



"CHALLENGE BY CHOICE"

LOW ELEMENTS

For the first portion of the morning, your group will be engaged in activities that will be setting the foundation for the rest of the day. These activities are creative games and situations that work on problem solving from different perspectives. These activities will also deal with goal setting and looking out for each other. They demonstrate the importance of working together as a team to view a problem, coming up with a strategy to solve the problem and carrying through with the solution.

Low ropes course elements are characterized by group rather than individual participation and the absence of belay needs; i.e., rope protection. Many of the low events are individually challenging, such as the Tension Traverse and the Wild Woosie. The safety offered by group participation results in building team responsibility.

Low elements are group challenges that take people working together physically and mentally to achieve a goal; for example, Passover, Oronoco Crossing, or the Spider's web.

Low ropes course activities provide groundwork and solution orientation for "real life" problems associated with personal relationships, school, occupations, etc.

Oronoco Crossing

A simple rope swing suspended between two trees becomes one of our most stimulating initiative elements. The object is to transport the whole group and a bucket full of water across an open area using the rope swing. Your group will have to land on a 2' by 2' platform and keep at least one foot on it at all times. The situation that is given your team works on the areas of problem solving, evaluating the situation, coming up with some solutions and putting them into action.

Benefits/Challenges: *Problem solving, frustration, compassion, team building, decision making.*

Spider Web

Using thin bungee cord and two parallel trees, we constructed a large spider web with 2' spaces between the strands. Besides looking great, it is a great group initiative activity. The group passes their members through the spaces in the web, with only one person allowed through each hole in the web. Oh, did we mention that if your body touches any part of the web you become blind and mute? This element brings with it a great basis for communication but also the need to be cautious in carrying out the solutions.

Benefits/Challenges: *Group cooperation, trust, team building, appropriate touching, support, approval, frustration, problem solving.*

Passover

See how efficiently your entire team can safely get up and over the 7' smooth log. This giant log suspended between two trees provides the challenge, which your team must face. In addition to sending your team up and over the log you must also contend with members of your team being blindfolded or holding small containers of water that can not be spilled. There may even a member of your team in a rescue stretcher. This is one of our most enjoyable and perplexing elements.

Benefits/Challenges: *Problem solving, teamwork, trust, dealing with fear, communication, decision-making, balance and coordination.*

Mohawk

Imagination plays a large part toward enjoyment of this group traverse. A series of low cables tautly strung between trees coupled with swing and tension ropes, provides the means for this traversing.

Benefits/Challenges: *Personal commitment, problem solving, cooperation, fun, variety.*

Noah's Ark

First, the group attempts to get as many people as possible on top of a 3' table. Secondly, they must pass each member of the group under the table with out touching the legs of the table or the ground then back up on top of the table on the other side.

Benefits/Challenges: *Appropriate touching, leadership, persistence, decision-making, communication.*

Bench Shuffle

The group is split into two equal halves with each half standing on top of a 12 inch narrow bench (trail). The challenge is to transport each half across an opening (chasm) then onto the other halves bench. This must be completed with out anyone ever falling off one of the benches. In addition each half must end up in a mirror image on the opposite bench. Oh, we almost forgot to mention certain members would be blindfolded as well.

Benefits/Challenges: *Balance, motivation, problem solving, appropriate touching, cooperation, communication.*

King Pin

The group must pick up a large diameter car tire, put it over the top of a vertical pole 12', then take it off the pole and put it back where they found it.

Benefits/Challenges: *Group cooperation, spotting, trust, persistence, problem solving.*

Wild Woosie

This is simply two people attempting to make their way to the end of two diverging cables without either participant falling off. The wires are only 12 inches off the ground, but the element requires the other team members to "spot". The techniques vary, but the more the participants work together and lean on each other, the farther along they will move on the cables. There will also be an onslaught of soft cushion balls being thrown at the participants. This is a lesson for leaning on each other even when circumstances are out of control.

Benefits/Challenges: *Communication, trust, problem solving, persistence.*

Tension Traverse

Here an individual sees how far they can traverse on a taught cable just 12 inches off the ground. They have a rope to assist them that is attached at one point to the same tree that one end of the cable is anchored to. The rope anchor point is 10 feet up and the other end is loose and in the hands of the participant. The team will help support and spot for safety during the initiative. A great twist is to add the cumulative distance traversed by each member of the group and come up with a group record in actual distance traversed. A challenge to be had again and again by the group.

Benefits/Challenges: *Group cooperation, persistence, balance, motivation, exhilaration and self-esteem.*

Rock Tree Traverse

Here is a real physical and mind-bending initiative. Your groups' goal is to navigate a course that is approximately 1 foot off the ground. You will be walking on and jumping to rocks, tree stumps, logs and platforms. You will traverse the rope bridge and slide hand over hand over the pool of water. You may also do a little pole vaulting. You and your team will have tools to help if you can get to and reach them! This is a great team challenge for those who are real adventurous and enjoy a great challenge.

Benefits/ Challenges: *Group cooperation, communication, trust, persistence, encouragement, problem solving*

The Maze

You and your team will need to navigate and find your way out of the gigantic maze. The maze has lots of dead ends and trap doors in which to contend with. And did we mention you and your entire team will be blind folded while in the maze! This one is great for all ages and will be talked about amongst your group for months to come.

Benefits/ Challenges: *Group cooperation, communication, patience, problem solving*