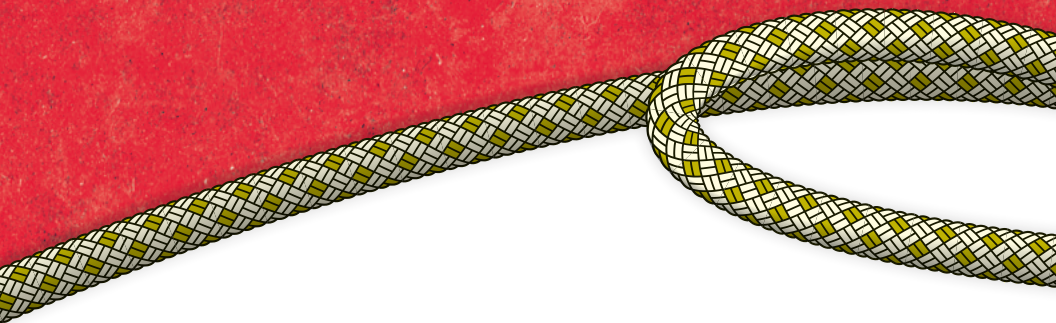


Camp Long Challenge Course

LOW COURSE FACILITATOR

POCKET GUIDE



WASHINGTON STATE UNIVERSITY
EXTENSION

A PARTNERSHIP OF
Seattle Parks and Recreation
Washington State University Extension 4-H Challenge Program

This manual is a reference for facilitators of the WSU Extension 4-H Challenge Course at Camp Long. **It is not a replacement for training.** All users of this facility must abide by the policies set forth by 4-H. Facilitators are responsible for choosing activities appropriate to their participants' goals and ability level. Safety and personal responsibility should always be emphasized. Wrongful use of equipment may result in serious injury, disability, or death.

Camp Long

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camplong@seattle.gov

This manual is the compilation of activities and ideas from many resources, including WSU Extension 4-H, Camp Waskowitz, Vision Leadership Inc., publications, and facilitators.



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WSU 4-H

I pledge my **Head** to clearer thinking, my **Heart** to greater loyalty, my **Hands** to larger service, and my **Health** to better living for myself, my club, my community, my country, and my world.

Meaning...



Head

- Managing and thinking
- Decision making
- Knowledge that is useful throughout life
- To plan and reason



Heart

- Relating and caring
- Strong personal values
- Positive self-concept
- Concern for others
- To be kind, sympathetic, and true



Hands

- Being and living
- Giving and working
- World force preparedness
- Useful skills
- Science and technology literacy
- To be helpful, skillful, and useful



Health

- Healthy lifestyle
- To enjoy life, resist disease, and work efficiently

Purpose of the Pledge

"Head, Heart, Hands, and Health are the four Hs in 4-H, and they are the four values members work on through fun and engaging programs."

It is the responsibility of 4-H members to better themselves, and thus improve their communities and the greater world. This is achieved through building life skills and "learning by doing." Youth learn, grow, and work alongside adult volunteers and mentors to create positive changes.

Emergency Procedures

Emergency Contacts

1	Adventure Education Coordinator	2	Experiential Education Coordinator	3	Camp Long Supervisor	WSU 4-H State Supervisor
	<i>Yohann Hanley</i>		<i>Matt Kostle</i>		<i>Sheila Brown</i>	<i>Scott VanderWey</i>
	OFFICE 206-233-7802		OFFICE 206-386-1056		OFFICE 206-423-4868	OFFICE 253-445-4581
	MOBILE 206-475-6713		MOBILE 206-348-9574		MOBILE 206-258-0945	MOBILE 253-320-1412
4	Parks Duty Officer					
	MOBILE 206-915-6249					PAGER 206-982-4583

Camp Long Contact Information

5200 35th Avenue SW Seattle, WA 98126
NEAREST CROSS STREET SW Dawson & 35th Avenue SW
OFFICE 206-684-7434

In Case of an ACCIDENT

1. Immediately stop activity.
2. Stabilize patient(s).
3. Gather other participants.
4. Apply first aid as needed using first aid kits.
5. Send two (2) people to the lodge to call 9-1-1 and await emergency services.
6. Notify (in this order):
 - 1 Adventure Education Coordinator**
 - 2 Experiential Education Coordinator**
 - 3 Camp Long Supervisor**
 - 4 Parks Duty Officer**

(Manager or Supervisor will contact WSU 4-H staff)

Notes on Calling 9-1-1

If calling from a cell phone, tell the dispatcher you need to speak to “Seattle [Fire | Police | EMS | Fire Rescue].”

Be prepared to give your name, location, and the nature of the emergency. Ensure emergency services have a clear access route to the emergency. Call front desk for assistance.

Take reasonable precautions to ensure that patients are safe from further injury. Cell phones may not work on the course.

A pay phone is located south of the lodge on the sidewalk.

Ambulance/ Firefighters

Meet ambulance in front of lodge and proceed with them to patient. They may need directions on the road around to the elements.

Blood Borne Pathogen Disposal

Bloody bandages or other bio-waste needs to be cleaned up / gathered with bio waste kit (in Camp Long office) and transferred to Westbridge. Management can transfer waste.

Forms

Minor incident or close call: Indicate “near miss” on **Day Use Form**.

Major incident: **4-H Incident Report**.

Manager or Supervisor will complete Parks' Incident Report using the 4-H Incident Report.

Serious Accident or Fatality

Do not assign blame or take responsibility.

Do not talk to the media.

Forward all news inquiries to: **Rachel Schulkin**

Rachel.Schulkin@seattle.gov

206-684-8020

Lockdown/Shelter in Place

- Designated by police or security.
- Go to Lodge immediately.
- Lock doors and windows, cover windows.
- Gather in basement away from windows.
- Account for all participants.

Element Damage

- If an element is damaged or needs to be closed:
- Grab orange **Closure/Emergency Response** tool box located in the West Shed.
- Use yellow tape to close off the element.
- Let Challenge Course Manager know ASAP.
- Indicate closure on **Day Use Form**.

Weather Closures

- The Challenge Course is **closed** when:
- Lightning is 3 miles away (15 seconds). Remain closed for 20 minutes after the storm passes.
- Wind gusts of 20–25 mph, or sustained winds of 15 mph.
- Significant tree cracking.
- Be conservative. If you are concerned, go indoors. You have access to portable elements.

Natural Disasters

- Gather everyone by the Fire Circle south of the Parade Ground.
- Account for all participants.

Facilitator Responsibilities

Challenge Course facilitators play a vital role in experiential education. They provide opportunities for participants to grow, explore, and take risks in unique environments. Their behavior directly influences participant behavior, thus requiring facilitators to be professional, nonjudgmental, organized, and patient. The three primary roles of facilitators are safety, learning, and record keeping.

Requirements

- Portable, low, and high element facilitator certification.

- Must attend one refresher per course—annually—to maintain certification.
- First aid and CPR certification.

- 4-H membership.

- You must facilitate within your competency. Only engage in activities that you have been properly trained in and are fully confident in your ability to lead.

Professional Conduct

- Professional dress: No advertising, derogatory language, or offensive advocacy. Closed toed shoes are a must.

- Respect participant confidentiality.

- Do not impose personal values or beliefs.

- Do not engage in inappropriate behavior or relationships with participants.

Safety

- ...is the number one priority!**

- Physical and emotional.

- Be aware of participant readiness and abilities.

- Allow participants to choose their challenge.

- Communicate objectives, risks, and consequences of each activity.

- Directly supervise participants on all elements.

- Stop activities if unsafe situations occur.

- Accidents are a combination of environmental factors and human factors.

- Most accidents occur between 11 a.m. and 4 p.m. Watch out for hunger and fatigue.

Learning

- Facilitators are responsible for the quality of participants' experiences.

- Plan sequences to achieve participants' goals.

- Debrief/Process experiences so participants can carry lessons learned into the future.

Record Keeping

- Record all incidents, near misses, and first aid supplies used.

- Complete and submit all required paperwork in a timely manner

Facilitator Checklist

Pre-Event

- Confirm with Challenge Course Manager: group arrival time, size, goals, program duration, and special considerations.
- Meet with co-facilitator at least 45 minutes before group arrives.
- Plan sequence, or review sequence if provided by lead facilitator or management.
- Site inspection: Walk the elements you plan to use that day. Check for hazards.
- Check out facilitator keys from the Lodge office.
- Gather any games equipment you will need.
- Grab a first aid kit.
- Make sure you have pre/post-event surveys.

Start of Event

- Meet group. Collect waivers and group enrollment form.
- Pre-event survey.
- Assess weather and group preparedness.
- Welcome group:
 - Acknowledge WSU Extension and 4-H partnership (page 2).
 - Introduce facilitators.
 - Overview of the day's schedule.
 - Site description and use:
 - Locations:** Kitchen, restrooms, water fountains (back cover).
 - Safety:** Emergency procedures. No drugs, alcohol, smoking or gum (page 3).
 - Personal care:** Clothing/layers, close-toed shoes, breaks, fuel, and hydration. There is extra rain gear stored in the West Shed.
 - Caution:** Jewelry, watches, baggy clothing, and things in pockets can potentially get caught or cause harm. Long hair should be tied back.
 - Name game (page 41).
 - Warm-up/Stretch.
 - Health check.
 - Full Value Contract and non-negotiables (page 14).
 - Transitional Activities (De-inhibitors, Energizers, Ice-breakers; page 41).

Begin Sequence

End Sequence

- Final reflection and closing.
- Post-event survey.

After Event

- Lock up all elements.
- Return game stuff to shed.
- Return first aid kit (mark anything used on the Day Use Form).
- Gather evaluations and fill out (jot form) Day Use Forms.
- Put waivers and evaluations in manila folder with group name and date on it.
- Return keys and folder to Manager's office or Lodge office.

Command Sequence

Any activity requiring spotters also requires the use of a command sequence. This is a series of questions and answers between the climbing/falling participant and the spotters. The purpose of this sequence is to ensure the entire group is paying attention and ready for action. The sequence always begins **before** the participant steps onto the element or is lifted off the ground. Note: Participants choosing their level of participation can still complete the sequence by stating the way they would like to be supported.

Assumption of Risk

Participant is standing next to the element, ready to begin.	Participant	"My name is _____ and I choose to do this activity. Do you support me?"
	Spotter(s)	"Yes, we support you!"
	Participant	"Spotters ready?"
Spotters have bumpers up.	Spotter(s)	"Ready!"
	Participant	"Climbing", "Falling"
	Spotter(s)	"Climb on", "Fall on"
Participant completes action and is standing on their own power.	Participant	"Set."
Spotters relax.		

Spotting

What is Spotting?

Breaking the fall.

Not catching the participant.

Protecting participant's head, neck, and spine.

Spotters are also responsible for protecting themselves (e.g. from an elbow to the face, flailing arms, kicking).

When is Spotting Required?

When a participant is off of a stable surface and cannot safely step down, spotters are required.

Ideally, there are two spotters per 180° of a participant's fall zone.

Some elements require more spotters or special spotting formations. (e.g., Relationship Traverse, Giant's Finger, The Wall)

Types of Spotting

Non-spotting activities: Spotting is not required. Participants pay attention to personal safety via self-awareness. (e.g., tag)

Self-spotting/step off safely (SOS): Participants step off the element to avoid falling. (e.g., balance activities, PCT (Cable Walk))

Facilitator spotting: Facilitators spot part of the activity. (e.g., Nitro Crossing)

Participant spotting: The entire group spots any participant who is off the ground until they are securely standing on their own power on the ground. (e.g., Hole in Space)

Cocoon spotting: Two to four people spot each side of, and move with, the participant. (e.g., Galloping Gertie (Wobbly Log) with a small group)

Zipper: Two rows of spotters stand shoulder to shoulder, facing each other, three feet apart. Arms extended straight from the elbow, palms up, with one arm from each opposing spotter between their own. Leg farthest from the faller is forward, other leg is back. Knees bent. Tilt head back to avoid getting hit by the faller. Eyes on the faller. (e.g., Trust Sequence)

Bumpers Up: Basic Spotting Position

Hands up, elbows bent, palms facing the participant.

Fingers together. *Paws not Claws, Spoons not Forks.*

Feet spread shoulder width apart for stability. One leg forward (nearer to the participant), other leg back (supporting most of the spotter's weight). Knees bent. Follow the climber's torso as they move.

Eyes on the climber!

Intentional Falling Position

Falling and lifting are part of the spotting sequence. It is important that the faller have good form to prevent harming the spotters or themselves.

Ankles and knees together.

Arms tight to chest: Cross arms, clasp hands, and fold in, OR, cross arms to chest and grasp shirt collar.

Body straight as an arrow, stiff as a board. Do not “fold in the middle.”

Head tipped back, back arched, toes lifted, lean back with shoulders.

Safety

Sequence elements based on your group’s ability to spot safely. Work up the spotting sequence to more challenging activities.

Do not tell groups they will complete certain activities. This prevents them from becoming frustrated if you change the sequence.

Always review spotting specific to each element.

Spot both lifted participants and lifters.

Anyone not climbing or lifting must spot.

Participants may NOT stand on lifter’s mid-back, neck, or joints! Upper-back, shoulders, lower-back, and hips are fine.

Lift with the knees, not the back.

Participants’ heads should NOT be lower than their feet (End Over End is an exception).

Check for sharp or protruding objects in pockets and on the ground.

No clapping until participant is on the ground.

The facilitator is ultimately responsible for ensuring that safe spotting takes place.

Spotting Sequence

Progression of Spotting Activities

The following activities form the Spotting Sequence (also, Trust Sequence or Support Sequence). These activities can be done independently or as preparation for low elements which require spotting. Do not force a group to do more than they can handle safely.

1. Bumpers Up

Have participants stand in a circle in spotting position. Facilitator goes around and pushes on hands to test stability.

2. Support Leans

1. Divide into groups of three.
2. One person is the faller, and takes the intentional falling position.
3. Two people are spotters, standing closely side by side with Bumpers Up.
4. Command sequence.
5. Participant falls backward and is supported by the spotters.
6. Spotters gently push the faller to a stable standing position.
7. Spotters' hands remain on the faller's shoulders until the faller says, "Set."
8. Check in with the participant.
9. Always start with short falls and gradually increase the falling distance.

3. Wind in the Willows

1. Group stands in a tight circle, shoulder to shoulder, with one participant in the middle.
2. Command sequence.
3. Participant takes intentional falling position, and is encouraged to close their eyes.
4. Participant leans back into the spotters.
5. Spotters GENTLY move the participant around the circle.
6. When movement is completed, return the participant to a stable standing position.
7. Spotters' hands remain on the participant's shoulders until the participant says, "Set."
8. Check in with the participant.

Minimum ten (10) people.

Participant is encouraged to close their eyes.

Have a predetermined flight plan (e.g., north, east, south, west, around the circle clockwise).

4. Levitation

1. Spotters divide into two groups on either side of a participant.
2. Command sequence.
3. Participant leans back into spotters.
4. Spotters form zipper arms under the participant, paying special attention to supporting the head and neck.
5. Spotters lift the participant up.
6. Spotters gently rock the participant back and forth.
7. Participant says, "I am ready to stand."
8. Spotters lower the participant feet first and return them to standing.
9. Spotters' hands remain on the participant's shoulders until the faller says, "Set."
10. Check in with the participant.

Minimum ten (10) people.

Participant is encouraged to close their eyes.

Participant's head should never be lower than their feet.

Variations: Spotters walk the participant around in a circle. Spotters can lower the participant to the ground while rocking them back and forth. Be mindful to lift with knees, not back. Assist participant back to standing

Trust Falls

While trust falls are often a part of challenge course programming, they are considered outside the scope of practice at the Camp Long Challenge Course. **Do not** facilitate trust falls as part of your practice on this course.

GRABBSS Assessment Tool

The GRABBSS Assessment Tool is used to evaluate an individual's or group's readiness to participate. This includes physical, mental, and emotional levels of being which may change during the day. When successfully applied, participants develop trust, communication, and problem solving skills while working toward their goals in a safe environment.

Goals

- How does the activity or sequence relate to the individual's or group's goals?
- This information is stated on the group's registration form.
- If uncertain or want clarification, call the group.
- Talk about personal and group goals at the start of the day or before each event.

Readiness

- Is the group ready for this activity? What is their skill level?
- Observe to determine.
- Respect group needs over facilitator wants.

Affect

- What is the general feeling of the group? Do they empathize?
- Check in, talk to the group.
- Observe to determine.

Behavior

- How is the group acting?
- Watch behavior: body language, verbal, conflicts.
- Ask yourself, "How can I keep this group going?"
- Possible solutions: fuel and hydration, big field game or QSG to release energy.

Body

- What kind of physical shape are they in?
- Physical fitness.
- Body shape and size.
- Ability and disability.

Stage

- Where are they in the Stages of Development?
- Forming – Storming – Norming – Performing.

Setting

- Weather vs. Participant clothing.
- Social/Religious/Cultural considerations.
- Location Rules (Local Operating Procedures).

Adapted from Lazarus (1981), Schoel et al. (1988), and VanderWey (2014).

Full Value Contract

A **Full Value Contract (FVC)** must be created at the start of any group's participation on the Challenge Course. The purpose of this contract is to establish rules fostering a positive learning environment. Make sure everyone participates in this process and agrees on the contract together, or else the meaning is lost. Everyone has a different interpretation of what it means to feel safe and supported. If the group later acts unsafe, remind them of this agreement. Rules should be made by participants and not by their leadership. Full Value Contract used with permission from Project Adventure (1991) and VanderWey (2014).

Whatever FVC your group utilizes, consider these concepts:

To Work Together.

I will work with my group in order to achieve both my personal goals and the group's goals. I will support the group in achieving our goals.

To Be Safe Emotionally and Physically.

I will take care of myself and my group's physical and emotional safety. This includes having a positive attitude, respecting each other, avoiding put-downs, and following directions.

To Give and Receive Honest Feedback—and to Listen.

I will tell others what I am thinking and feeling, and I will listen to what others have to say to me.

To Grow.

I will try new things and step out of my comfort zone. I will take appropriate risks which I can learn from.

To Have FUN!

I will play and have fun in a safe manner and with a positive attitude.

There Are Two Non-negotiables

Choose Your Challenge

All participants can be fully engaged by choosing their level of involvement in all activities. Even if a participant opts out of an activity, they can still support the group. *"You can volunteer, but not be volun-told!"* VanderWey (2014).

Emotional/Physical Safety

The Course has inherent risk, so facilitators and participants must protect against harm. Harm can be physical (falls, cuts) or emotional (blame, exclusion, name calling).

Examples of Full Value Contracts

Play Safe, Play Fair, Play Fully

Have the group discuss what it means to play safely, to play fairly, and to play fully. Allow everyone the opportunity to share examples. This includes emotional and physical safety, not cheating, following facilitator rules, and being fully invested (e.g., not distracted by cell phones).

Five Finger Contract

Each finger on your hand represents a FVC concept. After defining what each finger means and agreeing to abide by these rules, have the group shake hands or give high fives.

Pinky: Emotional and physical safety. *Watch out for the little guy!*

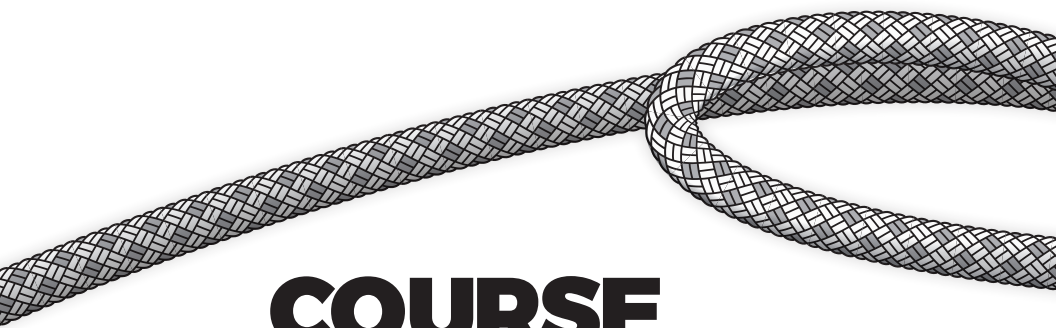
Ring: Commitment to being here and being fully invested. Support the group by giving, receiving, and applying feedback. Communicate in a way to facilitate growth.

Middle: No discounting others (shield this finger from the group) or yourself (shield this finger from yourself). *No put downs; only put ups!*

Pointer: Take responsibility for your actions. Don't point this finger in blame at others.

Thumb: Be positive. Give encouragement throughout the day.

VanderWey (2014).



COURSE ELEMENTS

Orca Breach/Humpback Breach (Whale Watch)

Location

Humpback Breach: Near Cabin 7 and Compass Circle

Orca Breach: Near West Shelter

Other Name(s)

Whale Watch

Task

Have the entire group step onto and balance the platform. Various activities can be completed on the platform.

Set-Up

Remove all four (4) leg locks from the corners.

Check for centeredness of the fulcrum.

Ensure that surface is dry for participant use. Wipe off with a towel.

Check for cracking, splintering, and protruding screws.

If multiple groups will use this element, lock at least two (2) legs (on opposite sides) between group rotations.

Cabin 7 usage may cause the closure of Humpback Breach at times—ask Camp Long staff.

Safety

Establish a safety area around platform—everyone stays at least two (2) feet away from the platform until they are stepping on. This is to protect knees.

Participants may only enter and exit AT THE FULCRUM.

Consider spotting participants getting on and off, especially with youth.

DO NOT JUMP ON OR OFF PLATFORM.

This element has a teeter-totter effect. What would happen if someone steps off on the side with others on the ship?

Step off safely if a fall is inevitable.

Feet must be completely on platform, no piggy backing.

No holding onto the platform.

Remind participants this is an issue of “balance” not “weight.”

Metaphor

Both the Orca and Humpback Whales are native to the Pacific Northwest marine ecosystems. Whale watching is a major tourism attraction of the San Juan Islands.

Variations

Numerous tasks can be completed by the group while balancing: rotating the whole group around the platform, fitting the group on the last two (2) boards of each end, both sides switching places, stand-sit-stand, singing *"Row-Row-Row Your Boat,"* everyone jumping up at the same time.

Group members write goals on Post-it® Notes and post them on the end of the platform.

For advanced groups, put a ball on the platform and have the group move the platform to move the ball.

Incur a penalty for the platform touching the ground.

Have the group choose a challenge to perform while exiting.

Consider playing a de-inhibitizer that involves close contact before this element so participants adjust to being in close proximity to others.

Columbia Highlands (Meuse)

Location

West of Cabin 6

Other Name(s)

Meuse

Task

Groups use wooden boards to cross from one side of the activity to the other. If a board falls to the ground, the board is lost to the group. If a participant falls off a board, they (or the entire group) start over. (Hint: Participants will have to make T-junctions with boards to get across the Highlands.)

Set-Up

Supplies: Six (6) 2×6 boards (stored in the shed at the north end of the parking lot). Place boards at the designated start. Cement stumps may shift. Check spacing.

Safety

Recommended for 6th grade and above.

Step Off Safely (SOS) activity.

Boards need to make solid, stable connections of one inch (1") or more.

Boards **SHOULD NOT** be used on the diagonal—they are tippy and can slide off in this configuration.

No jumping or running on the boards or stumps.

Discuss the hazards of swinging boards, or pinching fingers a board and stump.

Boards cannot be used as trekking poles or walking sticks.

Boards should be passed at waist level.

Metaphor

The Columbia Highlands, located in the North East corner of Washington, are a corridor between the Cascade and Rocky Mountain Ranges from which wolves, grizzlies, and large other species roam back and forth.

Variations

Two groups can cross each other going opposite ways, each group having only three (3) boards.

If balance issues are a concern, let the group use a ski pole for one (1) use only.

San Juan Islands

Location

Near Cabin 2

Other Name(s)

Islands

Task

Move the entire group from the beginning stump to the farthest platform, without touching the ground. The group must get to platform 1 while participants stay connected (hands, buddy ropes, etc.). After two people have reached platform 1, they can disconnect. Participants on stumps must remain connected. Once participants reach platform 1, they can start moving to platform 2 with the assistance of boards. The boards cannot touch the ground.

Set-Up

Supplies: Three (3) boards (stored in the Adventure Barn)

Place the boards on platform 1.

Safety

Recommended for youth.

Step Off Safely (SOS) activity.

Consider spotting at the end when participants make a bridge.

Participants **DO NOT** interlock fingers.

Boards should be kept at waist level or lower.

Discuss the hazards of swinging boards, or pinching fingers a board and platform.

NO jumping between stumps and boards.

NO forming teeter totters with boards.

Metaphor

The San Juan Islands are made up of four major islands and many small islands between Washington State and Vancouver Island.

Variations

Metaphor for kids: They are standing on turtles that will go back under the water...

If participants cannot hold hands, have them hold old climbing rope.

You may use one or two All Aboard platforms instead of boards if you have a large group.

If a board falls to the ground, it is lost to the group.

Columbia River Crossing/Salmon Migration (Nitro Swing)

Location

Columbia Gorge Crossing: South of Fire Circle

Salmon Migration: Between Cabin 5 and Cabin 6

Other Name(s)

Nitro Crossing, Rope Swing

Task

The group will move from one platform to the other, crossing a “gorge,” by swinging on a rope. They cannot touch the ground in the gorge. Typically, a bucket of water (nitroglycerine) is also carried to the other side.

Set-Up

Supplies: Two (2) platforms, stepladder (platforms and ladder stored on site, locked to trees), thick white rope, carabiner, bucket, water (Adventure Barn). Check the rope for fraying and damage.

Clip the rope to the hanging wire:

If setting up alone, use provided step ladder to climb up and clip in rope.

Alternatively, you can set this up with your group as an activity as detailed below:

Lean the platforms against each other in a tent shape under the hanging cable. The lip of one platform should fit inside the bottom of the other (hint: one platform is slightly longer than the other).

Have participants get in Bumpers Up around the platforms, with their front foot on the base of the platforms (this holds the setup steady).

Have a participant stand on top of the platforms to clip the rope to the cable with a carabiner. (Some participants might not be tall enough.)

Set up platforms with ample space between them. Check the distance based on expected group heights (closer together for shorter individuals), and adjust based on the actual group when you get to the event.

If platforms are not used, lay ropes on the ground to designate start/end zones.

Safety

KNEES ONLY in the loop. **DO NOT** let participants place feet or other limbs in the loop. They could fall and be dragged.

DO NOT wrap rope around hands or other limbs.

One (1) person swings at a time.

Maximum two (2) step running start.

Participants spot the launching and landing.

Facilitators “ghost spot” the swing.

Spotters should be on the downhill side.

Review proper lifting as needed.

Watch when participants swing belts/jackets to first get the rope, and when the rope is swung back and forth between groups.

Consider using the Command sequence if your group needs help focusing.

This activity often takes more upper-body strength than other elements and is harder than it looks.

Metaphor

Historically, the Columbia River Gorge was a very difficult crossing for explorers and those traveling West to finally cross into Central Washington.

Variations

Many *Indiana Jones* metaphors possible.

Divide into two groups which must pass by each other.

Rubber spot can be used to 'touch down' in the center while swinging.

Galloping Gertie (Wobbly Log)

Location

West of Cabin 6

Other Name(s)

Wobbly Log

Task

Galloping Gertie is a swinging log attached at both ends to a free-swinging wire. Participants must walk from one end of the log to the other without stepping off.

Set-Up

Check log for cracking and splintering.

Ensure that the log is dry for participant use. Wipe off with a towel.

Safety

Minimum group: Seven (7).

Used early in the spotting sequence. Teach “Bumpers Up” and test participants’ hands.

Need a minimum of six (6) spotters around the participant at any time.

Consider cocooning with 10 or fewer participants.

Spotters should twist their bodies slightly to avoid taking the log in the shins, and step back far enough to not get hit by log, but close enough to spot.

Remind everyone that participants can use spotters’ hands and shoulders for support.

Step Off Safely (SOS) if a fall is unavoidable.

No jumping or running on the log.

No clapping until the participant is on the ground.

Use the Command Sequence (Assumption of Risk, page 8).

Metaphor

The Tacoma Narrows Bridge connects the city of Tacoma to the Kitsap Peninsula over the Tacoma Narrows Strait of Puget Sound. At its conception in 1940, it was the third longest suspension bridge in the world, but collapsed only five months later in wind gusts of 40 mph. Like the bridge, we all have paths we need to walk that sometimes are unstable and wobbly.

Variations

Participants state a challenge in their lives and ask for support before crossing.

Have participants state a goal before crossing.

Participants may choose to use spotters’ hands or shoulders for additional support, or attempt without support for additional challenge.

Olympic Nurse Log (TP Shuffle)

Location

Near Cabin 10

Other Name(s)

Telephone Pole Shuffle, TP Shuffle

Task

The entire group will step up on the log and sort themselves into a new order (alphabetical, birthday, height, school, etc.) without falling off the log.

Set-Up

Check log for cracking and splintering.

Ensure that the log is dry for participant use. Wipe off with a towel.

If very wet, consider using a different element.

Safety

Step Off Safely (SOS) activity.

DO NOT pull other participants off the element.

NO interlocking fingers.

NO jumping or running on the log.

Consider spotting if folks try to traverse each other.

Metaphor

Giant Western Red Cedars, Sitka Spruce, and other large trees might collapse in our maritime forests, only to become a nutrient bed for new trees to grow along. These downed nurse logs may slowly decompose over 100 years.

Variations

When someone touches the ground, that individual must go to the end of the line and start again, or the whole group goes back.

Divide into two teams which must pass each other on the log.

Blindfold the "leader" of the group and have other participants position that person.

Make everyone silent for a second attempt after the group has a success.

Time the group. Touching the ground incurs a 15 second penalty.

Deception Pass (3D Zig-Zag)

Location

North of East Shelter

Other Name(s)

3D Zig-Zag

Task

The entire group must cross from the closest stump to the furthest stump without touching the ground. If a participant falls off a board, they (or the entire group) start over. There is some deception here, as the boards are of different lengths and the stumps are spread out at different distances.

Set-Up

Supplies: Six (6) boards marked with numbers 1-6 on end, two wooden dowels for walking sticks (stored in Wedge Shed at East Shelter, Combo Lock).

Place boards at the designated start.

Safety

Recommended for 8th grade and above.

Step Off Safely (SOS) activity.

NO jumping or running on the boards or stumps.

Boards can only be used if they fit in 'notches' exactly.

Boards cannot be used to lay flat across other boards.

Boards cannot be used as trekking poles.

Boards are HEAVY and AWKWARD!

Discuss the hazards of swinging boards, or pinching fingers between a board and a stump.

Consider facilitator spotting or allowing participant spotters for unstable walkers.

Metaphor

Deception Pass (between Whidbey Island and mainland Washington State) generates extremely strong currents, especially at max. ebb and flow. Boats up to 30 feet in size get tossed around in the strong waters.

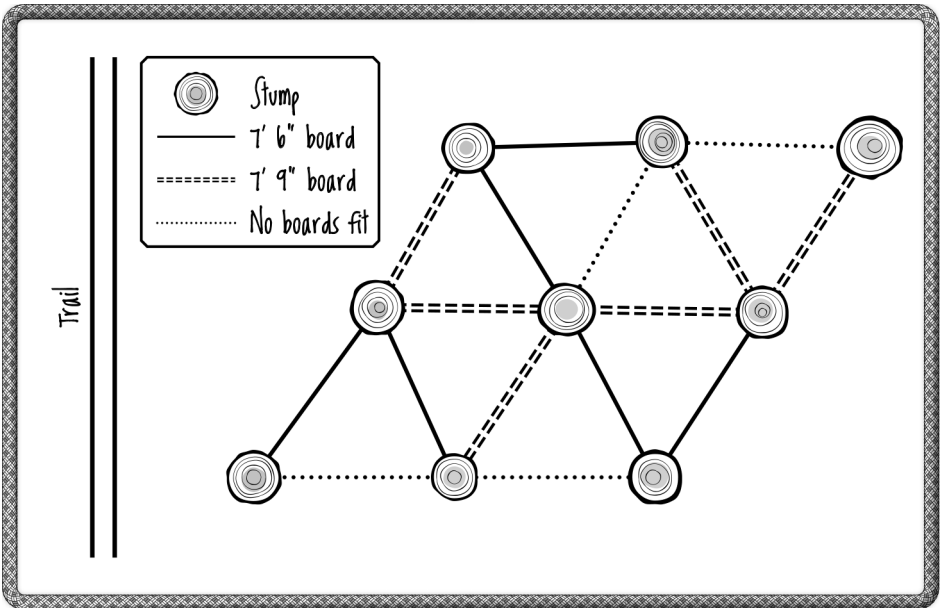
Variations

Two groups can cross each other going opposite ways, each group having only three (3) boards.

Three groups can cross each other going opposite ways, each group having only two (2) boards.

If balance issues are a concern, let the group use a ski pole for one (1) use only.

FIGURE 1—DECEPTION PASS



Puget Sound Convergence Zone/PSCz (The Wall)

Location

East of Comfort Station

Other Name(s)

The Wall

Task

The entire group must get up and over the wall. One side of the wall is smooth; the other side has a platform to stand on when going over the top.

Starting: No one is on top of the wall (except facilitators).

During: Participants cannot lift from the ground after they've been over the wall.

Ending: The last participant has to get over the wall without being lifted.

Set-Up

Ensure that platform surface is dry for participant use. Wipe off with a towel. Check for splintering and cracking. The wall is unsafe if a standard pencil can fit between boards.

Check for protruding screws.

Safety

Minimum group size: Ten (10).

DIRECTIVE FACILITATING is recommended for this activity.

This element will be late in a group's sequence.

Participants must be proficient with spotting and lifting techniques specific to this element.

Groups should be high functioning.

Maximum five (5) people on top platform at once.

Spotters:

Two (2) spotters required for every person off the ground.

EVERYONE MUST SPOT, even if they have gone over the wall.

Spotters should form a half circle around the wall.

Participant can fall in all directions and straight down. Spot from all angles.

Platform spotters should never have their "belt line" cross over top of the wall.

Platform spotters should pull limbs, NOT clothing.

Spot people coming down the ladder.

Climbers:

Climbers must always keep their body close to the wall.

NEVER kick/walk up the wall! Standing jumps are okay.

NEVER attempt to stick fingers in between boards.

Climbers' head should NEVER be lower than their feet.

Only ONE person goes up or down at a time—either wall or ladder.

Walk down the ladder facing IN.

DO NOT climb other sides of the wall.

Be aware of loose clothing, jewelry, and piercings getting pulled up or caught.

No additional aids (ropes, boards, etc.) may be used.

Use the Command Sequence (Assumption of Risk, page 8).

Metaphor

Rain and wind storms often wrap around both sides of the Olympic Mountains and converge over Seattle or to the north, near Everett.

Variations

Have each participant state a personal/professional challenge in their lives.

Have groups post personal goals as high as they can on the wall with Post-It® Notes.

Have groups rescue a teddy bear from sitting on top of the wall (no one goes over the wall).

Rotate spotters on top of the wall.

The first two and last two people over the wall must be of different genders.

Limit the number of people going over the wall.

Ozone Hole (Hole in Space)

Location

East of Comfort Station

Other Name(s)

Hole in Space

Task

Participants must get through the tire with or without their team members' aid, while all group members spot actively and efficiently.

Set-Up

Supplies: Two (2) autolocking carabiners (stored in the lock box behind The Wall). The tire is always locked at the highest setting. Unlock the padlocks and replace with locking carabiners at the desired staple height. Tire must be lifted to release tension on cable/lock/carabiner to set tire height.

Highest Tire = Lowest Staple. High performing adult group.

Middle Tire = Middle Staple. Middle/High school.

Lowest Tire = Highest Staple. Youth.

Tire can be lowered even more by using additional steel locking carabiners.

Lock the carabiners before starting.

To minimize tire/cable movement, you may attach a steel carabiner between the lower tire cable and the lowering cable on post.

Safety

Minimum group size: Ten (10).

DIRECTIVE FACILITATING is recommended for this activity.

This element will be late in a group's sequence.

Participants must be proficient with spotting and lifting techniques specific to this element.

Spotters:

Minimum of four (4) spotters on the entry side, and six (6) on the exit side.

Participants will have to start on the opposite side to help spot as needed.

One (1) spotter should be designated to support the participant's head.

Participants may KICK their legs when starting. Spotters should HOLD feet to offer support, minimize kicking, and protect themselves.

Climbers:

It is recommended going HEAD FIRST through the tire.

Participants can fall out FAST once through the tire.

Encourage participants to go slow. Safety over speed!

DO NOT grab wires.

Be aware of loose clothing, jewelry, and piercings getting pulled up or caught on the tire.

Some participants might prefer to wear gloves.

Use the Command Sequence (Assumption of Risk)

Metaphor

The global ban of CFC's is one of the rare global environmental challenges that humans have worked together to fix. The Ozone Hole is estimated to repair itself. The giant tire can represent a participant's personal challenge or goal.

Variations

At lower levels, the tire can be used like Spider Web where participants cannot touch the tire (use spotting/levitation sequence).

Participants state a goal or challenge during the command sequence.

Osprey Roost (Giant's Finger)

Location

East of East Shelter

Other Name(s)

Giant's Finger, Giant's Thumb

Task

The challenge is to get the tire up and over the pole without participants or the tire touching the pole (like the game Operation). Of course we can't leave the tire there, so we must, with equal caution, remove the tire.

Set-Up

Supplies: One (1) tire (stored in the East Shed near the picnic shelter).

There are several tires. Choose based on the group's ability: bike (easiest), motorcycle (medium), and Vespa (expert).

Check pole and tire for splinters, wiggling, rust, etc.

East picnic shelter usage may close Osprey Roost due to proximity—ask Camp Long staff.

Safety

Minimum group size: Ten (10).

This element will be late in a group's sequence.

Participants must be proficient with spotting and lifting techniques specific to this element.

Minimum of two (2) spotters for every person off the ground.

There should be a circle of spotters for every lifted participant.

Spotters should be aware that the lifted participants may fall in any direction.

Spot participants, lifters, AND the tire.

The tire must be under control at all times. NO THROWING OR DROPPING THE TIRE.

Review proper lifting.

Group pyramids CANNOT be more than three (3) people high.

If groups build pyramids, be mindful of feet on necks and spines.

No additional aids (ropes, boards, etc.) may be used.

Use the Command Sequence (Assumption of Risk, page 8).

Metaphor

The Osprey is a bird of prey in the falcon family and is also known by the names sea hawk and fish eagle. Osprey are common in Washington State and can be found worldwide, except in Antarctica. Since fish make up 99% of their diets, they are found near water sources and usually breed by freshwater lakes and coastal brackish waters. The group is a team of ornithologists who need to measure the base of the Osprey's tree without disturbing the nest.

Variations

Younger teams could be allowed to touch the pole.

Osprey bird calls on an iPhone are a nice touch!

For small groups, tie a bow around the bottom of the pole for the tire to reach.

Write goals on Post-It® Notes and stick them **HIGH** on pole.

Start with the tire on the pole, remove it, touch tire to the ground, and return it to the pole.

Consequences if the tire touches:

First time: If the tire touches the pole, everyone must carefully get back down to the ground and start over.

Second time: If the tire touches again, the team must start over and send new tire holder(s) up.

Team members can lose voices.

Pacific Crest Trail/PCT (Cable Walk)

Location

Below Glacier at Pacific Crest

Other Name(s)

Team Traverse

Task

The entire group will traverse the wires from one end to the other, without falling off. If someone falls off, they (or the entire group) start over. Participants may use a rope (attached to a post on one end) to assist them by holding tension or wrapping the rope around another post.

Set-Up

Supplies: Hand rope, carabiner (stored in the Adventure Barn)

Clip the carabiner with the hand rope attached to one of several eyebolts above the longest stretch of wire (use ladder located at event).

Safety

Step Off Safely (SOS) activity.

Participants can hold onto each other, but **CANNOT** interlock fingers.

No jumping or running on the wires.

Do not wrap rope around hands or other limbs.

Do not tie the rope off to vertical support beams with a knot.

Do not hold on to the hardware, wires, or yellow covers (the posts are fine to hold onto).

Metaphor

Often it is better to travel in rope teams on glaciers to prevent falls into crevasses or down steep slopes. There are several areas of the Pacific Crest Trail which are like walking on a knife edge.

Variations

Tension traverse can also go along the Relationship Traverse cables.

If balance issues are a concern, let the group use a ski pole.

Consider playing a de-inhibitizer that involves close contact before this element so participants adjust to being in close proximity to others.

Tension Traverse

Location

Below Glacier at Pacific Crest

Other Name(s)

None

Task

Each participant will traverse the wire as far as they can before returning, without falling off. Holding tension on a rope helps participants balance.

Set-Up

Supplies: Hand rope, carabiner (stored in the Adventure Barn).

Clip carabiner of hand rope on an eyebolt above the west wire of the Relationship Traverse (use ladder located at event).

Safety

Need a minimum of six (6) spotters around the participant at any time.

Consider cocooning with ten (10) or fewer participants.

Step off safely if a fall is inevitable.

No jumping or running on the wires.

DO NOT wrap rope around hands or other limbs.

Spotters should protect themselves from swinging rope and stray elbows.

Falling backward is more likely.

Use the Command Sequence (Assumption of Risk, page 8).

Metaphor

Many people hike the Pacific Crest Trail solo as a rite of passage. While alone they must face the weather and terrain; these adventurers are supported by others who help them train, prepare, and send supplies along the 2,650 mile journey.

Variations

Tension traverse can go along the Relationship Traverse (Higher) or Pacific Crest Trail cables (Lower).

Participants state a goal or challenge before traversing.

Relationship Traverse

Location

Below Glacier at Pacific Crest

Other Name(s)

Low V, Wild Woozy

Task

Pairs will lean on each other for support to traverse the diverging cables. They will go as far as they can before returning safely and without falling.

Set-Up

Start with one (1) spotter North (at the apex), and two (2) spotters South (diverging side), East, and West (outside the cables).

As the pair moves South,

Add one (1) spotter North and one (1) spotter South.

East and West spotters can reduce to one (1) and then none.

As the pair returns North,

North and South spotters reduce by one (1).

Add spotters East and West.

Safety

Minimum group size: Nine (9) (seven (7) spotters!).

DIRECTIVE FACILITATING is recommended for this activity.

SPECIAL SPOTTING SEQUENCE. See set-up.

PRACTICE spotting positions on the ground first.

Facilitator rearranges spotters as the pair moves.

Spotting:

North and South spotters form a ZIPPER under the pair's hands.

North and South spotters closest to the participants must FACE them and spot TORSO and ELBOWS.

Participants are more likely to fall BACKWARD when they are standing upright, and fall FORWARD when leaning in with their hips.

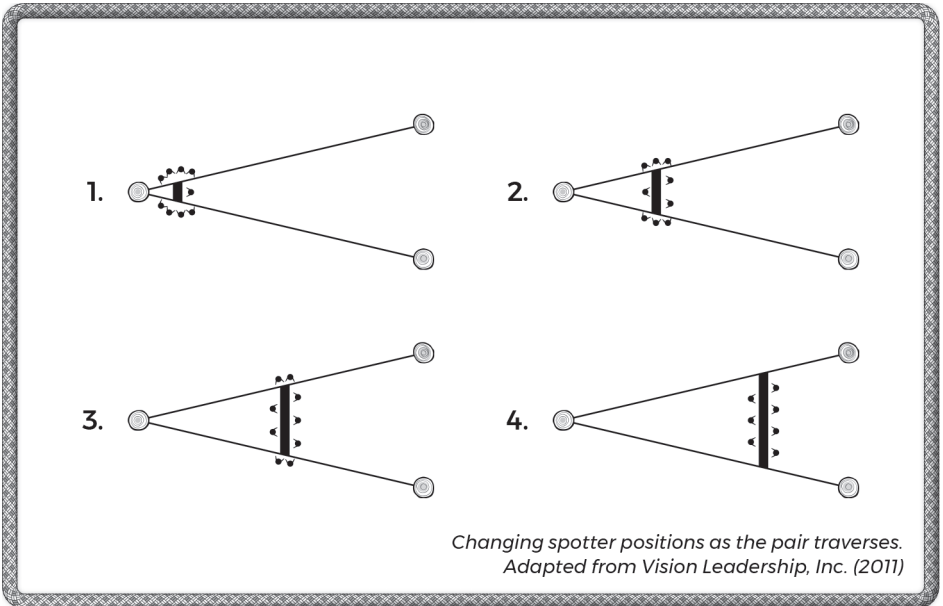
Pairs **DO NOT** interlock fingers.

DO NOT climb over wires.

No jumping or running on the wires.

Use the Command Sequence (Assumption of Risk, page 8).

FIGURE 2—RELATIONSHIP-TRAVERSE



Metaphor

As vital as a 'summit attempt' might appear, it is more important to return safely with your partner from the mountains.

Variations

Handholds: Palm to palm, wrist to palm, or hands to shoulders.
Commitment metaphor.



**INITIATIVES,
DE-INHIBITIZERS AND
NAME
GAMES**

Initiatives, De-Inhibitizers, and Name Games

This is a list of the names of activities to help you remember things you have forgotten and encourage you to try something new with your group. Please check in the office for copies of the games book for instructions.

Name Games

- Big Blue Blowpop/Bumpitty Bump Bump
- Peeka-Who
- Clap a Name
- Zip Zap Zoey Zero
- Group Juggle
- Name Trade
- Handshake Partners

De-Inhibitizers

- Ah-So-Ko
- Alaskan Baseball
- Have You Ever?
- Commonalities/Categories
- Comfort Zone/Growth Circles
- A What?
- Bat and Moth
- Predator/Prey
- Elbow Tag
- Triangle Tag
- Everybody's It
- Freeze Tag
- Giants-Wizards-Elves
(Salmon-Bear-Mosquito)
- Gotcha
- Hahaha
- Hoop Relay
- Left/Right
- People to People
- Pip, Squeak, and Wilber
- Toe Tag
- Screaming Toes
- Bunny Bunny
- That's Exactly What It Is

Initiatives

Acid River (Fudge River, Stepping Stones)
Alaskan Pipeline
Balloon Stack/Tower
Blind Polygons
Blindfolded Tag
Bullring
Human Calculator (Key punch)
Build a House
Hands-Eyes-Mouth
Helium Stick/Hoop
Don't Break the Ice
Just One Word
Mass Pass
Quick Card Line-Up
Human Knot
Lap Sit
Line Ups
Magic Rope (Turnstiles)
Magic Shoes
Minefield
Battle Tanks
Snakes in a Bag
Turning a New Leaf (Tarp Flip)
Toxic Waste
Jelly Boards
Traffic Jam
Zoom/Rezoom
Yurt Circles

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MAP KEY

- = LOW COURSE ELEMENT
- = ACCESSIBLE FEATURE

