewhat flimsy) reaching device or a pole that is allowed to touch the ground. You can also put both tag line ends on the same side as the group (which puts the pallet on the opposite side).

↔ **Stuck in the middle.** Start with the group members, the pallet, and both tag line ends in the middle. Use rope or webbing to create a designated area where group members may stand. Place boundary lines at the two ends. Try this framing:

- Oh no! During a storm your ship has run aground between two islands in shark-infested waters. Luckily the sailors on-board have managed to rig a pallet that can travel between them. The storm is getting worse so you need to evacuate the ship before it breaks up. Since you have no idea where you are, the best chance for rescue is if your group sends half the people to one island and half the people to the other island.



<p>Fox, Chicken, Grain (aka Wolf, Cabbage, Goat)</p>	<p>It's market day and you need to get your wares to the market. The market is across the big river and there is only one crossing – it's a ferry. There's just one problem. The boat only has room for the farmer and one other item. Additionally, some items may not be left together without the farmer's supervision.</p> <ul style="list-style-type: none"> ➤ A fox (wolf) can't be left alone with the chicken (goat) ➤ The chicken (goat) can't be left alone with the grain (cabbage) ➤ The farmer is the only person who can steer the boat <p>The group needs to come up with a plan for moving everything across in as few trips as possible (because ferry crossings are expensive).</p> <p>This variation works best if you provide the group with props representing each of the characters (a bandana for the farmer, a stuffed fox for the fox, a rubber chicken for the chicken, and a bag of tennis balls for the grain). Then, whoever is holding that item IS the item for as long as they are holding it.</p> <p>Variations ↔ Place some people on the opposite side and add a requirement that at the end of the activity, every group member must be on the opposite side from where they started.</p>
<p>Elephants and Rhinoceroses</p>	<p>Have the group split themselves into two equal grouplets – one grouplet is the elephants and one grouplet is the rhinoceroses. Both elephants and rhinoceroses must cross the river without falling in and being eaten by the hippopotamuses. The boat can carry up to two animals and may not cross empty. If the number of rhinoceroses on either river bank exceeds the number of elephants on that same river bank, the rhinoceroses will attack the outnumbered elephants. Any animal (i.e. person) in the boat is by definition NOT on any river bank.</p> <ul style="list-style-type: none"> • The boat may not cross empty -- that would expose it to being stolen by hippopotamuses • Due to fatigue, no elephant or rhinoceros may make more than three crossings

Gathering Pirate Gold

Set up the activity by sprinkling a large number (30 – ish) tennis balls along the path between the two columns. You can provide differences in height by balancing some tennis balls on top of cups. Set up boundaries on both sides. Finally, decide where to position the pallet and ends of the two tag lines – my “usual” is both rope ends on the same side as all the group members.

While exploring an island for food and water, you and your pirate ship mates have come across gold nuggets scattered in a swamp of toxic goo. Your goal is to collect as many gold nuggets as possible AND get them and your shipmates on-board before you are stranded by the rising tide.

The pirate code is as follows

- Every pirate must bring some gold with them when boarding the ship
- Gold is valuable and heavy – it must not be thrown and the maximum number of gold nuggets that may be on the pallet with two pirates is 10 and the maximum number that may be transported by one pirate is 15
- The gold must remain visible at all times during the activity. This ensures that no pirate can steal any before it makes it onto the ship ...this is a no-pocket requirement.
- The tide is rising fast and the ship must be prepared to sail. No pirate may return to the island for any reason.
- The ropes may be tied together for one crossing only.

Variations

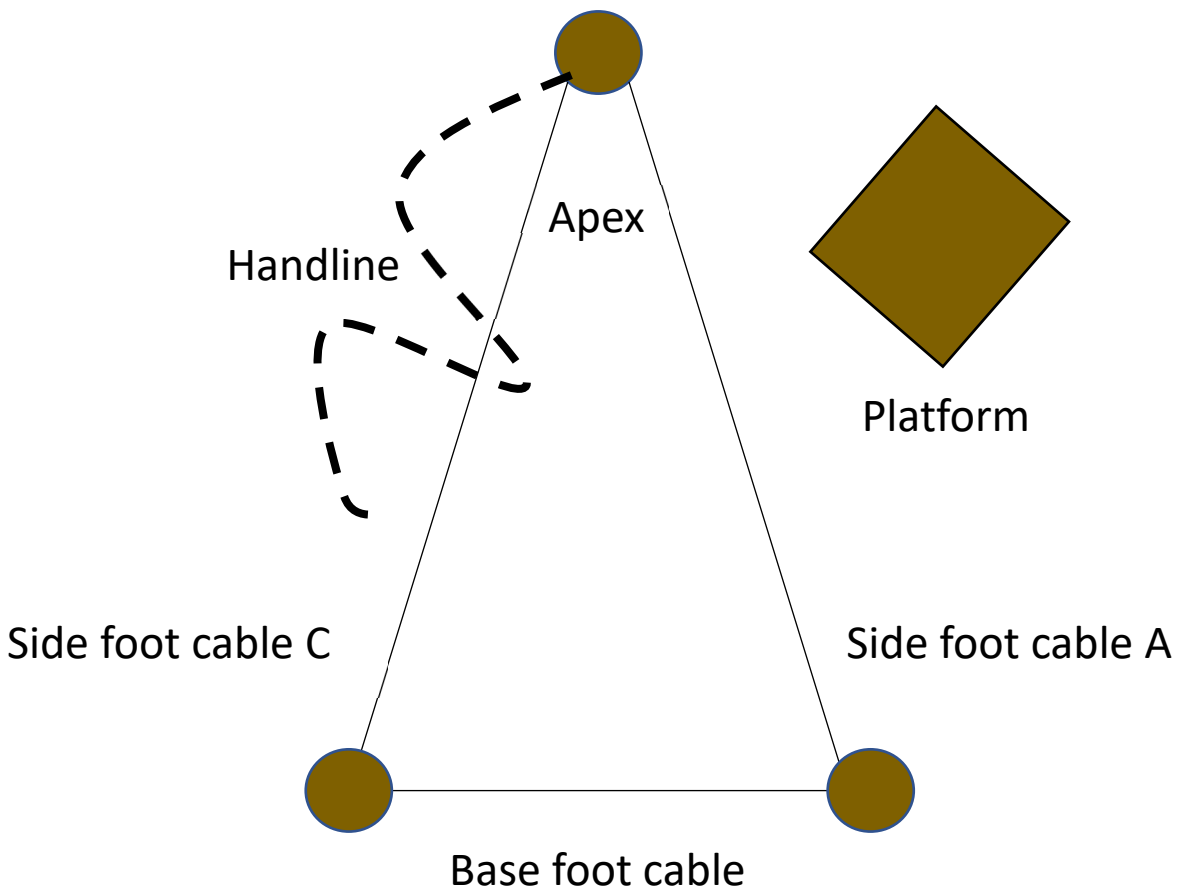
↔ provide a variety of reaching devices and containers BUT specify that gold nuggets may not be touched due to toxic goo contamination.



Delta Team Traverse - GETTING TO KNOW YOUR ELEMENT

The Delta Team Traverse consists of (3) three foot cables attached to three support columns in the shape of an isosceles triangle. The equipment that comes with a Delta Team Traverse includes a movable platform and a long handline usually anchored at the apex of the triangle. Activities are designed for:

- An individual
- Partners
- Group

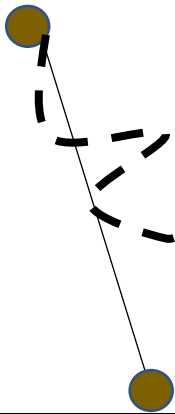


INDIVIDUAL ACTIVITIES

Activity

How to Play

Tension Traverse



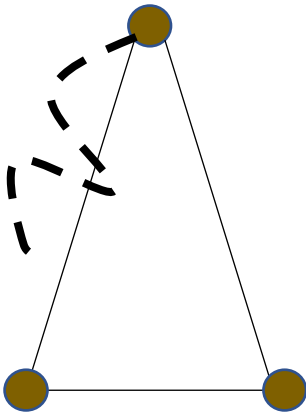
In this classic low ropes challenge the goal is for the climber to traverse from one of the end of a side foot cable to the other. The handline anchored above the apex of the triangle provides additional support.

Variations

↑ Out and Back – returning is more difficult.

↓ Hold the Line – another participant may hold the end of handline at the end of the foot cable or the end may be tied around the support column. This provides more stability.

Triangle Traverse



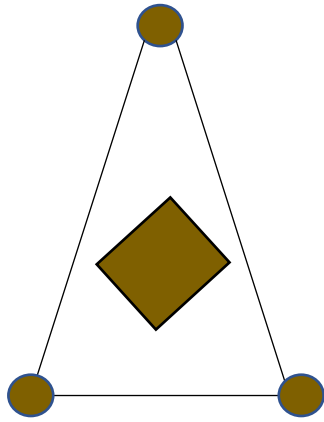
The goal of this activity is for the climber to complete a circuit of the triangle, moving out on one side cable, across the back foot cable, and then forward on the last foot cable using the handline for additional support.



GROUP ACTIVITIES

Activity

Delta Team Traverse



How to Play

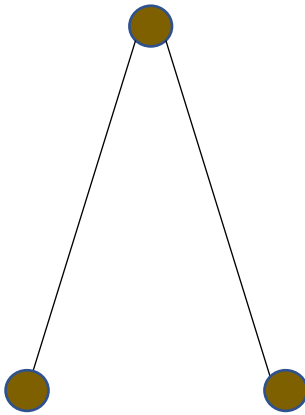
Participants begin as a group on the center platform. The goal is for each group member to touch each tree or pole. There is no order and the only resources available are other group members.

Variations

↑ each participant must transfer onto the cables, traverse the entire triangle, and return to the center without touching the ground (i.e. no returning to the central platform in between touching supports).



Team Switch



Four group members should stand on foot cable A while four group members stand on foot cable C. The goal is for the grouplet on side A to switch to the side C and vice versa. The rules are:

- No one is allowed to touch the ground
- There may be no more than 10 feet on any foot cable at a time
 - Each person typically has 2 feet, the 10 foot rule allows for 5 people on a cable or 4 people on a cable with 2 feet from 2 different people from the opposite side and lots of other possibilities

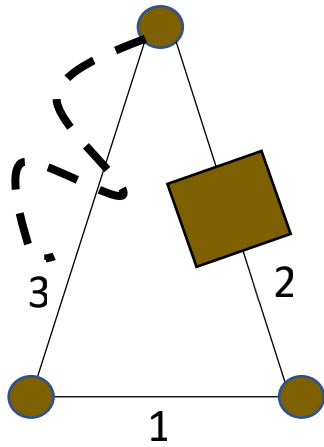
Variations

↑ limit the number of people who may touch the column (tree or pole) at the apex. The most hardcore version is that it may be one (1) designated person from each side and this role may NOT be swapped during the activity.

↓ allow use of the handline



Cable Circuit



This activity starts with the entire group on the ground near the support column between spans 1 & 3. The goal is for every group member to complete the circuit in order. The rules are:

- There may be only four (4) people on any foot cable at any time
- The ground platform may not be moved
- The handline may only be used by the group if someone reached it by crossing spans 1 and 2
- The handline may only be held (i.e. stabilised) at the end of span 3 by someone who has crossed spans 1, 2, and 3

Variations

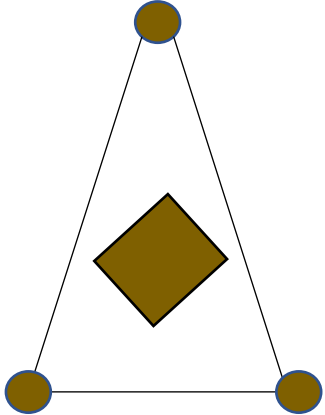
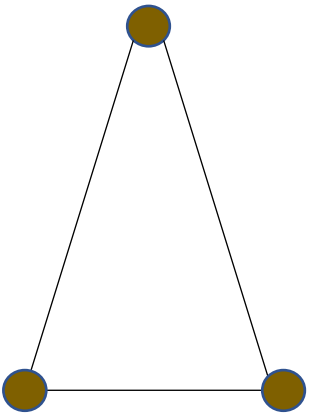
- ↑ Remove the platform at span 2 and replace it with an actual crutch. The crutch may only move forward. Pivoting movements are permitted.
- ↓ Allow anyone in the group to use the handline from the start of the activity.

Adjusting the challenge level

The consequence for a group member touching the ground can make this activity easier or harder. Options include:

- Nothing – simply count “strokes” the way you do in golf.
- Having the toucher return to the previous support
- Having the toucher return to the start
- Having the entire group re-start

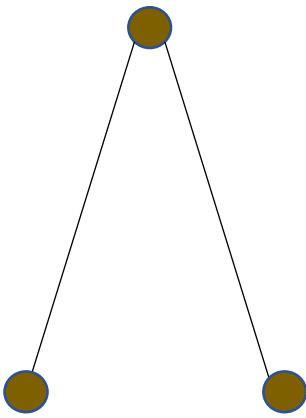


<p>Windmill</p> 	<p>Ideal group size for this activity is 12. Have the group divide themselves equally amongst the three (3) foot cables and the platform. The task is for each person to end up in a different location with different people.</p> <p>Variations</p> <ul style="list-style-type: none"> ↑ require that each foot cable be occupied by a minimum of three people at all times ↑ no more than 3 people at any time ↓ 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.
<p>Inch by Inch</p> 	<p>Without letting the group know what you are doing, place (hide) five (5) keys or paper clips inside the area of the Delta Team Traverse – within sight of the someone standing on a foot cable. Then, once you're done hiding the items, ask the group to spread themselves out on the foot cables. The task is for the group to find AND retrieve all five items as quickly as possible without stepping off the foot cables.</p> <p>Variations</p> <ul style="list-style-type: none"> ↑ add distractors such as keys, coins, poker chips etc. ↔ provide the group with "reaching devices" to pick up the items ↓ use larger or more colourful items

PARTNERED ACTIVITIES

Activity

Low Vee



How to Play

Partners get on the two diverging foot cables at the apex. Using only one another, the goal is to traverse as far across the cables as possible.

Variations

↑ **Out & Back** – the goal is for partners to get to a designated point and then back to the apex. This option is mostly harder due to fatigue / core strength (or lack thereof).

← → **Dowel** – Provide the set of traversing partners with a 1.5" (minimum diameter) hardwood dowel about 3' (1 m) long. This dowel may NOT touch the ground. Don't provide any clues about how to use the dowel. The group may eventually figure out that pulling back on the tow ends of the dowel in useless ... the useful thing to do is for both partners to lean on it while holding it inline with the direction of travel.



Escape Pod - 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 multiline. 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.

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	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. Variations ↓ Once thru the Porthole the participant may come back to lift ↓ 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.
 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"> 1. All participants start on the same side. 2. If a participant touches the web, that participant begins again. 3. Openings in the web can only be passed through once. 4. No diving or jumping through the web. 5. All lifts must use at least two (2) people lifting. <p>Variations</p> <ul style="list-style-type: none"> ↑ have the person going thru the web carry a cup of water (or other spillable substance). ↑ any person who is passing thru the web must have their eyes closed
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>Variations</p> <ul style="list-style-type: none"> ↑ tie some knots in the rope – things change when the rope doesn't slide smoothly ↑ 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.



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>Variations ↑ 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>Variation ↓ 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>



All Inboard	Place the assembled Cube on the ground (i.e. sitting flat on the floor). The Cube has become a modern day version of the 1950s challenge of stuffing phone booths (or Volkswagens). The object is to fit the as many group members within the perimeter of the cube as possible without any protruding body parts (imagine a large cardboard box).
Waterfall	Suspend the assembled Cube from the wooden frame. The task is for the group to pass a cup of water that is balanced on a bandana pulled tight through the Cube. Decide whether <ul style="list-style-type: none"> • Participants may change the location of their hold on the bandana during the activity • All participants must maintain contact with the bandana throughout the activity
Timed Crossing	This activity can be played either with the Cube suspended or resting on the ground. The task is for the entire group to pass through the same selected opening as quickly as possible without touching any part of the structure – each touch adds 10 seconds to the final time. Time starts when the first group member breaks the plane of the opening and time ends when the last group member is completely through the far side of the Cube. Holding the Cube steady throughout the activity is considered a travesty and is not allowed under any circumstances.



LASER SLOT

Activity	How To Play
Classic Laser Slot	<p>The task is for each group member to move thru the space created by the parallel bungee cords without touching any part of the structure or element AND while remaining physically connected to the group throughout the entire activity (i.e. until everyone is thru). Connections between folks on either side of the slot may only be thru the slot (not above or below it). Decide on the height and spacing of the two cords (low at thigh level and top at shoulder level is the conventional arrangement).</p> <p>Variations ↑ require that the physical connection be holding hands and in a single line → ← adjust the height of the cords and/or width of the slot</p>
Over, Under, Through, & O.U.T.	<p>This is a timed activity. All group members must get to the other side – <u>one at a time</u> and while in contact with at least one other person. There are three options:</p> <ul style="list-style-type: none"> • Over – passing above the upper bungee cord • Under – passing beneath the lower bungee cord • Through – passing between the bungee cords <p>All three options must be used sequentially in whatever sequence the group establishes. For example, under – thru – over; under-thru-over.</p> <p>Touching the bungee or supports results in that person returning to the inside.</p>



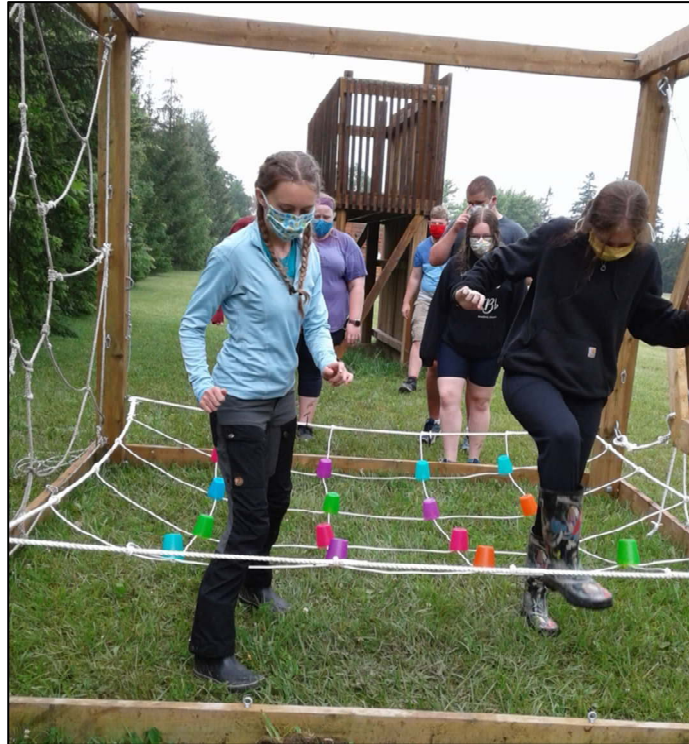
Place a rope 1 m in front of the cube and a rope 1 m inside the cube. The task is for the group is to start from one side of the element (in front of the first rope line), make their way UNDER the horizontal strand, and then exit the other side of the element (past the second rope line). “Sturdy” shoes are the only resource allowed to touch the razor’s edge (the top of the 2 x 6 board). The area between the ropes is a bottomless pit— it may not support any body weight. Anyone who touches the element or the bottomless pit returns to the start.

Variations
 ↑ If anyone touches the element during their crossing, the slot between the Razor’s Edge and the strand of bungee cord will get smaller. Decide whether to lower one side at a time or both sides at once.
 ↑ participant’s eyes must remain closed whenever they are in the area between the boundary lines
 ↔ Require shoes stay on peoples’ feet at all times.
 ↓ Provide one or two polyspots as magic floating steps that may support body weight. Once placed, they must remain in that position.
 ↓ Shorten the distance between the edges of the pit.

HORIZONTAL GRID	
Activity	How to Play
Classic Horizontal Grid	<p>Hang the horizontal grid on an angle – starting side at about knee level and ending side at thigh level. The task is for the group to move from one side of the horizontal grid to the other without anyone touching the grid (or outside rope) at any time. Every cell in a row must be filled before anyone may progress to the next row. Decide whether participants may touch the frame.</p> <p>Variations</p> <ul style="list-style-type: none"> ↑ staying in physical contact throughout the activity ↑ retrieving items sprinkled beneath the grid as part of the activity
Easy Horizontal Grid	<p>Hang the horizontal grid about knee level. The task is for each participant to cross from one side of the cube to the other by passing through only one hole in the horizontal web. For example, a participant might start by going under the starting side, then up through an opening in the web, and then exit going over the exit side of the web. Alternatively, a participant may enter the web by going over the starting side and into an opening, go down through the opening, and then crawl out underneath the exit side of the web.</p> <p>Variations</p> <ul style="list-style-type: none"> ↑ do not allow other group members to assist from the outside – anyone who is lifting must be standing in a hole (and have achieved their position according to the rules) ↑ the hole closes if there is a touch – the individual must return to the start and choose a new hole ↑ Play Under-Over – group members must follow a sequence where if the first person enters a hole from the top, the next person must enter a hole from the bottom ↔ allow participants to choose their route including which side they start from and which direction (top down or bottom up) they pass thru the opening
House Trap	<p>Hang the horizontal grid so that it is level. A low level (30 cm) is easy while a higher level (45 cm) is more difficult. Give the group plastic cups – one cup per member. The task is for the group to pass from one side of the grid to the other. To get through the grid, an opening needs to be “unlocked” by balancing a cup on the four intersecting strands. Each cup opens four (4) spaces —the 4 open squares that touch the intersection where the cup is placed. After a cup is placed on an intersection, it cannot be removed or touched in any way. When a space is open, group members are allowed to step into it. If a cup is knocked off its resting place, the spaces it opened close (and the cup is lost). Any leg in a closed space may not be moved out until the space is re-opened by using another cup.</p> <p>Variations</p> <ul style="list-style-type: none"> ↑ provide a limited number of cups to the group ↑ ask the group how many cups they think they will need ↔ play for cups rather than time – the challenge becomes crossing while using as few cups as possible ↓ allow group members to provide physical support while outside the Grid

Cuppling

Hang the Grid so that it is level and at step in and out height. Place a cup (top down is easiest) on each intersection.



This is a timed activity. The task is for the group to cross from Side A to Side B. Cups may not be held in place. If a cup is knocked down, any square that is no longer overlapped by a cup is “closed”. Granted, there are typically 4 cups per square but eventually all the cups may be knocked down.

Variations

- ↑ Hold hands with a partner while crossing
- ↑ do not allow anyone to provide physical support while outside the Grid

 Secret Maze

Lay the Horizontal Grid on the ground. Secure the corners with tent pegs if necessary. Create a secret maze on a 5x5 grid.


	X	X	X	
	X			
	X	X	X	
			X	
X	X	X	X	

The task is for the group to discover the secret path that allows them to cross from one side to the other. No jumping (i.e. skipping over rows) is permitted. Any person who steps into an incorrect square must return to the start. Legal moves are forward and sideways. Illegal moves are backward and diagonally.

Variations

- ↑ No verbal or noise-based communication
- ↑ change the path out of the maze every time an error occurs
- ← Divide the group into two (2) grouplets starting at opposite ends. If a grouplet makes an error, it’s the other grouplet’s turn. At first folks think they are competing, but then they figure out that sharing information is possible
- ↓ Allow path marking (aka leaving bread crumbs)

Multi-Side Crossing	Hang the Horizontal Grid at knee level. Have the group divide into 2, 3, or 4 groups that start from different sides. The task is for each group to cross over. No one may exit the grid until everyone is inside the grid. Openings may only be occupied by a single person at a time (i.e. you can't put one leg in a hole if someone else already has a leg there. Finally, you can't skip any rows –not even if people float you.
Other Variations	<p>The listed activities below may be done using the Horizontal Grid. Repeating a task you did vertically on the Spider's Web is not the same as completing the task horizontally.</p> <ul style="list-style-type: none"> • Rhonke's Web • Item Pass • Minefield – hang the grid at knee level over items scattered on the ground. No need to attach anything to the grid.

ALL SIDES ESCAPE POD	
Activity	How To Play
Meet the neighbours	<p>Hang all four activities: Spider's Web, Laser Slot, Hex Hole, Expandable Cube.</p> <p>Divide participants equally among the four sides of the cube. The task is for people to reach through the cube and shake hands with as many people as possible without stepping into the area within the frame. Decide whether leaning on the frame counts as a violation or a strategy.</p>
Pardon Me	<p>Hang all four activities: Spider's Web, Laser Slot, Hex Hole, Expandable Cube.</p> <p>Divide participants equally among the four vertical sides of the frame. The goal is for people to cross from one side of the frame to another as quickly as possible while avoiding physical contact between participants AND the frame AND any hanging element. Time each round and allow planning between rounds to develop and improve strategies.</p>
Passing Thru	<p>Hang all four activities: Spider's Web, Laser Slot, Hex Hole, Expandable Cube.</p> <p>The task is to lift and pass each participant from one side of the cube to the other without disturbing the elements that are being used. Decide whether participants may or may not be set down inside the cube. Remember:</p> <ol style="list-style-type: none"> 1. If a participant touches any element, the activity resets and that participant begins again. 2. Each participant must have their own path. No one may share an entrance AND exit with another person. 3. No diving or jumping through elements. 4. All lifts must use at least two (2) people lifting.
 3-D Network	<p>Hang all four activities: Spider's Web, Laser Slot, Hex Hole, Expandable Cube.</p> <p>Hang the Horizontal Grid from the roof and suspend items such as rubber chickens, balls, etc. at various heights. Sprinkle items on the ground. The task is for each group member to cross thru the cube without touching any elements or any of the items while their eyes are closed. Participants in the cube may receive verbal guidance from folks standing outside the cube.</p> <p>Variations</p> <ul style="list-style-type: none"> ↑ group members retrieve some items but not others. For example, scatter both cups and tennis balls. The tennis balls stay in place but the cups must be removed. ↑ have group members crossing from all sides. For example, if there are 12 people, send 3 people to side A, 3 people to side B, 3 to side C, and 3 to side D. Each person at side A must then exit the maze through a different side. ↑ distribute up to 40 items of 4 different colours in the Escape Pod. Each ball must be picked up and deposited outside the Escape Pod through a specific side. For instance, blue items go thru Side A, yellow items thru Side B, etc.

Bulling



Hang all four activities: Spider's Web, Laser Slot, Hex Hole, Expandable Cube.

Set up one bullring stand inside the Escape Pod. Place each of the strings thru a unique hole so that it is outside the structure. Position the second bullring stand inside the Escape Pod.


The task for the group is to move the ball from one stand to the other without anyone touching the structure or any element (or removing a string from its hole). No one may let go of their string during the activity.

Variations

- ↑ the string holders have their eyes closed – non-string holders provide verbal instructions
- ↑ use a larger / heavier ball
- ← allow group members to move their feet or require them to plant their feet
- ↓ use a faux "jewel" that has corners – it's easier to keep stable

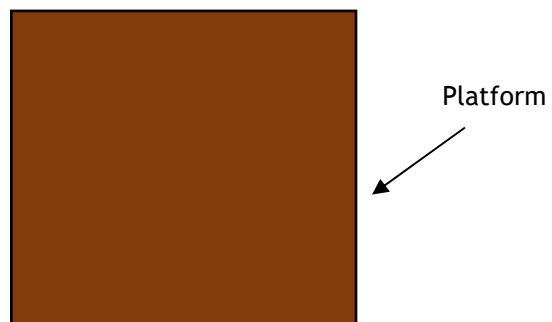
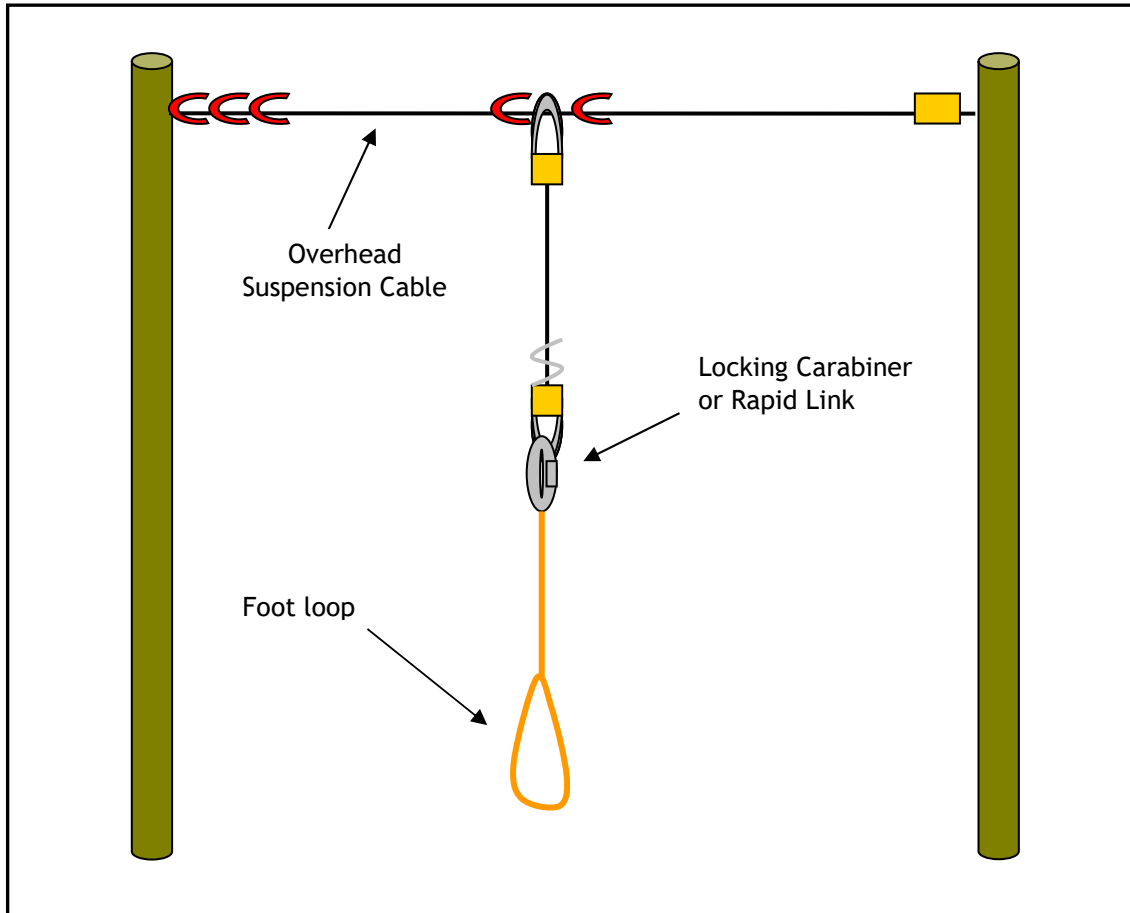


3D MAZE

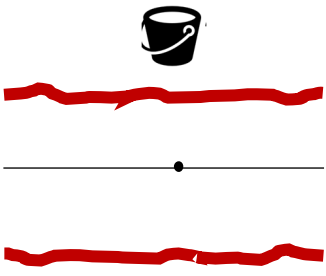
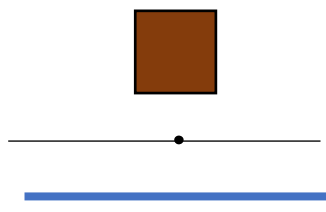
Activity	How to Play
 Entrapment	Using shock cord, the eye screws on the frame, and the provided mini-carabiners, make a 3-dimensional maze that includes all four sides. The task is for individuals to pass thru the cube without touching any of the strands.
Chicken Run	Place a rubber chicken (or an alternative object) on the ground in the center of the Escape Pod amongst the 3-D web. The task is to retrieve the chicken without touching any of the strands and with anyone in the Escape Pod keeping their eyes closed.

Nitro Crossing - GETTING TO KNOW YOUR ELEMENT

The Nitro Crossing consists of swing rope anchored to an overhead suspension cable. The Nitro Crossing includes a movable platform.



Overhead
Suspension Cable

Activity	How to Play
<p data-bbox="203 268 373 300">Nitro Crossing</p> 	<p data-bbox="571 268 1416 478">In this classic low ropes challenge the goal is to move a group of people and a container of “nitroglycerin” from one side of the boundary rope to the other side. A bucket of tennis balls is more practical than a bucket of water for the simple reason that when the “nitro” spills, it is easier to gather up tennis balls than it is to gather up water.</p> <p data-bbox="571 520 701 552">Variations</p> <ul data-bbox="571 556 1408 835" style="list-style-type: none"> ↑ Trip wire – instead of using boundary markers that sit on the ground, balance two tent poles on top of cups, milk crates, or buckets – one tent pole per side. Create catastrophic consequences if a tent pole hits the ground. ↑ Bail me out – instead of one person needing to transport the “nitro”, give everyone in the group a cup. The “nitro” must still cross the designated area. It may not, however, travel in its original container. And obviously the container may not be moved.
<p data-bbox="203 835 402 867">Prouty’s Landing</p> 	<p data-bbox="571 835 1399 1014">Another low ropes classic – everyone in the group must move across the designated area. This time, however, the landing zone consists of only a small group platform. Once a group member lands on the platform, they must remain on it until everyone is on the platform together AND stays balanced for ten seconds.</p> <p data-bbox="571 1056 701 1087">Variations</p> <ul data-bbox="571 1092 1356 1161" style="list-style-type: none"> ↑ Out and back – after successfully huddling together, the group members must now make their way back to the starting side.

Disc Jockeys

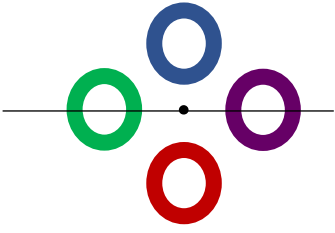
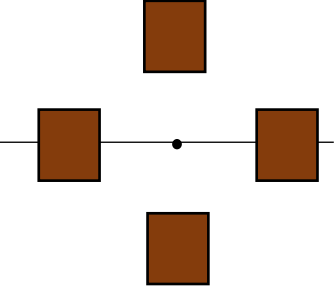


Start the activity by asking all group members to balance on the platform. Let them know that they are vinyl records stored in a milk crate by a disc jockey whose set-up includes 12 (or however members there are in the group) turntables – use hula hoops or spot markers to represent each turntable. Each record (i.e. person) needs to get out of the milk crate and onto their own turntable. A record must remain wherever the person's 2nd foot touched down (for example, a person who touches a turntable with one foot may take a step to another empty turntable where they must then remain for the duration of the activity). A record may also be "crowd-surfed" to a turntable by other records as long as the 2nd foot touch rule is observed.

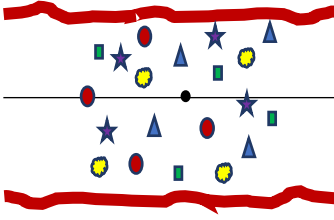
Variations

↑ Post-Party Pack up – after the party the records need to get back in their milk crate



<p>Do I go?</p> 	<p>This activity plays best with 12 people but a slightly larger (or smaller) group is just fine too. Ask group members to divide themselves up evenly among the hula hoops. The goal is for each group member to end up in a different hula hoop with completely different set of people in as few swings as possible – which means no one should need to swing more than once and there should be no swings of the rope with no one on it.</p>
<p>Tarzan Baseball</p> 	<p>Using the swing rope, the group must get everyone to touch all the bases in order and make it back to home. The goal is to do it in as few innings as possible with the least number of outs.</p> <ol style="list-style-type: none"> 1. Players must bat according to the established batting order. 2. A batter's turn is over when they <ol style="list-style-type: none"> a. successfully land two feet on a base b. fall off a base c. touch the ground d. let go of the rope. 3. An out is recorded when <ol style="list-style-type: none"> a. there is an unsuccessful attempt at a base b. any player falls off a platform c. any player touches the ground d. any player skips their turn at bat 4. Once a player makes it home they can assist other players as long as they remain on base. 5. Each group is given a number of special plays that can be used during the game. They include: <ol style="list-style-type: none"> a. Walk: 1 person may take a free pass from home to 1st b. Stolen Base: 1 person is allowed to steal one base during the game. This can occur at any time. Example, Jenny can go from 2nd to 3rd with no penalty while another person is at bat. c. Error: 1 person may skip a base during their at bat. So, whichever platform finished on, they can advance to the next base. d. Sacrifice bunt: 1 person may advance to any base, but the player at bat will be given an out and stay where they were. <p>Variations</p> <p>↓ For the first trip thru the batting order, the team starts in the dugout -- only the player at bat goes to homeplate.</p> <p>↓ Players start on a base so the group is equally distributed among all the bases. It can be either just on 1st through 3rd, or all four bases.</p>

Mid-Span Retrieval



Lay out two boundaries (ground level or elevated) and then evenly sprinkle items in the space between them. Items may be placed directly on the ground or balanced on an overturned cup. Hand the group a piece of webbing or a rope. The goal of the activity is to pick up the items and move all the people and items to the other side. No one is allowed to touch the ground between the boundaries. Items may not be moved to make them easier to pick up.

Variations

↔ Crossing sides – have the group split evenly with half the members on each side. Assign half the items to one side and half the items to the other side. This is easiest if the items are easily identifiable (for example, side A gets all the red and orange items, side B gets all the blue and green items). The goal is for each group to get to the other side with all their stuff. Groups alternate who goes.



Whale Watch - GETTING TO KNOW YOUR ELEMENT

The Whale Watch consists of a platform that is balanced on a central fulcrum.



WHALE WATCH

Activity How to Play

Classic Whale Watch

In the classic version of the Whale Watch the group consists of a group of tourists going on whale watching expedition. The hardest part of Whale Watching is finding the whales. Over time, we have discovered to pieces of helpful information:

- Whales HATE splashing. Rocking the boat so that it keeps hitting the water will frighten the whales away.
- Whales do like singing. “Row, row, row your boat” is their favourite song.

If the group manages to keep the boat stable long enough to sing a verse of “Row, row, row your boat”, they are likely going to be rewarded with a whale sighting.

Additions

Once the group has the Whale Watch balanced, keep it balanced while performing some of these other tasks

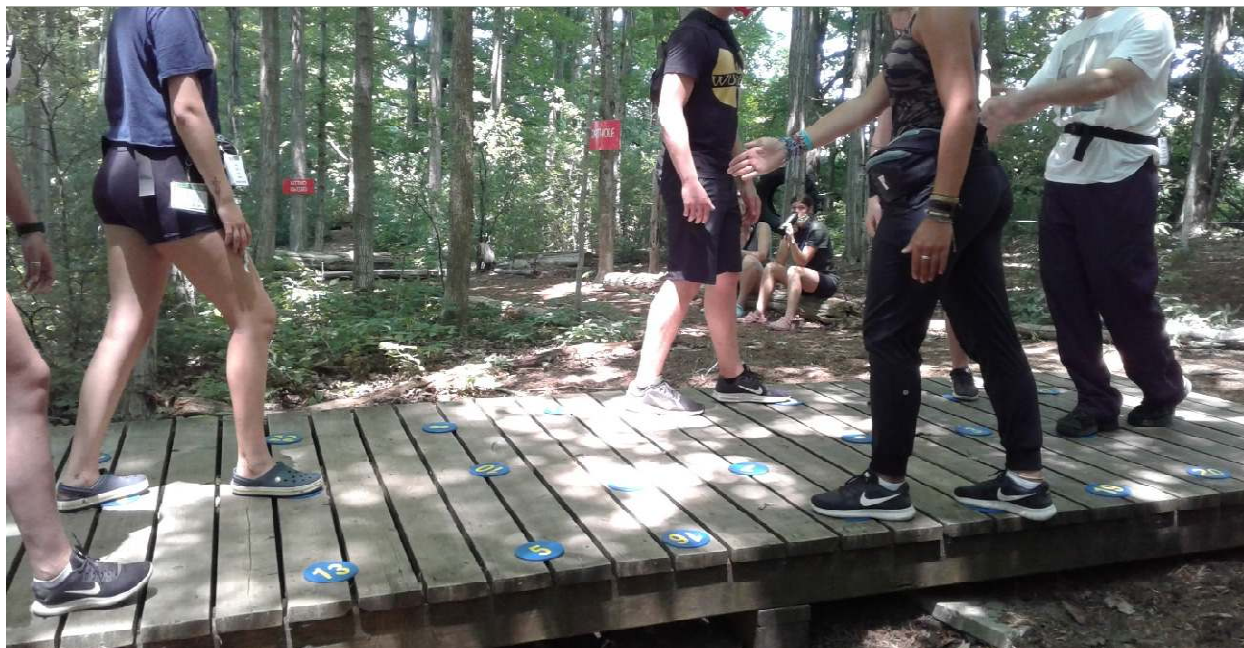
- Have people switch sides so that everyone can look at the whales. This means people on the port side move to starboard and people on the starboard side move to the port.
- Have the group get in a circle and complete a rotation.
- Toss around an object (or several). In addition to singing, whales love “group juggling” or “name tossing”.
- Pass a buzzing Buzz Ring around the group. This activity works better if the group has successfully passed the Buzz Ring while standing on the ground.



Sinking Ship	<p>Far from shore, the boat's engine died (along with the radio) and the boat started taking on water. Your best chance to get the engine re-started is to keep the boat as stable as possible and bail out the water that has accumulated below. Luckily you have managed to find some cups in the galley to use as bailers.</p> <p>If the boat becomes unstable at any point during the activity, move some the water (tennis balls) the group has bailed off the boat (Whale Watch) back into the boat. The group may become temporarily miffed at the facilitator when this happens but they usually understand that this is a natural and foreseeable consequence – especially once the facilitator points it out to them.</p> <p>** while you can certainly place a bucket of water on the Whale Watch, water tends to spill and then you need to pause the activity to get a re-fill. Small items such as tennis or golf balls make a good substitute since they can easily be gathered if the group needs a re-start. This adaptation also makes this this variation doable in sub-freezing temperatures.</p>
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Team Tipsy	<p>Create a grid on top of the Whale Watch. The grid should be at least 3 squares wide by 8 squares long. A reasonable grid size is 18" x 18" although spot markers work reasonably well.</p> <p>Divide your group into two approximately equal grouplets. The task is for the people in Grouplet #1 who are standing at one end of the Whale Watch to move from square to square and reach the opposite end before Grouplet #2 does. Here are the rules:</p> <ol style="list-style-type: none"> 1. Begin with one person per square starting at the end row(s) and the platform balanced. 2. One person from a grouplet steps into an open square. <ol style="list-style-type: none"> a. if the platform touches the ground with everyone still, then that group's turn is over and someone from the other grouplet may step into an empty square. b. if the platform is balanced AFTER any movement (including jumps off people – not actual jumping) is complete and everyone is still, a different person from the same grouplet must move into an empty square 3. Legal moves include <ol style="list-style-type: none"> a. moving forward b. moving diagonally c. "passing" a person Chinese Checkers-style. Multiple jumps are allowed if there are empty squares. Anyone who is jumped stays in place. 4. Illegal moves include <ol style="list-style-type: none"> a. moving sideways b. moving into an occupied square (no more than one person per square) <p>*** Creative body positioning within a square is allowed. One foot must remain on a spot marker if spot markers are being used.</p>
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Steady as She Goes	Place a large-ish ball (a debriefing thumbball or slightly deflated beachball works well) on the Whale Watch. The goal is for everyone to exit the Whale Watch while keeping the ball in balance on the platform. The ball may not be held in place by feet or hands. People who have disembarked may not attempt to stabilise the Whale Watch. A deck ring supplied by the facilitator may be required to make this task doable rather than impossibly frustrating.
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Two-Sided Teeter-Totter Traverse

The castle of Teeter is guarded by a moat. There is but one way in (or one way out) - a movable bridge like no other (I checked on Wikipedia). Following an incident with some goats, the underside of the bridge is the new home of Totter the Troll who is friendly enough as long as people follow his rules:

1. Folks may cross one at a time.
2. Don't put hands or feet (or really any body parts) under the bridge. It wrecks the slimy grossness of the delicate wetland ecosystem in the moat. Also you'll need to go get first aid.
3. Don't bang the bridge on the edge of the castle or the ground on the other side. If there is a touch, you'll owe Totter a penalty – which he will only disclose when it is time for it to be collected. Your facilitator may have historic information on what you might expect should ground contact occur.

Divide your group in half. Send each grouplet to their end of the Whale Watch. Place boundary markers at the ends of the Whale Watch so people don't put their hands and feet in places where they could get crushed. Moving one person at a time, the folks at end A need to move across the Whale Watch to end B. Meanwhile the folks at end B need to move across the Whale Watch to end A. The goal is to switch sides with the Whale Watch making the fewest number of ground touches. And yes, holding the Whale Watch so it remains in contact with the ground is considered a travesty and is against the rules.

Variations

↔ Everyone starts on one side and must get to the other side. Doing both the activities in sequence is a great way to explore pre-conceived notions (participants tend to see this as a much harder challenge) or to teach Class 1 levers -- especially the part about how effort relates to load.



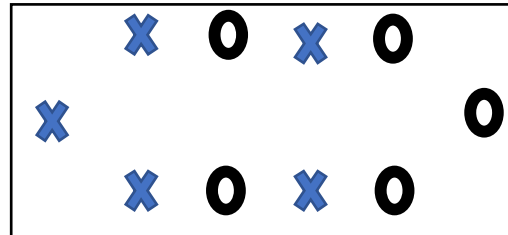
Helium Stick	<p>While keeping the Whale Watch balanced, the group must balance the pole on their fingers (have folks place their palms vertically, thumbs up, index fingers out) at chest level. Then ask the group to lower the pole to the Whale Watch while keeping fingers in constant contact and the Whale Watch balanced. Neither thumbs nor fingers may be placed on the top of the pole. Re-start anytime the Whale Watch hits the ground.</p> <p>Variations</p> <p>← → use the pieces from The Expandable Cube <u>including</u> the T-pieces to create a more random shape such as a zig zag or a square</p> <p>← → hang a deck ring or two off the pole – if the ring falls off, re-start</p>
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**Whale Watch
Foosball**

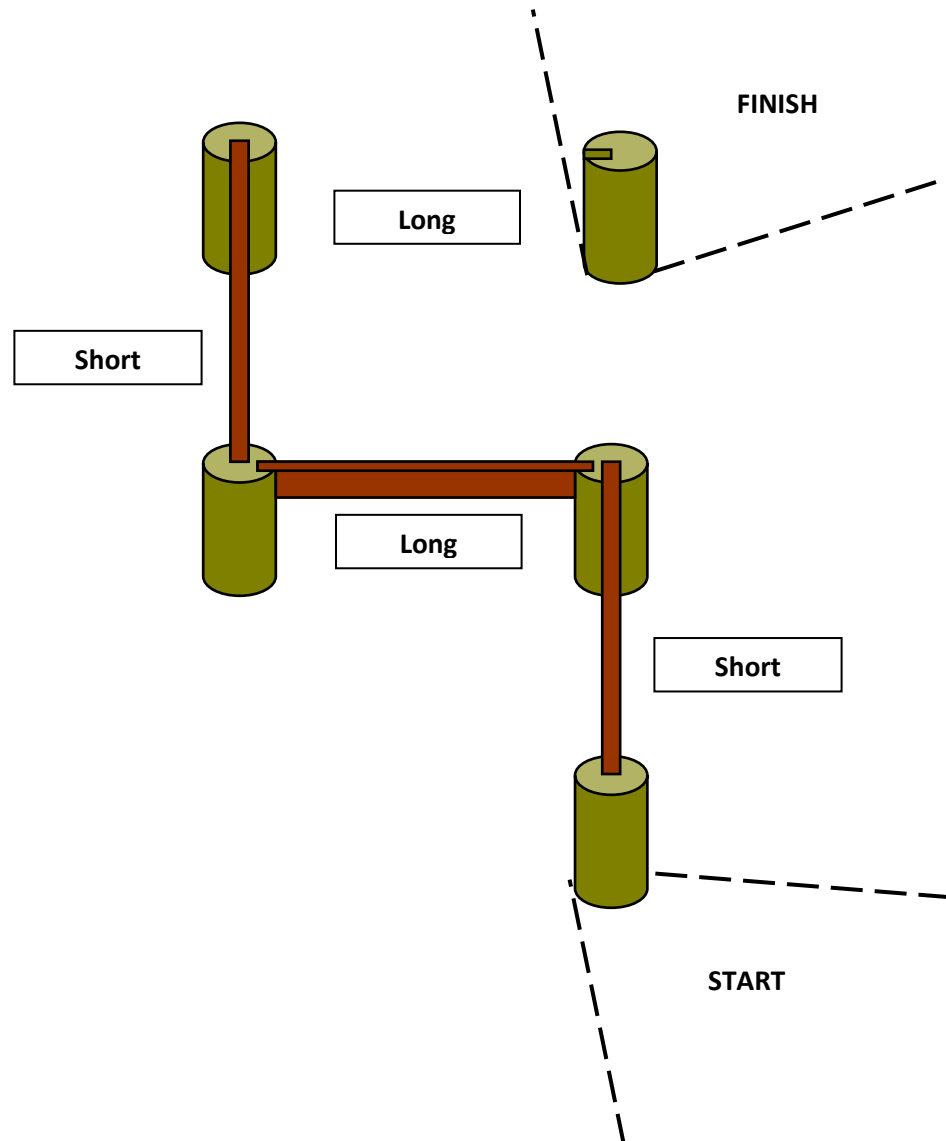
Foosball is that table game that is loosely based on soccer or hockey – you know the one where figures of players are attached to rods and you try to move a ball into your opponent’s goal by moving the rods. Here’s how to play with people on a Whale Watch.

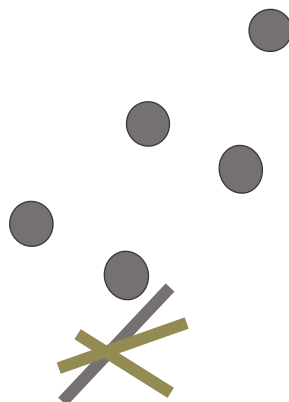
1. Set up goals on the ground just past both ends of the Whale Watch. Pylons are very professional. The “feet” that used to lock up the Whale Watch are just fine. Find a soft ball – a debriefing thumbball is the ideal size and looks the part.
2. Play in teams of five. One goalie, two forwards, two defense.
3. Arrange the players in alternating rows. Goalie, defense, forwards, forwards, defense, goalie. Coloured bandanas worn around the wrist are helpful but not necessary.
4. Both feet remain planted at all times during the game. The ball must remain in contact with the Whale Watch. The ball may be moved with the hands.
5. First team to score three (3) points wins.
6. Players must change position (goalie, defense, forward) every time a goal is scored by either team. If a team has more than 5 players, every player who was “off” must substitute a player who was “on”.
7. Any ball that rolls off the Whale Watch – whether it scores a goal or not -- is reset by the referee as a “jump ball” between the two lines of forwards. The referee also retrieves any balls that go out-of-bounds.
8. Play immediately stops if a player falls of the Whale Watch.



Zig Zag - GETTING TO KNOW YOUR ELEMENT

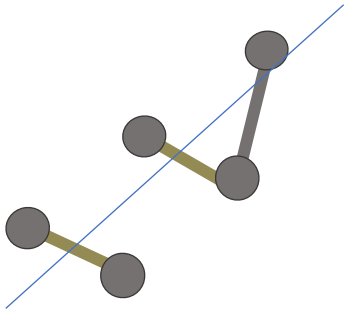
The Zig Zag consists of five (5) posts embedded in the ground with slots cut into them. There are four (4) spans but only three (3) boards. The spans are designed to be subtly different – two spans are short and two spans are long. This arrangement requires that the group move boards between the spans AND because the spans are different lengths, figure out which board(s) fit in which span. Placing some boundary lines at the start and the end helps group members stay out of the terrible substance that necessitates the group to cross on the boards (rather than walking on the ground like usual) in the first place.



Activity	How to Play
<p data-bbox="196 233 375 262">Classic Zig Zag</p> 	<p data-bbox="505 233 1451 407">The goal is for the group to transport themselves from the “start” to the “finish” using only the boards provided. The customary rule is that neither the boards nor people may touch the ground during the crossing. It is also traditional for the group to NOT be informed during the activity briefing that board lengths and spans vary.</p> <p data-bbox="505 447 646 476">Variations</p> <p data-bbox="505 480 1451 688">↑ Individuals who fall off are required to go back to the start AND must wait until everyone else in the group attempts a crossing before getting another turn. I prefer this variation because it helps highlight for the group that everyone is capable of crossing given the “right” circumstances. This rule tends to shift the problem-solving focus from “how do I cross?” to “how do we all cross?”.</p> <p data-bbox="505 693 1451 867">↔ Pool Noodle Transport. Give everyone at least one pool noodle to transport to the other side. Instead of reaching for hands, people may use the pool noodles as hand extenders (common) or handrails (less common but actually more effective). There is still lots of cooperation since pool noodles make poor walking sticks.</p> <p data-bbox="505 871 1451 936">↓ Auto-return. A board that touches the “fast flowing river” or is dropped is automatically swept away by the “current” back to the start.</p>



The Khumbu Icefield



Divide your participants into two grouplets. Send one grouplet to Everest Base Camp and the other grouplet to Camp 1. Divide up the boards so that one grouplet gets one board and a long rope (30 ft – 50 ft). A retired belay rope is perfect. The other grouplet gets two boards – one of each length.

Now for the framing....The Khumbu Icefield is located between Basecamp and Camp 1 on Everest. There are huge crevasses that mountaineers cross using horizontally placed ladders during acclimatization trips prior to their summit attempt. Falling would be catastrophic so there is a fixed rope system for climbers to clip into. The goal is for the grouplet from Base Camp to go to Camp 1 and the grouplet from Camp 1 to return to Base Camp and for the fixed rope (destroyed by an avalanche) to be replaced.

Safety is important / Mountaineering is inherently hazardous

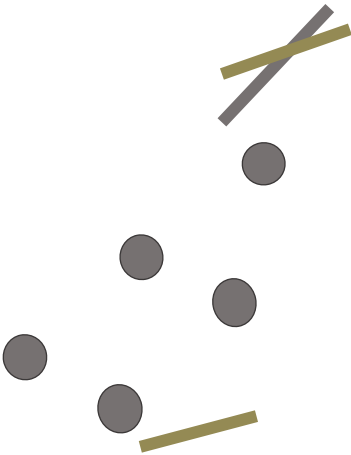
- As protection against falls, the mountaineers must maintain contact with the safety rope at all times while crossing crevasses. Mountaineers standing on exposed rocks (posts) may break contact – particularly if they are moving ladders (boards)
- Ladders (boards) may only be placed into the slots on the exposed rocks (posts)
- Anyone moving a ladder must let mountaineers in the area know they are “moving equipment” by announcing this in a loud voice or making a beeping noise while the ladder is in motion
- The rope may not be wrapped around anyone’s body parts regardless of where the climber is located.
 - Body belays are permitted at camps – a Sherpa Guide may be willing to show you this technique
 - A high point may be created by using someone’s shoulder who is at camp – see the previous note about accessing the knowledge of Sherpa Guides
- Anchoring (tying) the rope to trees is forbidden. For one thing, there are no trees at this altitude. And more importantly, we don’t want to expose falling mountaineers to the potential for rope burn created by a tensioned rope.

Variations

↓ Mid-climbing season crossing – lay the rope on the ground lengthwise across the zig zag at the start of the activity

↓ Re-establish the fixed rope. Yep, that’s it. Not all humans are required to cross.

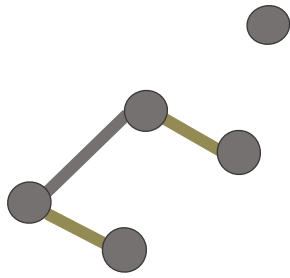
Moveable Bridge



Divide your participants into two grouplets. Send one grouplet to the “start” and the other group to the “end”. Divide up the boards so that the grouplet at the start gets one short board and the other grouplet gets two boards – one of each length. The goal is for the grouplet at the “start” to go to the “end” and the grouplet from “end” to return to the “start”. It’s up to you to come up with a compelling scenario.



Ridge Walk



Place the three (3) boards in the first three (3) slots. Gather the group at one end of the boards. The task is for the group to transport themselves from the “start” to the “finish”. The rules are as follows:

- Everyone must be “on” the activity before anyone is allowed to step “off”
- Everyone must enter at the start and exit at the finish
- Everyone must remain physically connected to the group throughout the activity.
- Breaking contact with the group OR touching the ground requires a re-start by the entire group.

Variations

↔ Provide the group with a retired climbing rope or pool noodle that everyone must remain in contact with throughout the activity. Shorter, more rigid items tend to be more challenging.

