

Low and High Ropes Courses

One of our most exciting and physical programs, teams climb near the ground and high in the trees on ropes, cables, planks and pegs. The challenges call upon every team member to participate, presenting opportunities for self-discovery and team growth. We work closely with you to design challenges that address your specific business goals in a lively context that is more tactical than physical. This itinerary will give you an idea of what we can provide, however the day can be tailored towards a more fun element rather than emphasising business goals.

- 9:00AM** Guests arrive and are welcomed with tea, coffee and hot bacon rolls.
- Introduction** – The facilitator reviews the group's expectations, guidelines, timing, safety, etc. before working with the team to set individual and group goals for the day. Participants are asked to explore what they would like to accomplish through this experience. This can also be carried out at the group's workplace prior to the day.
- 9:15AM** **Partner Stretching and Warm-Ups** – The facilitator leads your group through partner stretches and has them practice spotting other team members, increasing their comfort level with physical challenges, working in close proximity and direct communication.
- 9:30AM** **Trust Sequence** – Learn the proper ways to 'spot' a partner, and to 'spot' as part of a group. This will be important later for safe completion of some of the challenges. It's important immediately to get the group comfortable working together closely.
- 9:45AM** **Begin Low Ropes Challenges** – The facilitator will vary the order of low ropes challenges depending on the group energy and cohesion. Teams will complete three to five of the challenges as each element requires between ten and thirty minutes depending on the group's ability. The facilitator leads a brief discussion after each challenge to reinforce the concepts that apply back in the work environment.

SAMPLE LOW ROPES CHALLENGES

The Mohawk Walk: This low element is probably the most versatile and effective for working with groups of all ages. The Mohawk walk exercise is in a circuit so that two teams can participate at one time and they are faced with the added challenge of crossing each other at some point. This brings in some useful issues relating to whether it is more effective for teams to compete or co-operate in different situations.

Low All Aboard: A team from 5 to 50 in number are given only a suspended rope, to cross a gap between 4 and 8 metres, from one platform to the other. The main objective is that no one must touch the ground while swinging between the platforms. As team members land on the far platform, space starts to become limited. The final goal is to keep all members on the platform until the last team member has arrived. This is a great icebreaker and always a popular and fun element.

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Criss Cross: A superb problem solving exercise. On the Criss Cross, teams are usually split into four. Each sub team starts at a different platform on the outside of the course. Using only two crossing wires and four hanging ropes, each sub-team must end up next to a different pole from where they started. Whilst this may appear a relatively easy task at first glance, it is interesting to watch the group dynamics change once the team is split into four. It is common to see the smaller groups start to either co-operate less or even become competitive, which can make the task almost impossible.

Balance Beam: A simple activity when used as part of a low challenge course. However, a little creativity can transform this element into a great communication exercise, with the use of blindfolds. Once an individual is blindfolded they lose all sense of balance and must be both 'spotted' and 'talked across' the beam, with support from two of their teammates. In addition to this, the beam can become an individual problem solving exercise commonly known as the Shuffle. A Team stands on the beam and they are asked to rearrange themselves in a different order (*e.g. youngest at one end and oldest at the other*). They must then change places without touching the ground.

12:30PM Guests return to the barn for a buffet lunch, for example:

Sweet and Hot Cumberland Sausages | Thai King Prawns with Sweet Chilli Dip
Salmon Bouchees | Roasted Vegetables in Filo Pastry
Mushroom and Gruyere Tarts | Chicken Satays with peanut Sauce
Chocolate Profiteroles | A Selection of Soft drinks and mineral waters

1:15PM Begin High Ropes Challenges – Building on the accomplishments of the morning, participants can complete several of our high ropes challenges in the timeframe allowed. Our Challenge by Choice philosophy enables every participant to experience their own success in the context of their own aspirations. Climbing and belaying techniques are covered thoroughly.

SAMPLE HIGH ROPES CHALLENGES

High All Aboard: Can you get four team members to climb up a 12 metre pole onto the high platform using the support of the others? A great team element involving trust, encouragement and motivation.

Leap of Faith: Exactly what the name suggests, put your faith in yourself to reach the trapeze bar from the high all aboard pole. This is an excellent element to really push your limits, as the trapeze bar's distance from the platform is adjustable. Jump individually or in doubles.

Jacobs Ladder: Use all your physical ability to scale the swinging Jacobs Ladder. Teamwork and motivation are essential during this element as each 'step' on the ladder is increasingly further to reach than the one before.

Crate Challenge: An excellent team challenge. Team-mates must work together to build a tower of crates level by level by standing on each level together as it gets higher and higher.

4:30PM Guests return to the barn for tea, home-made sandwiches and cakes, followed by a discussion – The entire group is brought together to share their experiences on the ropes course. Participants are asked to share what they learned or reaffirmed about themselves or their team, and how they can apply these back to the work environment.

5:30PM Departure.