

SPIDER WEB



DESCRIPTION:

A frame of multi line has an interlaced shock cord center that forms a large web which is connected between two trees / poles. Within the web are approximately ten sections large enough to fit a person through.

OBJECTIVE / TASK:

The group tries to pass each member through a separate opening without touching the web. Once a section has been successfully passed through, it can not be used again. Depending on the level of group functioning and the amount of time available for the element, this activity can be modified in several ways to make it more or less difficult.

SET UP:

Four staples form the anchor points on the trees / poles. The web is connected to these with rapid links or clips and then tightened with the prusik knot to form a taught web.

For ease of storage and set-up, pack web up in a tarp. Lay it out flat and simply roll it up. This helps prevent tangles.

GROUP SIZE: Eight to twelve participants are optimal.

TIME: 20 – 30 minutes is about the minimum time.

RULES and SAFETY:

- Only one person is to go through the web at a time.
- Once a hole has been traveled through, it closes for the rest of the activity.
- Must have 2 people on the other side of the web before someone is lifted and passed.

- Never let go of a participant until he/she is safely on the ground (even if someone touches the web).
- If the web is touched, a penalty is incurred (up to facilitator, depending on group's ability).
- Penalty can be: one person return, all return, after 3 touches all go back, time penalty. Only limited by facilitator creativity.
- One person is to be responsible for the head and shoulders for each lift.

PROCESSING IDEAS:

Appropriate touch.

Planning and enacting plan.

Communication.

Body image.

SEQUENCE:

Must have completed some activities that involve appropriate touch and trust (people to people, spotting sequence, elbow tag).

An involved element that should be processed, allow time for this.

WILD WOOLY ('V' line, Commitment Bridge)



DESCRIPTION:

Two tensioned cables form a V-shape suspended approximately eighteen inches from the ground. The two cables advance from the same point and end approximately ten to twelve feet apart.

OBJECTIVE / TASK:

Two participants begin at the apex of the V and, maintaining physical contact, proceed along the dividing cables until they are unable to continue or until they reach the far supports.

SET UP:

The cables can be permanent or removable with rapid links and a turnbuckle. If removable, it is important not to tighten the cable too much as it can damage the attachments. The rapid links should be done up with a wrench a quarter turn past finger tight.

GROUP SIZE: Minimum of ten participants (two climbers with at least four spotters each).

TIME: About 30 – 40 minutes for a group of 12.

RULES and SAFETY:

- Use proper climbing signals.
- Prevent climbers from interlocking fingers while attempting the activity (can lead to damaged wrists and fingers).
- Have one spotter in the center and the rest on the outside at the beginning.

- As the pair traverse the element, have more spotters move into the center, spotting with their backs straight, arms bent at the elbows and palms up.
- Anticipate a climber's fall in any direction when first mounting the cable.
- Avoid aiding climbers in their progress on the cable; help climbers to regain their balance only when necessary.
Keep pace with the climbers, moving only as fast as they do, and maintaining a tight concentration of spotters.
- Continue spotting until the climbers have *completely* dismounted the element.
- Offer a piece of dowel for the pair to use rather than grabbing hands (take pressure off wrists and fingers)

PROCESSING IDEAS:

Trust and commitment of the pair. (how did you select your partner?)

How did it feel having the group spotting and supporting throughout the activity?

SEQUENCE:

This element can form part of the trust sequence.

Spotting and commands are a pre-requisite for the element.

TENSION TRAVERSE / DOUBLE TROUBLE



DESCRIPTION:

A cable is suspended under tension between two trees / poles at a height of approximately eighteen inches. A multiline rope hangs from each support tree / pole.

OBJECTIVE / TASK:

Tension Traverse - one participant attempts to traverse the cable using the multiline rope from one side for balance.

Double Trouble – a participant starts from each end of the element and attempt to reach the other side. They cross in the center, and switch ropes with each other.

SET UP:

The cables can be permanent or removable with rapid links and a turnbuckle. If removable, it is important not to tighten the cable too much as it can damage the attachments. The rapid links should be done up with a wrench a quarter turn past finger tight.

The ropes are attached to cable drops with rapid links, (done finger tight only). By removing the cable and ropes, unauthorized access is controlled.

GROUP SIZE:

Tension Traverse – Minimum 5 (one climber with four spotters).

Double Trouble - A ten participant minimum (two climbers with four spotters each).

TIME: At least 30 minutes for a group of 12.

RULES:

- Maximum of 2 participants on the cable at once.
- Each participant must have a minimum of 4 spotters (2 front, 2 back).
- Explain that if a climber falls, he/she will fall quickly and almost always towards the anchor point of whichever rope they are holding, therefore two spotters for each climber must be in a position to intercept this.
- Use proper climbing signals before climbing onto the element.
- Avoid aiding climbers in their progress on the cable; help climbers to regain their balance only when necessary.

SAFETY:

- Ensure that spotters throughout the entire course of the activity stay with the climber(s).
- Explain that if they feel they are losing their balance, that stepping off the cable is better than falling off.
- Strongly discourage running, diving or lunging for the objective as spotters cannot keep up or support them.

PROCESSING IDEAS:

Asking / receiving support from the group.

How did it feel having the group around you spotting while on the element?

SEQUENCE:

An early cabled low element.

The group must be functioning well and respecting each other physically and emotionally.

A session on correct spotting technique and practice is a prerequisite for this element.