



TEAM
BUILDING -
LOW ROPES
COURSE

CAMP TOKNOWHIM



INTRODUCTION

CTKH LOW ROPES COURSE

In this binder, you will find descriptions of all the elements of the low ropes course here at Camp ToknowHim. We have also included ideas for how your group may debrief each element to connect it back to spiritual truths and applications. Every element of the low ropes course is designed to promote teamwork and communication within each group.

First, split your team into even groups with 8-15 people in each group. Your group can decide to use some, or all of the elements at the course. Depending on how much time your group has allotted for the low ropes course, each element should be given 12-15 minutes to complete. There is a point system laid out in the following descriptions as well as on signs next to each element if you chose to make it a competition amongst your team.

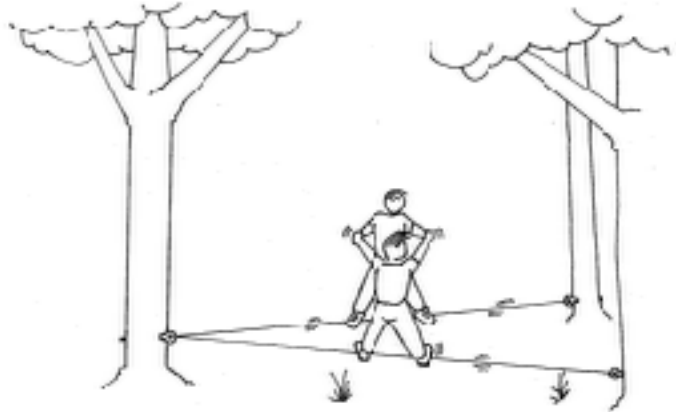
For the safety of every team member, do not use the low ropes course when it is raining, thundering, or lightening. Use two spotters for every person on the element. These spotters should always have their hands up and be ready to catch their teammate at all times. There should never be any horseplay or misuse of any element.

Encourage all team members to be 100% involved. If they are not on the element itself or spotting they can be involved in planning, cheering, or supporting. The low ropes course should be a safe place for participants to fail and try new things as a team. Thus, there should never be any criticism or placing of blame on others.

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WILD WOZY

CTKH LOW ROPES COURSE



Description:

Team members work in pairs to make their way across the two cables. Each pair will start at the end where the cables are closest together. The object of this element is to travel along the cables until the pair reaches the opposing trees. Each team member must rely on each other in order to be successful with this element. If you touch the ground, you must start over.

Spiritual Application:

Galatians 6:2 and Hebrews 10:24. We can trust in the Lord, so we are free to trust others because our security is in Him. Trusting others is almost inseparable from loving others. In this challenge it takes trusting your partner in order to cross. It takes trust for the healthy functioning of the family of Christ. Why is this? What keeps you from trusting others?

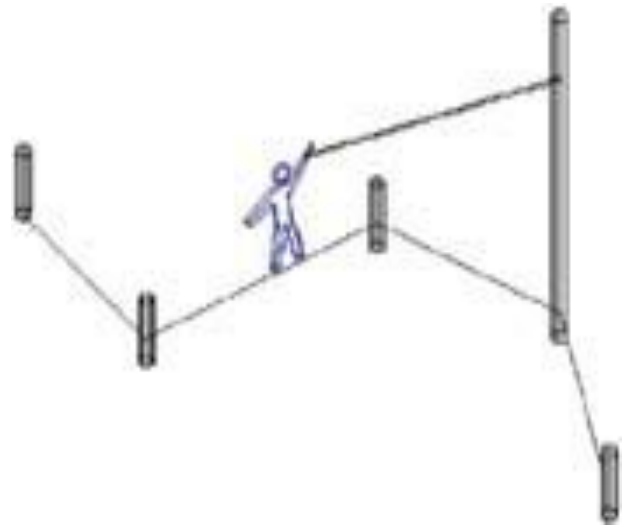
Points:

Each pair across receives one point!

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MOHAWK WALK

CTKH LOW ROPES COURSE



Description:

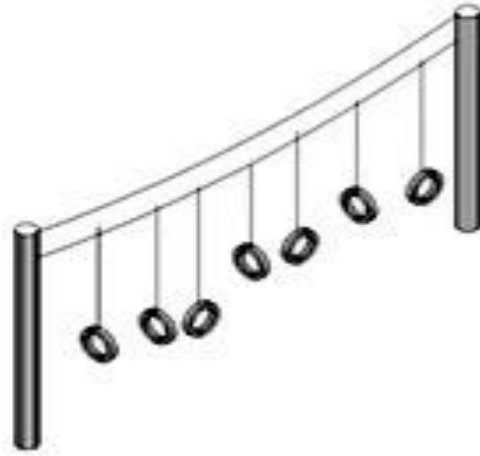
The object of this element is to travel along the entirety of the cable without touching the ground. Each team member should start at the shortest cable, and then creatively use the rope to reach the other side. If you touch ground, you must go to the end of the line and start over.

Spiritual Application:

Proverbs 3:5-6. The only way to cross the wire is to trust and rely on the rope. How does this relate to life as a Christian? It is hard to keep balanced from distractions that can cause you to fall. Trust in the Lord, for He upholds you.

Points:

Each person who crosses successfully is one point!



Description:

The object of this element is to use the tires to swing from one end of the element to the other. If you touch the ground, you must go to the end of the line and start over.

Spiritual Application:

Matthew 4:24-27. Jesus talks about having a firm foundation. This activity is difficult because our foundation is constantly shifting. What are different things you have built in your life on? How have some failed you? Why do you think that is? Jesus is our firm foundation.

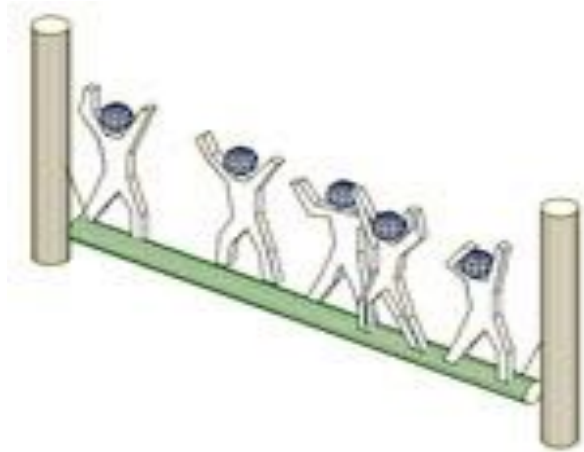
Points:

Each person that crosses successfully is one point!

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SWINGING LOG

CTKH LOW ROPES COURSE



Description:

The object of this element is to get as many team members across the swinging log as possible. If you touch the ground, you must go to the back of the line and start over. Remember to think creatively as you attempt to cross the swinging log.

Spiritual Application:

Matthew 7:13-14. Your group probably tried lots of different ways to get across. They seemed right but may have not worked out. How do we discern what is the best way in life? Jesus says that He is the way, the truth, and the life.

Points:

Each person that crosses successfully is one point!

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LAVA LAKE

CTKH LOW ROPES COURSE



Description:

The object of this element is to transport all team members across all of the stumps only using two boards. If a team member touches the ground, they must start over. Only team members that are currently on the logs are allowed to touch or move the boards. There is no jumping between logs allowed.

Spiritual Application:

Matthew 14:29 and 2 Corinthians 5:7. Stepping out onto the boards can be difficult. We doubt that they will hold us up. In the same way, Jesus calls to us to step forward onto unsure and unknown terrain. He promises to uphold us. When has been a time God has asked you to walk on a similar ground?

Points:

Each person that crosses all of the logs is one point!

Optional Rules:

If you wish to amend the challenge to make it easier, if a team member touches the ground, instead of starting over, they can lose the ability to use a limb and continue. Or to make things more difficult, you may blindfold some team members or prevent some team members from talking.



Description:

The object of this element is to get each team member up and over the wall to the platform on the back. Only two team members can be on the top platform helping others up. Spotters **MUST** be used in this element.

Spiritual Application:

Matthew 19:26 and 2 Corinthians 1:3-4. We will have giant walls in our lives. God asks us to trust Him and face them head on, for with Him all things are possible. He has given you everything you need through Him to overcome obstacles. He can then use you to help others to overcome similar difficulties. Why do we doubt that God can carry us through these things and will use them for His glory?

Points:

Each person to successfully climb the wall is one point!

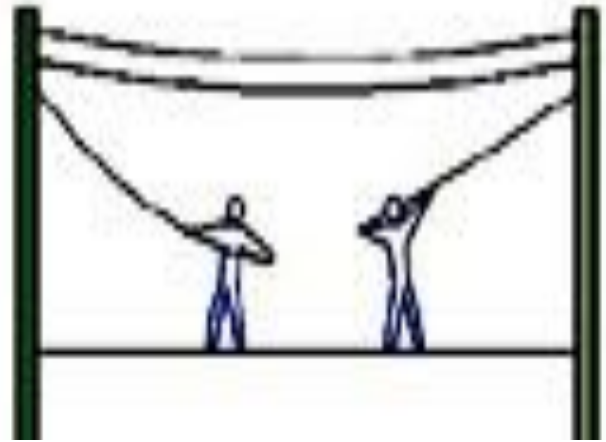
Optional Rules:

Each person can only help lift two people up from the bottom. Members must leave the platform after helping two people. Members may be given challenges like being blind folded or preventing some team members from talking. Once someone leaves the platform, the only way they can help is by spotting.

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THE STRETCH

CTKH LOW ROPES COURSE



Description:

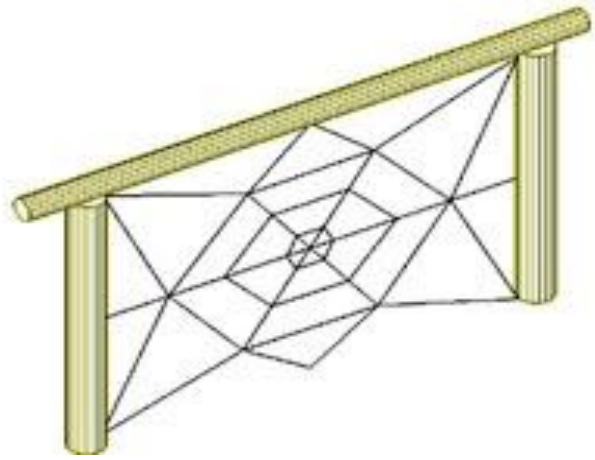
The object of this element is to have two team members cross the cable to the other side simultaneously using the attached ropes. If you touch the ground, you must start over.

Spiritual Application:

Philippians 2:4. In this element you can not both cross successfully unless you are also looking after and caring for the other person. Why is it hard in our daily life to only focus on ourselves? What are some practical ways you can daily be looking for how you can support and encourage others?

Points:

Each pair across is one point!



Description:

The object of this element is to move all team members through the holes in the spider web. The ropes of the web cannot be touched. If a person is going to be lifted off of the ground they must have spotters.

Spiritual Application:

Romans 12:4-5. What different roles did your teammates play? It can be difficult to not compare ourselves to other's gifts. Who Jesus has made you to be is important. How can you use your gifts for Him? How can you encourage others to do the same? We love and serve together as the hands and feet of Christ.

Points:

Each person that goes through the spider web is one point!

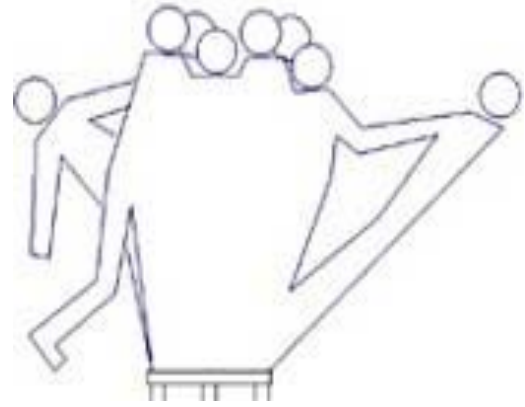
Optional Rules:

If a person touches the web, they must start over or the whole group must start over. A hole can only be used a certain amount of time.



ALL ABOARD

CTKH LOW ROPES COURSE



Description:

The object of this element is to get all team members on top of the platform at one time. All feet must be off the ground for the time it takes to sing "Row, row, row your boat".

Spiritual Application:

1 Corinthians 1:10-13. What are some things we let divide us as Christians? When it comes down to it, we are all united by the Gospel. We may disagree on some small differences, but together we stand and believe in the same Jesus Christ and the Gospel that He is the Son of God and came to die for all of us. Spend some time praying for unity amongst your group and Christians worldwide.

Points:

Every person on the board is one point!

Optional Rules:

Required standing time may be lengthened. Members may be given challenges like no talking or being blindfolded.



Description:

The object of this element is to use the boards to travel as a team. The group will be assigned a distance to move, and they must move their feet and the boards together in order to complete the task. Each team will be timed, and the fastest team receives a point.

Spiritual Application:

James 5: 13-16. This element requires a lot of communication. How did your team do with communicating? On our faith journey we have to communicate with others as we do life together, about where you are moving as a group and how you are personally doing. Is it easy or hard to talk to others about how you are really doing? Why? James 5:13-16 calls us to celebrate, mourn, and pray together.

Point:

The team with the fastest time receives one point!

Optional Rules:

Physical obstacles can be introduced onto the designated course for additional challenges. Team members may be given additional challenges like no talking, blindfolded, etc.



TIPS FOR DEBRIEFING

CTKH LOW ROPES COURSE

Leading Debriefing

Debriefing can make all the difference in learning from elements. After the group completes each element or their allowed time ends, leader(s) will lead the group through the debriefing process. The group discusses the challenge and their performance. Ask open-ended questions. The Debriefing Model for processing an event is a simple yet straight-forward method. Start with the wide basic questions: what happened and move to more specific questions based on the groups response. Each element has a suggested spiritual application; ask these questions guided by those applications.

What:

What happened? What did you see? What did you do? How did you feel and why?

Now What:

What have you learned from this experience? Why and how was this important to us and our community? How is this experience relevant to our daily lives?

So What:

How does this link to a learning outcome (social and emotional growth, leadership, responsibility, family, spiritual applications)? What will you do in future situations? How can this change our lives back at home?

