

Low Ropes Course

TEACHERS RESOURCE



PURPOSE OF ACTIVITY:

The purpose of the Ropes Course is to encourage teamwork, develop problem solving skills, and grow in personal confidence. It is an opportunity for both personal and team growth, and to enjoy personal victory. No participant is ever be forced into involvement but should be encouraged to expand their comfort zone by challenging themselves.

INSTRUCTIONS:

Explain each element, how to complete it successfully, and what techniques need to be used. If the element is not completed properly, encourage participants to attempt the element again. After explaining each element, break the team into groups of 3 (or 4 if team has uneven numbers). Explain spotting (the process of having two or participants to either side of the person on an element, with hands extended ready to keep them safe), it's role and importance, and then have a group of three show this.

*****IMPORTANT*****

Ensure the group you ask to demonstrate will do this well, as other groups will not take spotting seriously, if the model group does not.

Send the groups out to different elements around the course and ask them to work their way around the course as a practice, with each participant in each group having a go at each element before moving on. Ensure that there are members of the group spotting whoever is on the element at that time, not the whole group on the element at once! If there is another team at an element, encourage participants to move onto another element or wait until the element is free.

MARS BAR CHALLENGE:

As an optional additional element, the Mars Bar Challenge is separated from the rest of the course. To earn a Mars Bar as a prize, participants must walk the entire length of the cable on the element, using the attached rope (not their spotters!) to stabilise themselves, without touching the ground. If this challenge is met in a single attempt by a participant, come see a member of the program staff, and we'll set them up with a Mars Bar from ICP.

*****IMPORTANT*****

Ensure that whenever a participant falls from the Mars Bar Challenge, they let go of the rope as soon as they begin to fall. Failing to let go of the rope early will almost undoubtedly cause injury to the participant or their spotters, so be careful!