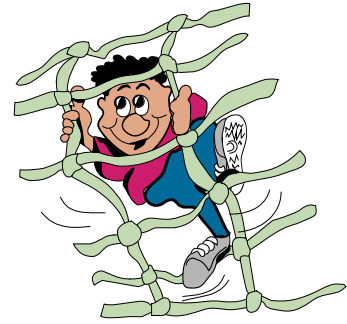


Initiative Games



DESCRIPTION

Our Initiative Games Course at Log Cabin Camp is reminiscent of those rigorous courses that our military must complete. But don't worry we've made it a little easier! It's great fun for young or old.

The aim of the activity is to provide participants with a new recreation experience, teach them to use their initiative, to challenge them to go beyond their own expectations, increase their self-confidence and to work as part of a team.

Initiative games are considered to be a specialised activity as misuse of the equipment or poor supervision has the potential to harm participants.

Time to allow for this activity: 40min-1hr

LOCATION

The Initiative games course is situated behind the main hall to the left of the cabins.

EQUIPMENT

Clipboard containing score sheet, pencil and instruction sheets.
Stop watch.
Billy can (with water in it).

INSTRUCTIONS

Initiative Games is an activity where participants are not competing with each other in their groups, but rather groups against groups. Try to encourage participants to encourage each other.

The initiative games are made up of the following activities:

1. Team Swing
2. Balancing Platform
3. Triangle Tension Traverse
4. Mohawk walk
5. Tom Thumb
6. Spiders web
7. Tower of Hanoi
8. Labyrinth

1. TEAM SWING

Maximum of 16 participants

There are many ways to run this activity.

1. *Team swing starting without the rope.*
2. *Starting with the rope for younger groups*
3. *Acid Bucket swing*

1. The group must work together to figure out how to get the rope from starting in the middle to the team so that they can begin to get the team to the other side. Rules are that if something touches the ground (stick clothing, shoes, jumpers etc.) it can't be used again (The rounds can be restarted if the group needs help). The group can't fall of the disk on the other side. They must work together so that no one falls off.

2. The group starts with the rope. Used for younger groups and for time poor activity rotations

3. The Billy of water (only half full) is required for this activity. A stopwatch is required for this activity.

The aim of this activity is to get the whole team from one side of the pit to the other, each swinging across the pit, *carrying the bucket of "acid", the leader will ferry it back each time. They are not to touch the pit at any time, not even to get the rope if it is dropped. Each time acid is spilt, five seconds is to be added to the time, but if none is spilt throughout the whole time, 5 seconds is deducted from the team score.

*You may like to change this for younger groups e.g. maybe only the last person will carry the bucket.

Record the time it takes the team to complete this.

2. BALANCING PLATFORM

The aim of this activity is to work together as a team to balance the platform until it is flat and hold it.

To make this more challenging you can have group attempt to balance silently.

3. TRIANGLE TENSION TRAVERSE

The object of the slackwire is for each team member to walk along the cable, without falling off, using the rope for balance. For each white mark they walk over they receive one point. If the person falls off before the first mark then they can have another go. Each person's score is added together for the team total. The other team members must not assist.

- There must be no more than one person on the cable at any one time.
- Be sure to tell the participants that if they are going to fall to let go of the rope and to just step off, so that they don't swing backwards
- Spotting for the slackwire is important because falling is very common, the Spotter/s must stand behind the participant.

4. Mohawk Walk

The Mohawk Walk is series of foot cables strung between trees or poles, in a zig zag pattern. The object is to get the entire group from the first pole to the last without touching the ground, and without the aid of foreign objects (sticks, rope, etc.), although you can use the poles. The group must create a strategy, assign roles, work as a team, and assess progress throughout the entire activity.

5. TOM THUMB

A stopwatch is required for this activity.

The team must work together to get the tyre off the pole, place it on the ground and put it back on the pole in the quickest time possible. They can use anything they wish to achieve the desired result.

Be sure to tell participants to watch the tyre at all times to avoid having it land on top of them.

Record the time it takes the team to complete this.

6. SPIDERS WEB

The object is to move your entire group through a fabricated web without touching the web material. Four or five small bells can be tied anywhere on the web so that movement of the cords is transferred to the bells. A sounding of a bell indicates that the participant has been felt by the spider and he/she must begin again to keep from being eaten or wrapped in silken cords to be eaten later.

To make the event more challenging, establish a rule that a body can pass through a particular web opening only once.

7. TOWER OF HANOI

The **Tower of Hanoi** (also called the **Tower of Brahma** or **Lucas' Tower**) is a mathematical game or puzzle. It consists of three rods and a number of disks/tires of different sizes, which can slide onto any rod. The puzzle starts with the tires in a neat stack in ascending order of size on one rod, the smallest at the top, making a cone shape.

The objective of the puzzle is to move the entire stack to another rod, obeying the following simple rules:

1. Only one disk can be moved at a time.
2. Each move consists of taking the upper disk from one of the stacks and placing it on top of another stack.
3. No disk may be placed on top of a smaller disk.

8. LABRINTH

The object of this activity is to get the group to work as a team to escape the Labyrinth and make it to the other side.

The group has to find the path to escape the Labyrinth that the leader has drawn by trial and error.

The participants will one at a time step on a square. Only one person at a time can be in the Labyrinth. If the square is the correct square the leader will signal to the group that the square they have chosen is correct. If the square is incorrect the participant will go to the back of the line and the next person will try escape the Labyrinth. This will continue until every member has crossed to the end of the Labyrinth.

To make this activity harder you can make the group complete the activity silently.

SAFETY BRIEFING AND ACTIVITY NOTES

- The participants must stand well back from the obstacles until it is their turn.
- A leader must be spotting the participants whilst they are on an obstacle. Please refer to attached information on spotting.
- No participant is to try any obstacle until all of the instructions have been explained.
 - Please find attached a copy of “Spotting: Safe and Easy”

AGE SUITABILITY

The activity is most suitable for participants aged eight years and over, as younger ones may find the course a bit difficult due to their strength and height limitations.

RATIO

1:10 It is recommended that there is one instructor/leader per ten participants.

INSTRUCTOR EXPERIENCE

Instructors must have had previous experience instructing and supervising small groups in recreation activities.

ASSISTING LEADERS EXPERIENCE.

No previous experience is required for an assistant. An Assisting Leader is not essential for this activity, but if one is available can be very useful.

PARTICIPANT EXPERIENCE

No previous experience in the activity is required.

INSTRUCTOR RESPONSIBILITY

The Instructor is responsible for camper supervision and behaviour at all times, this includes: the supervision and behaviour of campers at the activity and to and from the activity. The Instructor is also responsible for: assessing first aid requirements and identifying campers with asthma or other ailments; adhering to Log Cabin Camp guidelines for the initiative games course; and ensuring that all the equipment is returned to the program room at the end of the activity.

The Instructor/Leader must inform the Assisting Leader (if one is available) of their role in the supervision of the activity, and to also train them in the technical and safety components of the Initiative Games Course.

PARTICIPANTS RESPONSIBILITY

Participants are responsible for adhering to the instructions of the Instructor.

PARTICIPANTS CLOTHING AND ACCESSORIES

Solid footwear (runners preferable), sunscreen, sun hat.

FIRST AID REQUIREMENTS

The location of the activity is on the campsite, so if any injury should occur, the designated camp first aider should be consulted.

