

Low Ropes Course Considerations

A low ropes course is a series of initiatives or physical structures focused on problem-solving and designed with team building in mind. These activities can range from events sitting directly on the ground to events that are twelve to thirteen feet in the air. Most events are spotted and require the group members to cooperate in order to solve the problem, accomplish the group initiative, and to provide safety to each other.

Heebie Jeebie (Pirate's Crossing) Low Rope

Objective and Description

- To Cross from one tree to another using criss-crossed ropes. Spotters be prepared; this is a very difficult event.
- Sections of 5/8 inch diameter multilite rope are connected from supports to a horizontal foot cable. The rope/cable connection distance is approximately 2/3 of the way across the cable from the rope initiation point.

Time and Group Size

- It will take approximately 1.5 hours to get 8-12 participants through this element. Be sure to plan for debriefing in addition to this time frame.

Jeebie Lunge (Low Rope)

Objective and Description

- As in the *Heebie Jeebie* event, to cross from one support tree to another using only a foot cable and those attached ropes made available.
- Imagine leaving the descending rope intact, as the *Heebie Jeebie*, and removing the ascending rope. As the climber in a bent over position, reaches the end of the descending rope, his/her only access to the far side is a rope dangling a challenging distance from their stooped position. A successful lunge and finishing tension walk completes the event.

Spiders Web

Objective and Description

- A "spider's web" configuration is easily fabricated between two trees, poles, gymnasium standards, etc.
- The object is to move the entire group through the web openings so that each person goes through a distinct opening without touching the web. If a participant is successful, that opening conceptually closes for the remainder of the problem.
- If anyone touches the web during an attempt, the person being passed through must return and try again through that same opening.
- The web is made up of tied sections of 3/16 inch bungee cord as to simulate an ersatz (substitute) spider's web.

Time and Group Size

- This initiative does not lend itself to being timed. It will take a group of 12 15 to 20 minutes to complete this element.
- If the group numbers more than 20 people, two separate webs should be utilized. These two webs can be positioned in such a way as to form an "open book." With a group of 12, allow 25 to 30 minutes

Wild Woozey

Objective and Description

- Two diverging cables that originate from the same support and are connected on the far end into two separate supports, approximately 12 to 14 feet apart. These taut cables are about 18 inches above the ground.
- The object is for two participants, each standing on a separate cable, to maintain physical contact with one another and move from the apex of the traverse to the far end without falling from the cables or losing contact.

Time and Group Size

- This is not a timed event.
- Indicate to the group that getting two connected people to the end of the event should be thought of as a group goal. Everyone should be thinking and working together toward this goal.
- Allow 20 to 25 minutes for a group of 9 - 12.

Port Hole

Objective and Description

- This is a timed event. The objective is to get your entire group through the vertically suspended tire as quickly as possible.
- The group begins at the starting line and finishes by moving past an end line. These two lines are located about fifteen feet from the tire.

Nitro Crossing

Objective and Description

- The objective of this element is for the group to cross from one side of a specified area to the other by swinging on a rope suspended between two trees without touching the ground. The excitement of this activity may be heightened by requiring the participants to carry a bucket of water across with them.