



# Low Ropes

## Session Guidelines

### Low Ropes

This is a team challenge in which participants overcome obstacles low to the ground.

- Focus on balancing skills and teamwork
- Encourage different partnerships when attempting elements

### Trust Games

**Time: 15 minutes**

#### Objective

The aim of the Trust Games part of the session is to build trust within the team so that participants are able to work together effectively when on the low ropes course.

#### Safety rules

- Trust Games are only to be practised in an open area with level ground
- Supervise all attempts and ensure participant behaviour is supportive
- All participants on the elements should have at least two spotters with them (please refer to the spotters document in the resource pack)

The following list of activities are completed one after the other.

### Running the Gauntlet

**Time: 5 minutes**

#### Objective

Participants work together as a team to give each person a chance at 'Running the Gauntlet'. One person stands about 2 metres back from the group while the rest of the group gets into two lines facing each other. The aim is for the two lines to have their hands raised to about shoulder level, straight out in front of them. The runner will then begin to run through the centre of the two lines. Just before the runner hits their team mates' arms, the participants in the lines should drop their hands, allowing the runner to clear the length of the group without coming into contact with them.

#### Safety rules

- Please make sure the runner is not running downhill
- Ensure there is clear communication between the group and the runner before the game commences

### Weeble Wobbles

**Time: 5 minutes**

#### Objective

Participants stand shoulder to shoulder in a tight circle with their arms out in front of them. One at a time they take turns to be the Weeble and stand in the middle with their legs together and their arms across their chest. The group then follow the communication procedure and the Weeble falls towards the other participants. The participants push them back upright, working as a team to ensure the Weeble does not fall.

#### Safety rules

- The circle must be small enough so the Weeble cannot fall
- The team must work to support the person before progressing

### Grandfather Clock

**Time: 5 minutes**

#### Objective

Participants work in groups of three. Two participants stand facing each other about 1.5m apart. The third person stands between them facing away with their legs together and arms across their chests. Once the group has followed the communication procedure the middle person falls, carefully being pushed from side to side by their team members.

#### Safety rules

- Participants must be close enough together so they don't drop each other
- The team must work to support the person



## Low Ropes Course 1 (Circular)

**Time: 60 minutes**

### Objective

Participants must complete the course in groups of three. Two participants spot and support whilst one person attempts to make it across each element. All participants on the ropes course should complete the course before changing over roles in their group.

### Safety rules

- Supervise participants' attempts to complete the course
- All participants on the elements should have at least two spotters with them (please refer to the spotters document in the resource pack)
- Ensure participants demonstrate good spotting technique
- Only one participant permitted on each individual element at a time
- No jumping onto or from elements

## Low Ropes Course 2 (Linear)

**Time: 60 minutes**

### Objective

Participants must complete the course in groups of three. Two participants spot and support whilst one person attempts to make it across each element. All participants on the ropes course should complete the course before changing over roles in their group.

### Safety rules

- Supervise participants' attempts to complete the course
- All participants on the elements should have at least two spotters with them (please refer to the spotters document in the resource pack)
- Ensure participants demonstrate good spotting technique
- No more than two participants permitted on each individual element at a time
- No jumping onto or from elements

### Adaptations

#### Time Challenge:

Time how long it takes the group to safely complete the course. See if they can beat their time. Alternatively, split the group into two teams and have them compete against each other.

#### Water Challenge:

Split the group into two teams. Each team will choose a champion to compete. They will be given a cup of water and asked to complete an element. The champion with the most water in their cup at the end of the challenge wins.

Note: The champion can carry the water any way they want as long as it ends up in the cup.

#### Tennis Ball Challenge:

Participants try to complete the course while holding a tennis ball in each hand.

#### Balance Games:

On the balance log (or for older / more able groups, on the cable) participants compete to see who can balance the longest.

## Review

### Golden Nugget

Ask each participant to find their 'golden nugget' in the session and explain it to the group. This could be the time they felt supported by their team the most, or it could be when they succeeded at the activity etc.