

## High Ropes Course Considerations

### High Course Individual and Group Issues

- The high course is primarily an individual challenge.
- One suggestion is to require participants to pair up (and one triad if numbers are uneven) in order to offer support and clear communication with their partner(s). This works especially well with static courses as they can literally be up there together helping each other succeed.
- Participants can also communicate to the group about the way in which they would like support (quiet or boisterous).
- Fear of heights.
- Trust in themselves and equipment.
- Self-confidence and esteem.
- Letting go, control.

### Sequencing of Events

- In order to ensure participants and groups have a meaningful experience from the high course, they may want to experience the low course first.
- Based on the individual, some elements may be harder or easier.

### Flying Squirrel

#### Objective and Description

- Participation on this event creates an opportunity for a person including those with some disabilities to experience a dynamic, high event out of the wheelchair and to experience trust. For a participant who is extremely fearful, this event offers a chance to control fear.
- A participant is hauled, via a static rope and pulley, to maximum height on a ropes course by 7 to 10 other members of the group.
- A participant can choose from one of two "rides" or a combination of both. The first is a simple hauled ride to the top. The second alternative is "flying", which involves a running-cum-pendulum movement by the rider.

#### Time and Group Size

- This is an element that most people want to try and it is, therefore, time consuming.
- A minimum of 7 people should be considered as pullers for this element. Very heavy people will require up to 10 pullers

## **Multi-Vine**

### **Objective and Description**

- Attempting to traverse the foot cable by using only the sequentially hung vine-line ropes.
- The horizontal foot cable should be as taut as the supports allow.
- The "vine" ropes are so sequenced that moving from rope to rope is not possible without making a lanching motion, i.e., being firefly free of both ropes.

### **Time and Group Size**

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

## **Vertical Play Pen**

### **Objective and Description**

- For one or two participants to climb on belay from one horizontal challenge to the next until the top is reached.
- This event is essentially like the Dangle Duo except that each horizontal challenge is different, one to the next. The different levels represent creative and often whimsical use of rope, boards, and motorcycle tires.