



Team Building & Low Elements

For the first portion of the morning, your group will engage in activities which will lay the foundation for the rest of the day. Team building through field initiatives and our low ropes elements is specifically designed to demonstrate the importance of how to successfully maneuver as a cohesive unit. These activities consist of creative games and situations to help participants work on problem solving from different perspectives, goal setting, and looking out for each other. Our facilitators are there to help encourage and guide the group through identifying the problem, coming up with a strategy, and executing their solution.

There are countless initiatives facilitators can choose to do which are not low ropes elements, but yield the same impact and results. Many facilitators will do a few of these 'field initiatives' before taking their group up to the low ropes elements. On occasion, a facilitator may choose not to utilize the low ropes elements during the team building experience due to safety concerns in regards to the functionality of their group.

Low ropes elements are not individual experiences requiring the use of a harness and belay system; rope protection. Rather, low elements are group challenges involving people working together physically and mentally to achieve a goal. Some of the low events are individually challenging, such as the Wild Woozy, but the safety offered by group participation results in building team responsibility.

Team building activities provide the groundwork and solution orientation for "real life" problems associated with personal relationships, school, occupations, etc. Following is a description of each low ropes element we currently have and utilize (not to be confused with 'field initiatives').

Oronoco (River Crossing)

A simple rope swing suspended between two trees becomes one of our most stimulating low ropes elements. The object is to transport the whole group and a container full of water, 'medicine', across an open area, 'river', using the rope swing. Group members will assist each other with landing on the other side of the 'river' and transporting the 'medicine'. This element can have varying degrees of difficulty depending on how a facilitator chooses to set it up for the group. The situation given to the 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.*

Passover

A smooth log suspended seven feet off the ground between two parallel trees. All team members must get up and over the log safely. Some members may be artificially blindfolded, handicapped in some way, or even

paralyzed and confined to 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.*

Spider Web

Using thin cord and two parallel trees, we constructed a large spider web with different sized spaces between the strands. The objective is for the group to pass their members through the spaces in the web, with each hole limited to a single use. If at any point someone's body comes in contact with the web, the group must start over or suffer some type of consequence. The Spider Web has a great basis for communication as well as the need to be cautious in carrying out solutions. This element also can be adjusted to varying degrees of difficulty.

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

Mohawk Walk

Imagination plays a large part toward enjoyment of this group traverse. A series of logs and low cables, tautly strung between trees, coupled with swing and tension ropes provides the means for traversing this element. As one of our most difficult low ropes elements, teams will be challenged to support each other and carefully plan out each aspect of their challenge. Facilitators have countless options for challenging their groups when setting up this element.

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

KING'S FINGER

Groups must lift a motorcycle tire from the ground up and over the top of a 12 foot vertical tree, taking it completely off without it or them ever touching the tree. The catch is that once the tire is completely off, it has to be put back where it was to begin with; in the same manner used when removing it.

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

Wild Woozy

Teams take turns in pairs to attempt making 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". Techniques vary, but the more the participants work together and lean on each other, the farther down they will move on the cables. This is a lesson for leaning on each other even when circumstances feel out of control.

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

Blind Maze

Teams will need to navigate their way out of a giant maze consisting of dead ends and uneven terrain. Facilitators will use various tactics to challenge their group, such as all members being blindfolded or have half blindfolded while the other half are on the outside to assist in navigation through some pre-determined, audible communication.

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