



Ropes Course Facilitator Manual

Emergency Contact Numbers:

Trey Cates – Director – (256) 713-8888 or (802) 793-6924

Fire – Ambulance – Police – DIAL 911

Crestwood Hospital - (256) 429-4000

Our Address is 187 Oscar Webster Road SE, 35803

LOW ROPES - Direct emergency services to follow signs to Legacy Camp

HIGH ROPES – Direct emergency services to take second gate straight to waterfront

This Notebook Belongs To:



Ropes Course Safety Checklist

If you cannot do it safely, **DON'T DO IT!**

- Has the course been inspected before today's event? Did the inspector communicate any problems?
- Have all climbing equipment, ropes, harnesses, helmets been inspected?
- Are there any pending inclement weather conditions?
- Do you have a way to communicate in case of an emergency (Walkie-talkie or cellphone)?
- Were signed Activity Release Forms collected?
- Are you physically, emotionally, and spiritually prepared to facilitate groups? Will they have your complete focus while you facilitate?

Facilitator Guidelines:

- If you cannot do it safely, **DON'T DO IT!**
- Always carry a first-aid kit and reliable communication device with you.
- Always have at least one adult volunteer from a visiting group with your group.
- **NEVER go alone with a participant anywhere or stay behind with a participant.**
- If a situation arises where you feel you need to share with a participant, **ALWAYS** have a leader of the participant's same gender from their group with you.
- Always follow the emergency procedures below.

Emergency Procedures for Ropes Course Facilitators/Participants:

- Thunder – If there is thunder or lightning, stop all activities immediately and return to camp to take shelter. Wait 30 minutes or the ministry director will let you know if activities can continue.
- Wild Animals – In the event of the appearance of a wild animal, back slowly away and leave the course. Report to the director as soon as you are able to take shelter.
- Inclement Weather or Hazardous Conditions – If it begins to rain, the director will communicate with you whether to suspend activities and take shelter. If any other conditions arise (fire, tornado, hail, etc.), take shelter immediately.
- Injuries - Report all injuries immediately. Anything, including a basic cut or scratch, should be communicated to a representative of the participant's group, the group leader, and the ministry director immediately. Although it is the responsibility of group leaders to facilitate medical treatment, we must do our part to make sure immediate action is taken. See emergency numbers on cover.

Vision Ministry Ropes Course

General Facilitation Guidelines:

Basic Facilitation Outline:

- Goal/Objecting
 - Any questions?
- Safety Issues
 - Any questions?
- Observe
- Process/Debrief
 - What Happened?
 - So What?
 - Now What?

Group Contract:

1. SAFETY FIRST

- Physical safety
 - Go over safety briefing with each element
 - Teach proper spotting technique
 - No horseplay
- Emotional Safety
 - Supportive and encouraging words
 - Failure is ok if we learn from it
 - No criticism of others' faults/weaknesses/abilities

2. Use your voice

- Ideas not shared help no one
- You might see something no one else does

3. Give 100%

- Find a way to be involved (spotting, cheering, etc.)

****Do a Thumbs up, Shake Hands, "OK" sign with each other to show that you support the point. ****

Comfort Zone:

Draw Circles in ground to show personal comfort zone, the "not-quite" comfort zone (not comfortable, hesitant), and gesture towards possible "panic zone." Consider asking the participants to stand in the place that represents how they feel at that moment.

PORTABLE ELEMENTS/WARM-UPS:

 = Can be done indoors if weather is inclement

Chalkboard Questions: (use chalkboard at pavilion)

- If you were to describe your youth group to your friends in one word, what word would you use and why?
- What do you want your group to be known for? Why?
- Who are leaders in your youth groups (other than adults) and why?
- Any seniors in the group? What will be missed when they leave? Who will step up behind them?
- Who is new to the group? What are your impressions of the group?
- What struggles does your group deal with? What areas does your youth group need to grow in?
- Option: at end of course give groups chance to change their answers.

Notes: _____

HELIUM STICK

Supplies Needed:

- large ½ inch PVC pole

Set-up and Instructions:

- Have the group split into two and direct them to all face each other in a line. They will then put their pointer fingers out with thumbs to side. Place pole at shoulder height and have group all bring their pointer fingers up to touch pole on the bottom. Really watch for thumbs as it is natural for them to want to wrap them over the top of the pole. THUMBS MUST STAY TO SIDE.
- Tell them their goal is to place the pole on the ground without anyone losing contact with it. If anyone loses contact with the pole at any time, the group will need to start over. The pole will naturally go up. Let them struggle through it. Have them try again, but this time you push down on pole with one finger.
- Variation:
 - Connect your fingers with other's fingers.
 - Stand shoulder to shoulder, keeping elbows in.
 - Having a group chant, "1, 2, 3, Bend..."

Debriefing and Possible Discussion Points:

- Ask why it was easier the second time.
- Talk about feeling powerless to change our situation and how God has been strong for us when we have needed Him – Romans 5:6-8
- Talk about why temptation is hard to deal with. Why do we struggle doing right when we know what to do, but do the wrong thing anyway? Romans 7:21-8:1
- Unity – instead of everyone doing their own thing, coming together under God’s leadership.

Notes: _____

COMPETITION VS. COOPERATION or TUG-O-PARTNER 

Supplies Needed:

- Webbing or other type of line

Set-up and Instructions:

- Line up partners facing each other on opposite sides of the line. Have them reach out and grab the hand of their partner.
- Their objective is to get their partner to their side of the line on the count of 3.

Debriefing and Possible Discussion Points:

- Is competition bad?
- Did anyone have to lose?

Notes: _____

NAME GAME/BALL TOSS

Supplies Needed:

- Koosh Ball/s

Set-up and Instructions:

- Have your group form a circle, and pass the ball around the circle. Each person should say their name and one thing about themselves that no one knows.
- Variations: Speed pass with one-word answers; Say your name, someone else's name, and then pass the ball; Add balls and go faster.

Notes: _____

TRUST ROPE CIRCLE

Supplies Needed:

- Webbing tied in a water knot

Set-up and Instructions:

- Have everyone circle around and hold webbing with two hands. Instruct them to all lean back and find their balance.
- 1st time – give command to sit down all at the same time while holding the webbing.
- Talk about what just happened.
- Give command to rise.
- 2nd time – Do not give them command to sit, but tell them they will sit when they are ready.

Debriefing and Possible Discussion Points:

- What happens if someone lets go or is a jerk?
- Did you feel like you were off balance?
- Did you ever really fall?
- An impossible task made possible
- You have to pull your own weight, and that varies per person.
- Whatever one of us does has an impact on all of us.
- "I can't give you my support unless I feel the support being given."

Notes: _____

BOILING WATER POT

Supplies Needed:

- Two sections of webbing laid out in a large circle

Set-up and Instructions:

- Have everyone select a partner. A group of 3 is ok. Each team should choose who will be “A” and who will be “B.”
- The A’s will lead the B’s around as the B’s keep their eyes closed, then vice versa. Start slow, then fast. Facilitator will also move around the moving groups giving out the verbal prompts.
- Allow team members to decide how they want to be led around.

Notes: _____

PARADIGM SHIFTER

Supplies Needed:

- Koosh Ball

Set-up and Instructions:

- Have the group stand in a circle. Tell them that they will pass the ball around the circle two times. If it drops, they will restart where it falls, going around the circle two times from where it fell. Once started, you cannot receive the ball in the same way twice.

Debriefing and Possible Discussion Points:

- Self-limitations
- Sharing ideas

Notes: _____

WARP SPEED 

Supplies Needed:

- Koosh Ball
- Timer

Set-up and Instructions:

- Have the group stand in a circle.
- The Challenge – Pass the ball in a circle saying only their name when they receive it. After the first time, pass the ball around again and time how long it takes to get back to you. Present the Challenge again, but this time state two rules: 1. The ball must touch each person, 2. They must say their name when they touch the ball.
- Time each attempt. Keep asking , “Do you think you can go faster?”
- Groups will do everything from getting closer to each other, dropping the ball down the middle, or everyone holding the ball at the same time.
- Groups can be as creative as they want to be.
- Goal is to think outside the box – warm up the brain for problem solving.

Notes: _____

KEY PUNCH

Supplies Needed:

- Key Pad Numbers
- Two lengths of webbing
- Timer
- Rule sheet

Set-up and Instructions:

- Choose 15 key pad numbers at random. They do not have to be sequential. Set these up at random inside a large circle made out of the webbing. No one should see the set up in advance. This circle should be at least 50 feet away from the starting point.
- Have the group divide into two teams. Tell them that they will race to the circle and touch the numbers in order. Only one person at a time is allowed in the “keypad.” If a number is hit out of sequence, a 10 second time penalty is added. If more than one person at a time is in the “keypad,” a 10 second time penalty is added. Then they will race back to the starting point. Give one minute for strategy. The goal is to have the quickest time.
- Time Team A. While Team A discusses how to improve, Team B can take their turn. Allow three turns for each team.
- Variation:
 - Do reverse numerical order.

Debriefing and Possible Discussion Points:

- Sharing ideas
- Competition
- Learning from others

Notes: _____

Magic Carpet 

<http://bit.ly/2kKDNOM>

Supplies Needed:

- Plastic Tarp

Set-up and Instructions:

- The Challenge - Turn the Magic Carpet over, without touching the ground surrounding the Magic Carpet.
- Your group is on a Magic Carpet ride, high above the fields of the surrounding countryside. You suddenly realize that you are going the wrong direction, because the carpet you are riding on is in fact, upside down! Since you are no longer touching the ground, you must turn the carpet over, without stepping off the carpet.
- In order to limit the risk in this activity, all participants must maintain contact with the Magic Carpet at all times.
- This activity may need several resets. Have the entire group get off and take another look at it.
- Variations:
 - Use feet only
 - “fly” Magic carpet across a goal line
 - Blackout - For the group to completely cover up the Magic Carpet using only their bodies.
 - Write goal for yourself on masking tape and place on the bottom. Try to “reach” your goal by getting it to the top.
 - Consider taking one person off and letting them be the leader.
 - Tip—Think of bowtie pasta

Debriefing and Possible Discussion Points:

- Sharing ideas
- Turning over a new leaf – having help to overcome adversity
- Closeness during struggles
- Don’t grow weary in well-doing

Notes: _____

Toxic Waste

<http://wilderdom.com/games/descriptions/ToxicWaste.html>

Supplies Needed:

- Toxic Waste Buckets (one large, one small)
- Ropes and bungee circle
- Pit balls or water
- Border ropes or cones
- Blindfolds/red-herring objects (optional)

Set-up and Instructions:

- The Challenge – Move bucket of “toxic waste” to a “neutralization” chamber while staying outside of the “radiation zone” and completing within the 15-20 minute time limit.
- Use a rope or cones to create an 8-ft radiation zone.
- Place the small bucket in the center of the radiation zone and fill with water or balls (representing toxic waste).
- Place the large neutralization bucket about 30-50 ft away (or on other side of room if indoors).
- Place ropes and bungee cords in a pile outside of the radiation zone.
- Anyone who ventures into the radiation zone will suffer injury and possibly even death, and spillage will create partial death and destruction. Therefore, the group should aim to save the world and do so without injury to any group members.
- The rope circle represents the radiation zone emanating from the toxic waste in the bucket. Emphasize that everyone must maintain a distance (circle radius) from the toxic waste wherever it goes, otherwise they will suffer severe injury, such as loss of a limb or even death.
- Give the group some planning time with no action e.g. 5 mins. Then start the clock and indicate it is time for action, e.g., 15 or 20 mins.
- The solution involves attaching the cords to the bungee loop, then guiding the bungee with the strings to sit around and grab the toxic waste bucket. Then with everyone pulling on their cord and with good coordination and care, the toxic waste bucket can be lifted, moved and tipped into the empty neutralizing bucket.
- If someone breaches the toxic waste zone, indicated by the circle, enforce an appropriate penalty e.g., loss of limbs (hand behind back) or function (e.g., blindfolds if a head enters the zone) that lasts for the rest of the game. If a whole person enters the zone, they die and must then sit out for the rest of the activity.
- Once in motion, the group can only hold the ropes at the very ends.
- If the group struggles to work out what to do, freeze the action and help them discuss.

- If the group spills the waste entirely, make a big deal about catastrophic failure (everyone dies), invite them to discuss what went wrong and how they can do better, then refill the container and let them have another go.
- Variations:
 - Can use pre-strung bungee loop (easier) or just give ropes and bungee (harder)
 - Include obstacles between buckets
 - Red-herring objects included in available equipment

Debriefing and Possible Discussion Points:

- The exercise will tend to naturally expose processes and issues related to many aspects of teamwork, including cooperation, communication, trust, empowerment, risk-taking, support, problem-solving, decision-making, and leadership.
- What things are toxic to our relationships? With each other, family, God?

Notes: _____

Focus Ring 

http://www.teachmeteamwork.com/teachmeteamwork/2006/12/teambuilding_ga_2.html

Supplies Needed:

- Focus Ring kit - 2 inch metal ring with strings attached and tennis ball
 - Note: 2 string lengths available for younger/older groups
- 1 Cone for pedestal

Set-up and Instructions:

- The Challenge - Using the Focus Ring, carry a ball from one point to another point and then place the ball onto the pedestal. Set up the pedestal at least 50 feet away from starting point.
- Each person in the group holds on to at least one string (depending on the size of the group, some will have more than one string). The participants spread out like spokes of a wheel, holding on to the end of their string. A tennis ball is then placed on top of the steel ring.

- Rules:
 - Each participant gets to operate at least one string.
 - Participants must hold on to the end of the string and no other place.
 - Participants must stay at a distance of at least the length of a stretched out string (very important).
 - If the ball falls off the steel ring the group must start again.
 - If the pedestal falls over the group must start again.
 - The group is successful when the ball is balanced on the pedestal and the ring is resting on the ground with no one holding onto a string.
- Safety Warning
 - Do not allow the participants to tie the string around their fingers or hands.
 - If you ask the group to carry the ball through and around obstacles you must make sure the path they take is clear and safe.
- Variations:
 - Use obstacles to go around, over, etc.
 - Start from one cone and take it to another cone.
 - “Robot Writer” – attach marker to ring and have group write something on paper (need supplies for this option.)

Debriefing and Possible Discussion Points:

- Group working together to achieve goal – What goals are the group working together to achieve at their church? What obstacles are there?
- Overcoming obstacles together
- Body of Christ – Everyone is important
- Perspective—You can’t see if the ball is over the cone, but someone else can. Sometimes when we are in the middle of a crisis, we need others to guide us through them.

Notes: _____

All Aboard

<http://www.wilderdom.com/games/descriptions/AllAboard.html>

Supplies Needed:

- 1 2x2 platform or tarp

Set-up and Instructions:

- The Challenge – everyone in group must stand on top of platform or tarp with no one touching the ground and remain this way for at least 10 seconds (one foot is ok, but don't let on that it is ok...let them ask).
- Safety Warning
 - No one on shoulders. No dog piles.
 - Appropriate touch/closeness
- Variations:
 - Tarp – Tarp flip over
 - Give time limit

Debriefing and Possible Discussion Points:

- Closeness, Group relations, togetherness
- Everyone important in God's family

Notes: _____

Alligator Pit or Three Islands

<http://www.ultimatecampresource.com/site/camp-activity/alligator-crossing-low-ropes-course.html>

Supplies Needed:

- 3, 2x2 platforms, 6-ft and 4-ft plank
- Rope/webbing/cones for marking riverbanks
- Set up platforms at least 6-12 inches farther apart than the planks can reach

Set-up and Instructions:

- The Challenge – everyone in group must cross a river infested with alligators using the planks provided. All you have to use is the 6ft plank (If used, the smaller plank is resting on the last platform.)

- Possible storyline – your group is being chased by a group of savage warriors when one of your missionaries insulted their leader by trying to shake hands (offensive in their culture).
- Set up a starting line and finishing line to delineate the riverbank.
- Decide beforehand what the consequence will be for falling off of a board, such as returning to the beginning, or the previous platform. Be cautious in assigning too stiff of a penalty (the entire group must start over, etc).
- Safety Warning
 - No one on shoulders. No dog piles.
 - Appropriate touch/closeness
 - Be aware of people/surroundings when moving planks
- Variations:
 - Use only 6-ft plank (harder – for older groups)
 - Give time limit (15-20 mins)

Debriefing and Possible Discussion Points:

- Strategy and problem solving
- Working under stress
- Reaching people in hard to reach places (missions)

Notes: _____

Marble Run 

Supplies Needed:

- 16 PVC pipe halves, approx. 18 inches long each
- Ping pong balls, golf balls, foos balls, and large marbles
- Wider round pipe piece for container goal

Set-up and Instructions:

- A small bag contains various sized balls. Each represent a goal or dream that the team members have. Ask each member to select a ball, then spend 2 minutes in silence thinking about their goal/dream for themselves for the next year or could be a goal/dream for the group as a whole.
- Ask each member to share their goal/dream.
- Pass out a pipe piece to each member.
- The Challenge - Goal is to get the team’s goals/dreams to the end container.

- Set the container about 25 feet from the starting point.
- If you have possession of a ball, you can't move your feet.
- If the ball drops or stops, it has to go back to the beginning of the line.
- You cannot move the ball backwards.
- Allow 4-5 minutes for game play, with an additional minute for strategy.

Debriefing and Possible Discussion Points:

- How did it feel when your dream made it/didn't make it?
- What can you do this year to help your team mates meet their goals?
- Where did the problems happen?
- The accidents tend to happen at the connections points
- Being responsible for what happens when you have the ball

Notes: _____

A-FRAME

Supplies Needed:

- A-Frame and open area (grass or parking lot – free of obstructions)
- Boundary cones to establish starting line and finishing line

Setup and instructions:

- Use cones to set a start line. Place A-frame behind the start line.
- Set a finish line appropriate to the ability level/age of the group (20-50 yards).
- Ask group to elect a "pilot" – the person who will ride the A-frame.
- Explain that the rest of the team will use the connected ropes to stabilize and maneuver the A-frame to assist the "pilot" in driving the A-frame across the finish line. Team members must hold ropes at the end.
- There are only 8 ropes, so additional team members will be needed for spotting, strategizing, and encouraging.
- Safety - A spotter is required for the "pilot". Watch out for any obstacles.
- The Challenge - Explain that the team will start by everyone pulling tight on the ropes to stabilize the A-frame allowing the "pilot" to board safely. After that, they must work together to move the A-frame across the finish line.
- Give 2 minutes for electing a pilot and for strategy.
- No time limit. Allow for "storming" as they figure out how to move the A-frame.

Debriefing and Possible Discussion Points:

- Have group describe the difference between the first half (frustration) and the last half (momentum/success) of the activity using the one-word whip.
- Ask about what caused the change. How does this relate to problems the group might face?
- How is cooperation necessary for this event? What would happen if ropes were never tightened/loosened?
- How does God ask us to cooperate with Him? What happens if we don't?
- Ephesians 4:22-24 (Put off, put on). John 15:4-5 (Vine and Branches)

Notes: _____

Trolleys

Supplies Needed:

- 1-2 sets of Trolleys and open area (grass or parking lot – free of obstructions)
- Boundary cones to establish starting line and finishing line
- Note: We have 3 sets of trolleys. 2 pairs are identical for working with larger groups.

Setup and Instructions:

- Use cones to set a start line and finish line based on the age/ability of the group
- The Challenge – Team(s) must work together to pilot the trolleys together to cross the finish line. If two teams, the goal is the beat the other team across the finish line.
- Rules – If anyone steps of the trolley, you must start over.
- Safety – Watch for people trying to push on without taking other team mates in consideration. Can lead to jerky motions and causing a fall. Watch for any ground obstacles that could cause damage to trolleys or riders.
- Give 2 minutes for strategy
- Watch for who rises as a leader and how the team has to work in unison to accomplish goal.

Debriefing and Possible Discussion Points:

- How is cooperation/unity necessary for this event? For this group?
- What did you have to overcome to be successful?
- Did any leaders rise to the occasion? Why was that helpful to the team?
- Philippians 4:1-6 (Walk worthy...eager to maintain unity).
- Psalm 133:1 (how beautiful...when brothers dwell in unity).
- 1 Peter 3:8

Notes: _____

FIXED ELEMENTS

WHALE WATCH

Task:

Balance the deck in a certain manner with all participants on board and without letting the deck touch the ground.

Safety:

Caution participants that one side of the platform may quickly drop to the ground if the other side becomes unbalanced. Participants should enter from the middle or sides and exit all from the same side so toes are not crushed when the deck teeters. Avoid unplanned sudden moves. Allow at least a foot distance from the boat unless it is your turn to board.

Scenario:

Whale watch story line: The group has decided to travel to New England to go on a whale watch. All must board and move on the ship carefully so it does not sink.

- The group must split into two with one half on one side of the boat and the other on the other side of the boat.
- Group gets to choose one person to board in the middle.
- Everyone else takes turns boarding one at a time from either end.
- You can hold on to someone while you are on the boat, but no one can get on while you are doing that.
- One person at a time touching the ground and the platform.
- If the boat touches the ground, everyone must get off the boat and start over.
- Facilitator may choose to set a time goal for the group.

Extensions (For use when everyone has boarded):

- There was a sighting of whales from the stern of the ship, but only half the group could see them. Participants should carefully switch places on the ship so that all can have a chance to see the whales.
- The boat has pulled to harbor. Everyone must disembark one at a time from opposite ends.

Debriefing and Possible Discussion Points:

- Leadership
- Balance/Adjusting
- When you know what’s right, but other voices are telling you otherwise
- There is only one person who has the information (only the person getting on knows when they are ready to board)
- Communication—listen to one voice
- What you do affects everyone else
- Romans 12:3-16

Pirates story line: Your group is the worthy crew of a pirate ship. As deck hands, their job is simply to do what the captain says, without tipping the boat.

- The first thing the group needs to do is line up across the very center of the boat (above the fulcrum of the boat) and await their orders.
- Once the group lines up, apologize for not being clear on the instructions. They must line up in the center by age. Or height. Or whatever you choose.
- Once the group has completed this task, advise them that they must report to their stations on either end of the ship. Divide the group in half however you like. Once the group is separated on either end of the boat, apologize for giving them the wrong stations. They must switch sides.
- Try having them exit the boat - without capsizing it.

Noah’s Ark story line: You are the animals Noah is loading on the ark. Facilitator assigns animal pairings to groups already on the boat.

- Get together with your partner without tipping the boat.
- Switch sides
- The ark has finally parked at the top of Mount Ararat. All the animals are ready for fresh air. The pairs will need to get off without tipping the boat.

Variations:

- Have the team board one at a time in the middle, putting each team member in one of the four corners
- Start with everyone on the platform and have everyone exit from opposite sides.

Notes: _____

SPIDER'S WEB

Task:

Pass all group members through the web from one side to the other. The group is not allowed to touch the web, and all participants step through or are passed through different holes (Don't forget about bottom hole). Each hole can only be used once (adapt for larger groups). Each hole is also assigned a point value (increases with difficulty).

Set goals: How many touches will you allow? How many points can you get? How many restarts will you be allowed? How much time do you think it will take?

Safety:

Participants use SPOTTING COMMANDS and ZIPPER SPOTTING FORMATION to pass each other through the web. There should be two spotters on each side. The group should build into strategy a way to have spotters on the other side. Participants should be passed through the web face up and head first, and their head should remain above their feet. Appropriate touch. No diving through the holes. No cheerleader formations. Only pick up a person when they are comfortable.

Watch for clothing/hair hazards. Caps should be removed. Hair pulled back. Jackets zipped up or removed. Shirts tucked in. All steps to avoid touching the web.

Scenario:

You are hobbits from the Shire trying to make it through Mirkwood. Giant spiders are sleeping. You must make it through this web without touching it or you will wake the spider. Participants who touch the web once can be paralyzed or handicapped. Otherwise, the whole group has to start over, OR you can sacrifice a team member.

Say, "It's up to your integrity to determine if there is a touch or not." As each person is passed through, ask "Was there a touch?" Build in an option for giving grace if there is a touch. "We've blown it—we can't be perfect. We have a need for grace." If group denies what one person is saying happened, ask, "What would he have to gain by telling the truth?"

Variations:

- If there is a touch before 5 people have gone through, and all start over. Any touch after that, and that person starts over and the hole is closed for further use.
- Pass a rope through the holes, weaving from one side to the next. If it or a team member touches the web, start over. The rope has to stay off the ground the entire time and must be passed through in its entirety.
- Divide the team in half and place them on opposite sides of the web. Team members must make a chain, joining hands with each other through the web. Each person must hold hands with two different people, and all hands must be held. If the web is touched, the team must start over.

Debriefing and Possible Discussion Points:

- How did it feel being handicapped/mute?
- What was it like being carried through a hole, having to trust the team?
- How did it feel when you failed/got dropped/were expendable?
- When is it ok to fail?
- Trusting each other when you are weak
- Seeing everyone succeed
- Persistence, Teamwork, Grace
- James 5: 13-18

Notes: _____

MOHAWK WALK

Task:

Traverse the lengths of cables without falling or stepping off. Set a “make it or break it” goal ahead of time for all members. Set a challenge goal.

Safety:

SPOTTERS NEEDED any time a participant is not holding a tree. If a participant feels unbalanced, he or she should let go of all other participants and step to the ground (This is to prevent a participant from pulling people down on top of himself/herself). Participant on wire should call for spotters. Spot as necessary. Watch out for debris and branches. No diving to a tree.

Scenario:

Acid fog is rolling through in the next 23 minutes, and you have that amount of time to cross over a piranha-infested river with your team.

- If a person falls, they have to go to the back and start over at back of line.
- If the team is getting close to having time run out, they can choose to let a fallen member “die” or all start over.

Debriefing and Possible Discussion Points:

- Did we accomplish the goal? Why or why not?
- Who were the leaders? How were they important?
- Linear communication—not able to see face to face
- When it is easier at the first loose rope, when everyone is holding on to it or just one or two? Everyone’s wobble builds.
- Coming up with a strategy late in the game is a detriment.
- Finishing isn’t getting you to the tree—it’s getting everyone to the tree.
- At some point, it isn’t about personal success; it’s about the success of others.
- Finishing and not helping others—story of Hezekiah (2 Kings 20:12-19). He was given a warning, but he did not seem concerned about what would happen to future generations as long as there was peace during his time.
- Ecclesiastes 4:9-12—Is it possible to finish this without help?
- When have others been there for you in the past?
- How did you need support during this obstacle? How does your Group support you?
- In what ways does Christ support us during challenges in life?
- How has someone in this group supported you through a life challenge?

Notes: _____

NITRO CROSSING

The rope attachment and bucket of water are needed for this element!

Task:

Cross over using the rope swing to move across to designated area without touching the ground. The bucket of water must also cross without spilling. Everyone must be standing on opposite platform with the bucket at completion.

Safety:

Take careful consideration into the method of retrieving the rope and the effects it may have on others. Participants may not throw rocks. Participants may not dive for the rope. Spot as necessary. You can hold the tree after you are secure on the platform.

Possible Warm-up/Side Activity:

Strength Bucket—have each team member pick a small item from nature around them that serves as a metaphor of a strength they bring to the team. As they name their item and how it reminds them of their strength, they place it in the bucket. These items must stay in the bucket for the duration of their time at Nitro Crossing.

Scenario:

You are a biohazard crew transporting the only cure for a deadly virus. You and your team must all make it to the nearest WHO office, but the bridge is out. No one can cross the front of the platform without the rope, as they will fall into the chasm. Using the rope, you must get your entire team and the cure to the other side without spilling any. If you touch the ground, you are dead. If you spill any of the virus, you are dead. The group must all land and balance on the opposite platform. But first, you must figure out how to get the rope....

Debriefing and Possible Discussion Points:

- What does “shuffling your feet to make room for one more” look like in real life?
- Making an effort to include others in a group.
- Ask: “What is the worst disease in the World?”, “Who has the cure for this disease?”
- Who do you know that needs to hear about Jesus? What obstacles do you face to sharing/believing? What are you willing to overcome to share the only cure?
- John 14:6, John 3:16, Romans 6:23

Notes: _____

WILD WOOLY or TRUST TRIANGLES

Task:

One participant stands on each cable. Using only each other for support, they attempt to balance themselves and traverse as far as possible along the cables.

Safety:

Demonstrate proper spotting. Each participant on a cable must have a spotter on the outside of the cables – ask “Spotters Ready?” As participants traverse, spotters must be added between cables in ZIPPER SPOTTING FORMATION. If a participant feels unbalanced, he or she should let go of all other participants and step to the ground. Everyone spots. The participants should not get on the wires until they have asked their spotters to be ready.

Participants on the cables should not interlock fingers. Palm to palm or palm to shoulder are acceptable. Participants use SPOTTING COMMANDS before climbing on wire.

Other notes:

- Useful for relationships if done with someone you know
- It is possible for everyone to do this.
- Middle is the hardest...why stop there?
- Option - Make tips available
- Straight bodies and high arms work best. Demonstrate. Check for pressure on hands. Check that there is no space between hands.
- Set a goal – How far do you think you can make it?
- Ask: What support do you need from your group?
- Option - Participants practice with their partner on the ground before they step onto the cables.
- As each pair gets off, have them share what worked and what didn't with the others.

Debriefing and Possible Discussion Points:

- Ask “What” questions after each try
- Shared experience helps other teams
- How did it feel to reach your goal/Fail?
- How were you supported? Do you feel you can trust your team members?
- What does this teach us about our relationships with each other/God?
- Communication—not just communication with your partner, but with those surrounding you. Listen to those who are there to support.
- Slowing down in difficult times could lead you to stop.
- Not wanting to put too much weight on the other person—How are we like this in real life?
- When someone falls, ask those on wire, “What happened?” Then ask the group, “What did you see?”
- The obstacles might be different for both sides, but they are still there.

Notes: _____

SWINGING LOG

NOTE: Do NOT do this activity if your team has more than 12 people!

Task:

Balance on the log for 10 seconds without touching the ground, cables, or trees. They should accomplish this in 10 minutes.

Safety:

Spotters needed if anyone attempts to stand. Watch for pinch points between the log and the tree. Ask if anyone in the group has a bad back, shoulder, or knee. Spotters should secure the log when the group gets off to prevent it from swinging. Watch shins. No more than half of the group should be standing on the log. No holding onto legs of those standing. Make sure you have a clear path both in front of you and behind you if you are standing on the log.

Remind the group that you reserve the right to set more rules as they work through the element.

Debriefing and Possible Discussion Points:

- How do you lean into each other when life is shaky? Christ? Prov. 3:5-6
- What promises does Christ make us in the storms of life?
- What is my responsibility to those facing difficulty?
- Find your own balance before contributing—Connect with God.
- John 7 – Take plank out of your own eye first...then help your brother...
- Trial and error—Philippians 3:13
- Connect with the log, and you will be connected with one another
- John 15—Abide in the Vine

Notes: _____

HIGH ROPES INITIATIVE

LEAP OF FAITH

Task:

Team will work together as individuals and as a whole to meet certain set goals. Individual task is to climb a 30-ft. pole to a platform, stand on the platform, and jump to ring the suspended bell.

Group Challenge: POINT GOAL and MINIMUM GOAL (Make-it-or-break-it)

Set a points goal. The team will decide how many points they can achieve together as a team.

- 1 point for making it to pass/fail point
- 2 points for touching the platform
- 3 points for getting on the platform (sitting, laying)
- 4 points for standing on the platform
- 5 points for hitting the bell

Set a minimum pass/fail point on the pole. If any of the members of your team do not achieve this goal, none of the points count.

This is a timed initiative. Set a time limit based on the number of participants. On average 4 minutes per person. For example: 12 participants x 4 minutes = 48 minutes. Round down to nearest 5-min increment, and this group would have 45 minutes to complete the challenge.

3 Safety Commands – Safety Check, Spotters Ready, Belay Ready

Safety:

All cables and holds should be in place ahead of group use. The facilitator should check that all of these things are in place ahead of time.

Spotters are needed up to the first natural hold on the pole. Climber will ask, "Spotters Ready?" Spotters will reply, "Ready!" Climber will ask, "Belay ready?" Belay operator will reply, "Belay Ready! You can climb!" Then the climber can begin.

If a person falls before getting to the first natural hold, all spotters should push that person towards the tree.

A helmet must be worn by anyone attempting to climb higher than the first natural hold. The safety harness must be worn by anyone attempting to climb higher than the first natural hold. The safety harness and helmet must be checked for security by the facilitator before each person begins climbing.

The belay line must be managed by the facilitator. Also, a person from the group **MUST** act as a backup for the facilitator. If a person only makes it to the first natural hold and wants to stop, they must climb down and not depend on the belay line.

NOTE: Give them helpful information with regard to time spent. "That climb took 48 seconds, but the suit up time took 6 minutes."

Notes: _____

Successful Facilitating Notes

FACILITATE WHAT IS HAPPENING AND NOT WHAT YOU THINK SHOULD BE HAPPENING.

Beginning/Goal-setting and Activity Explanation:

- Ask individuals at start of experience: "What would you like to see happen today?"
- How much information you give on the front end depends on your goal for the group.
- For fixed elements, say "Terrible things will happen," if they touch the ground, touch wires, spill water, etc.
- The fewer decisions you make for your group, the better.
- Leave room for saying, "There will be more rules as we go along."
- Try "Talk behind your back" for a student who does not speak up or who feels as if they have nothing to offer. They stand with their backs to the group while the other members say one thing that the student has to offer the group.

During Activity:

- It's OK for the group to fail.
- Questions are better than corrective statements.
- Be careful with "muting" participants. It can seem punitive. Just state the obvious in a non-judgmental way: "I noticed you are talking quite a bit." Or "I noticed you have a lot to say."
- When setting a time limit for the group, involve them. Have everyone give their "time to complete" goal at the same time.
- If a group isn't "getting it," stop and process. Ask questions such as "What was that about?" or "What made you do that?"
- If a group is in the "Storming" phase and seems stuck, prompt by saying, "Seems like there's a bit of tension here..."

Debriefing:

- If you receive "communication" and "teamwork" as responses, ask "Where did you see that?"
- Debriefing ideas:
 - Pass an object around so that everyone has a chance to speak.
 - One word Whip—"Say one word to summarize your experience."
 - Journaling
 - Pass ball around. When it comes to you, tell about what you experienced. Pass ball around circle 2x.
 - Some debriefing can be done in pairs.
 - What was challenging?
 - What were three things you noticed?
 - Stay with your partner and group with another partner set. Find out what they said.
 - Did anyone have anything that came up in their groups that they would like to share?

Debriefing Questions:

- What were the challenges?
- What worked/didn't work?
- What did you hear?
- What happened?
- What did you see?
- What did you notice?
- What was the hardest part?
- What did you accomplish?
- In What ways were you successful?
- What did that feel like?
- What do you want to remember about this for our next activity?

When everyone is sharing and voices are talking over each other, say "A few less voices..."

Ask about "take-aways" from elements or from the day as a whole.

Watch for "traps"!!

- The need to be right
- The need for the group to succeed
- The need to be liked
- The need to be comfortable

Element Name: _____

Safety (Safety Issues to watch for/explain):

Scenario (The story, rules, or challenge that sets up the element):

Spying (Watching the group interact. What actions and attitudes should be discussed during debriefing?)

Sharing (Debriefing questions. Teachable moments. Tying in experience to spiritual truths):

NOTES:

NOTES: