



# Team Challenge

## Session Guidelines

### Team Challenge

The following exercises are about teamwork. They are designed to:

- Help all participants to overcome physical challenges in the elements
- Improve confidence in all team members through the completion of challenges
- Ensure all team members are physically engaged in the tasks
- Encourage discussion of ways to help each other complete the tasks

### Reviews

To help the group get the most out of this session, we encourage a 'mini review' after each element. The structure of these reviews should be as follows:

DO - What did we accomplish?

REVIEW - What did we do well? What held us back or stopped us from achieving?

PLAN - How will we change the way we approach the challenge next time?

### Stompers

**Time: 10 minutes**

#### Objective

Participants must get from the start to the finish without touching the ground. How they utilise the stompers to achieve this is down to them.

#### Too easy?

After a successful attempt, give participants a time limit and ask them to complete the activity using a different method from the first attempt or make it a competition between two teams.

#### Safety rules

- Participants are not to swing the rope in a lassoing motion

### Tyre Vortex

**Time: 10 minutes**

#### Objective

Participants must decide on a way to pass all members through the tyre without them touching it. The group gets eight opportunities to touch the tyre but don't forget, the last person and first person will have to touch it to get through. All participants should be encouraged to have a lifting, supporting or spotting role throughout.

#### Safety rules

- One person through the vortex at a time
- All members of the group must be supporting a lift to pass a person through
- Participants being passed through should always be face up and be passed through feet first

### The Rocket

**Time: 15 minutes**

#### Objective

Participants must work together to create a rocket ship using the four-way pulley system.

#### Safety rules

- Participants should remain outside of the building area
- Clear communication should be used by the group at all times



## Shrinking Islands

**Time: 5 minutes**

### Objective

Participants must get everyone in the group to stand on the island for twenty seconds. Once they have accomplished it on the large platform they can move on to the smaller platform.

### Safety rules

- Participants should at all times have contact with either the ground or the platform
- No climbing on top of each other / sitting on shoulders

## 3D Spider's Web

**Time: 10 minutes**

### Objective

This activity is about working together to retrieve the treasure in the middle of the web. Participants will be blindfolded and must try to pass through the web by following the instructions from their teammates. The strings have bells on them and each participant will have three lives to reach the centre. Each time a bell rings they will lose one life.

### Safety rules

- One person through the web at a time
- Clear communication must be used at all times

## Giant's Finger

**Time: 15 minutes**

### Objective

Participants must work together as a team to be able to get the tyre either on or off the post, depending on how they find it. In order to do this, participants must build a tower using themselves so that they can carefully move to the tyre. The group should spend a few minutes discussing different ideas prior to starting.

### Safety rules

- All participants should be involved in supporting and spotting during a lift
- Participants should only do lifts within their capabilities
- The tyre must remain in contact with a person the whole time (not be thrown)

## Trust Fall

**Time: 15 minutes**

### Objective

A single participant must stand on the Trust Fall post facing away from the rest of the team with their feet together and arms across their chest. The rest of the team stand behind the participant with their hands up in the air ready to catch them. When everyone is ready the participant says "ready to fall"; the team say "ready to catch"; the participant replies "falling"; the team reply "catching". The participant falls backwards into the arms of the team, keeping his/her body as rigid as possible before being lowered safely back to the ground.

### Safety rules

- Ensure the size of the person they are catching is relative to the group's ability - if in doubt start with smaller participants and work up
- The team should not interlock arms but can hold each other's wrists
- The above communication must happen each time a person does the fall
- The participant must fall backwards and not jump/dive