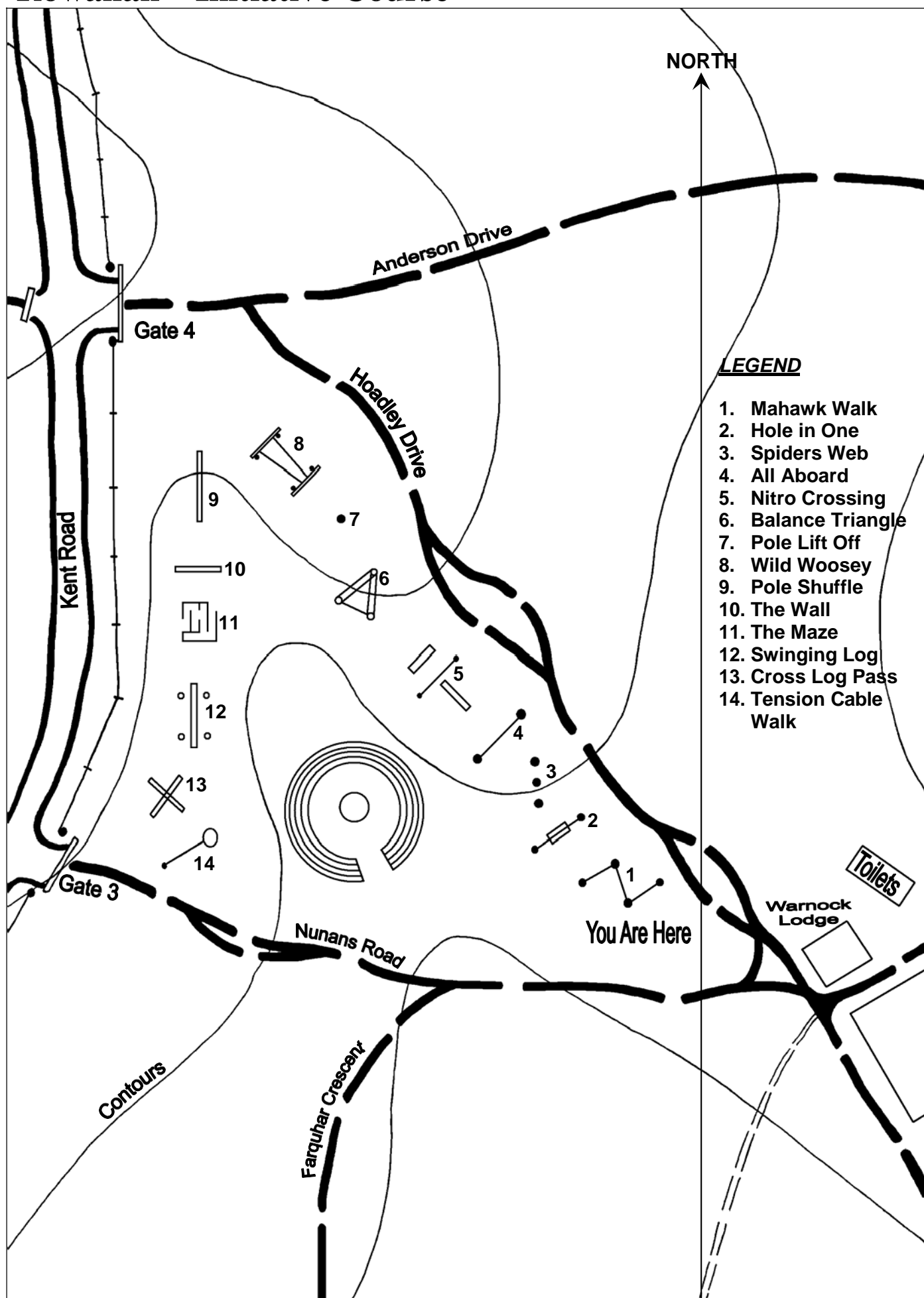
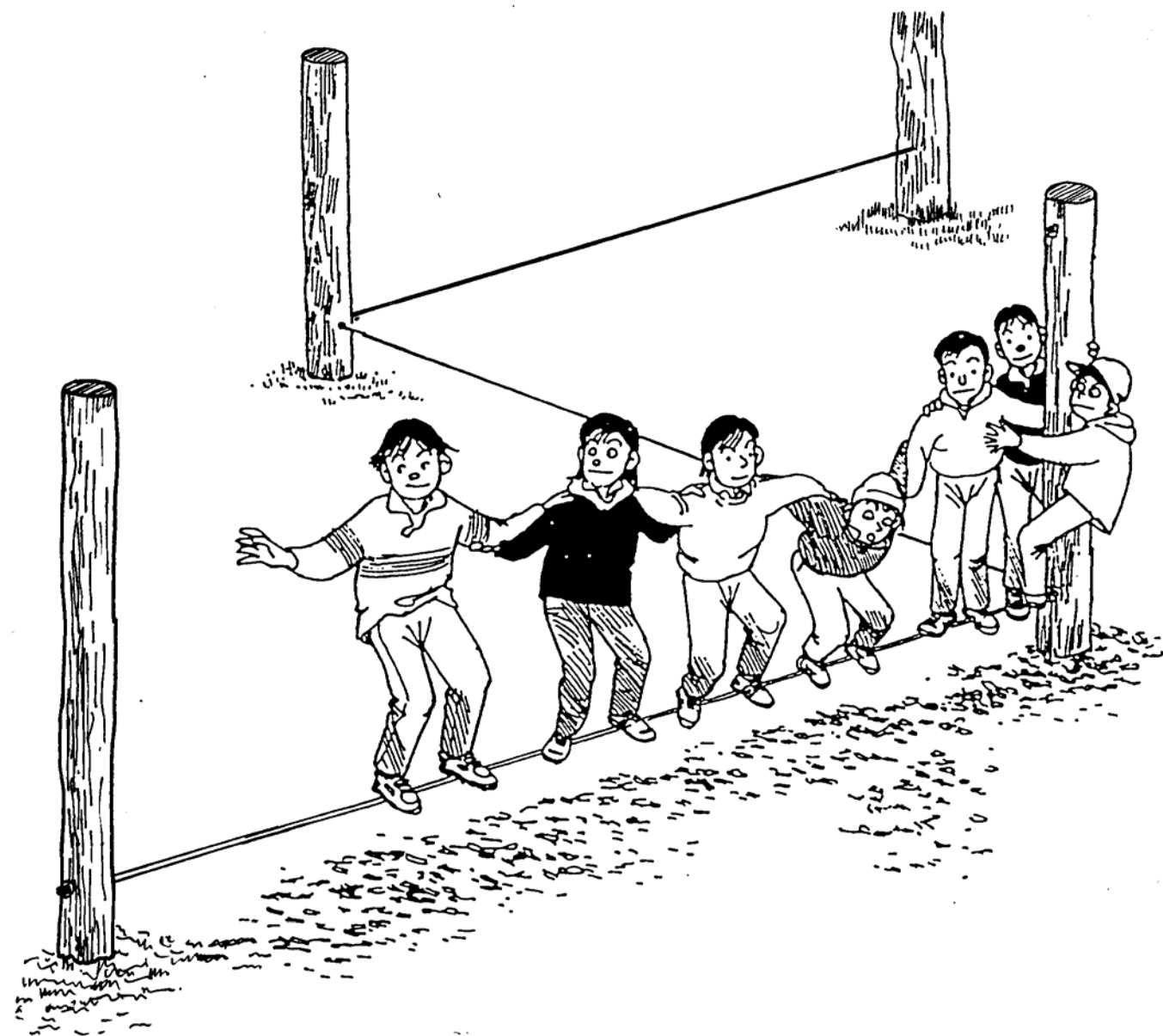


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1. Mohawk Walk (11yrs+)



OBJECTIVES

To move the entire patrol (8 persons) along the length of the cable in a specified time without falling off. If some one falls off, that person returns to the start or other agreed point.

Good communications as a patrol.

This activity can be carried out singly.

TIME NEEDED

Approx. 30 minutes.

SPOTTERS

All the group or self-spotting.

INSTRUCTOR

Inspect the area for safety and review spotting requirements.

Present the problem and answer any questions.

Agree that if a fall is imminent, to step off the cable and not pull off the other participants.

Record time to improve next attempt.

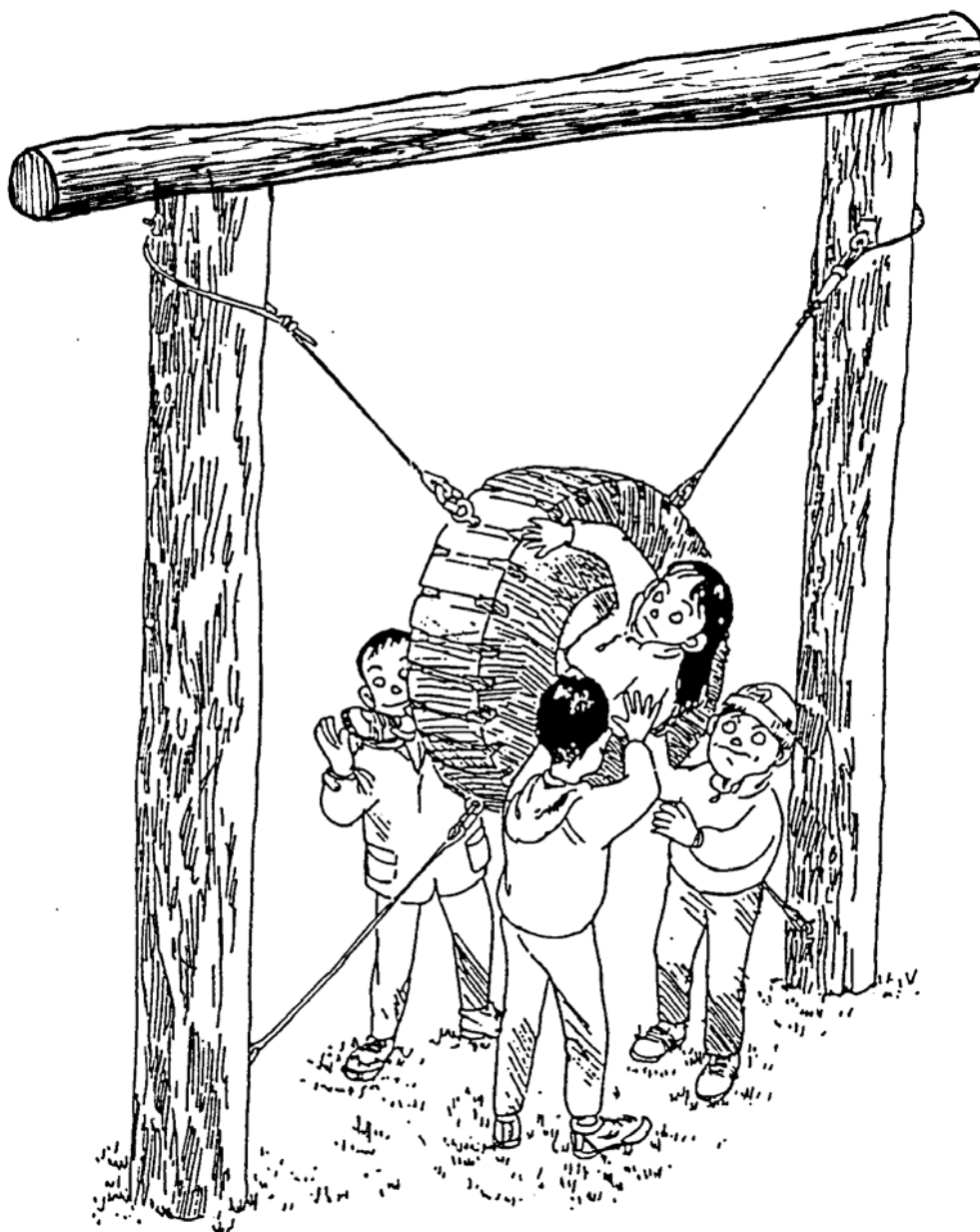
VARIATIONS

(a) Have the entire group return to the start if anyone falls off.

(b) Count the number of times each person touches the ground. At the end of the traverse total up the number of falls then do another attempt and better that mark.

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2. Hole in One.



OBJECTIVES

To move the entire patrol (8 persons) through the suspended tyre, as quickly as possible.
The participants (apart from the first & last) cannot help themselves through the tyre.
Good communication as a patrol.

TIME NEEDED

Approx. 20mins.

SPOTTERS

The entire group.

INSTRUCTOR

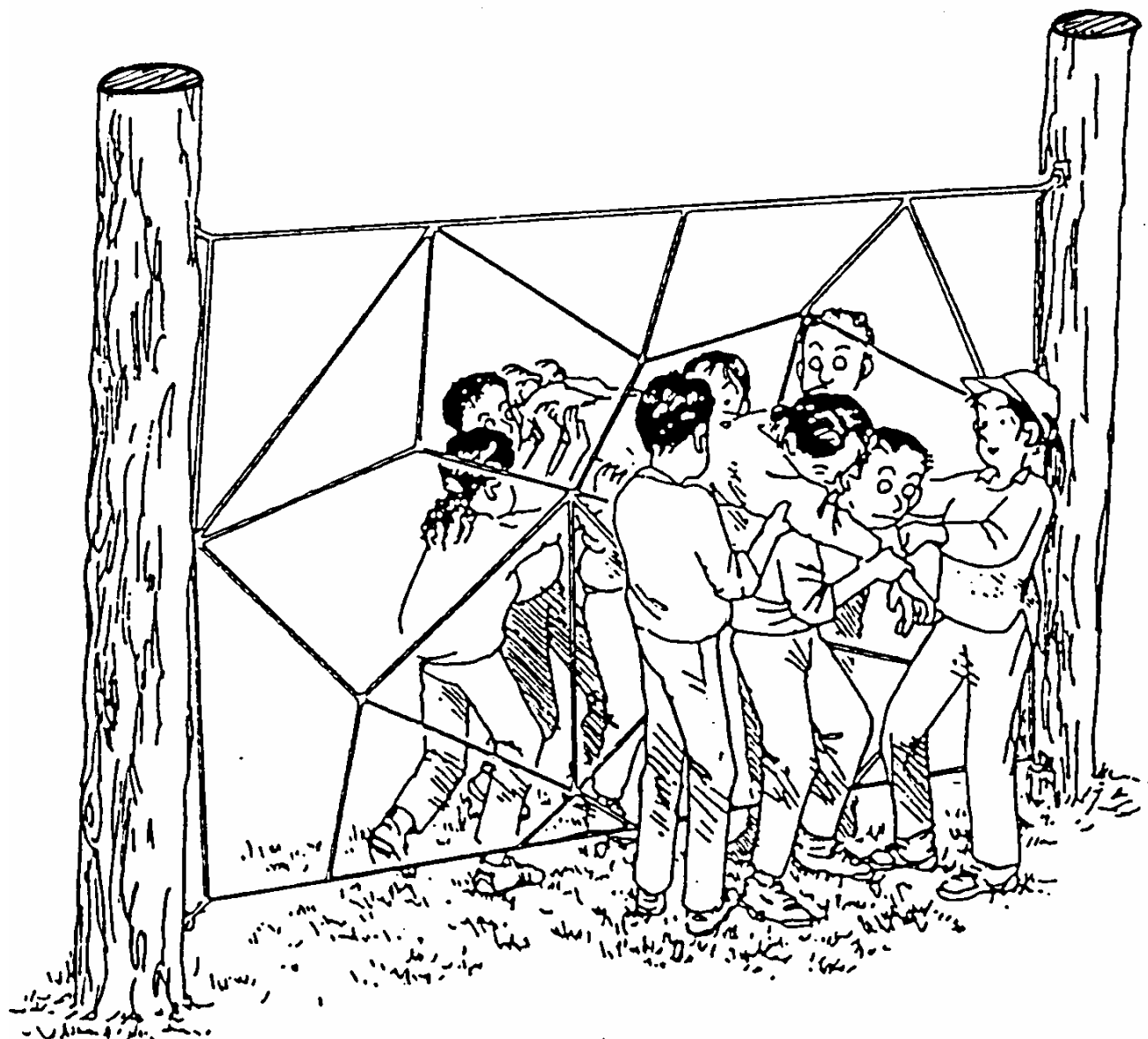
Inspect the area for safety & review spotting requirements.
Present the problem & answer any questions.
Ensure no participants are let go as they are being passed through the tyre.
Ensure each participant gives support both physically & emotionally to each other.
Record time to improve next attempt.

VARIATION

(a) If anyone touches the tyre, except for the first & last participant, the whole group starts again.

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3. Spiders Web.



OBJECTIVES

To pass each member of the patrol (8 persons) through each separate web opening. Once an opening has been used that opening is closed.
The participants (apart from the first & last) cannot help themselves through the web.

Good communication as a patrol.

TIME NEEDED

Approx. 30 mins.

SPOTTERS

The entire group.

INSTRUCTOR

Inspect the area for safety & review spotting requirements.

Present the problem & answer any questions.

Ensure no participants are let go as they are being passed through the web.

Ensure that each participant gives support both physically & emotionally to each other.

Record time to improve next attempt.

VARIATION

(a) If any one touches the spider web (except for the first & last person) the whole group starts again.

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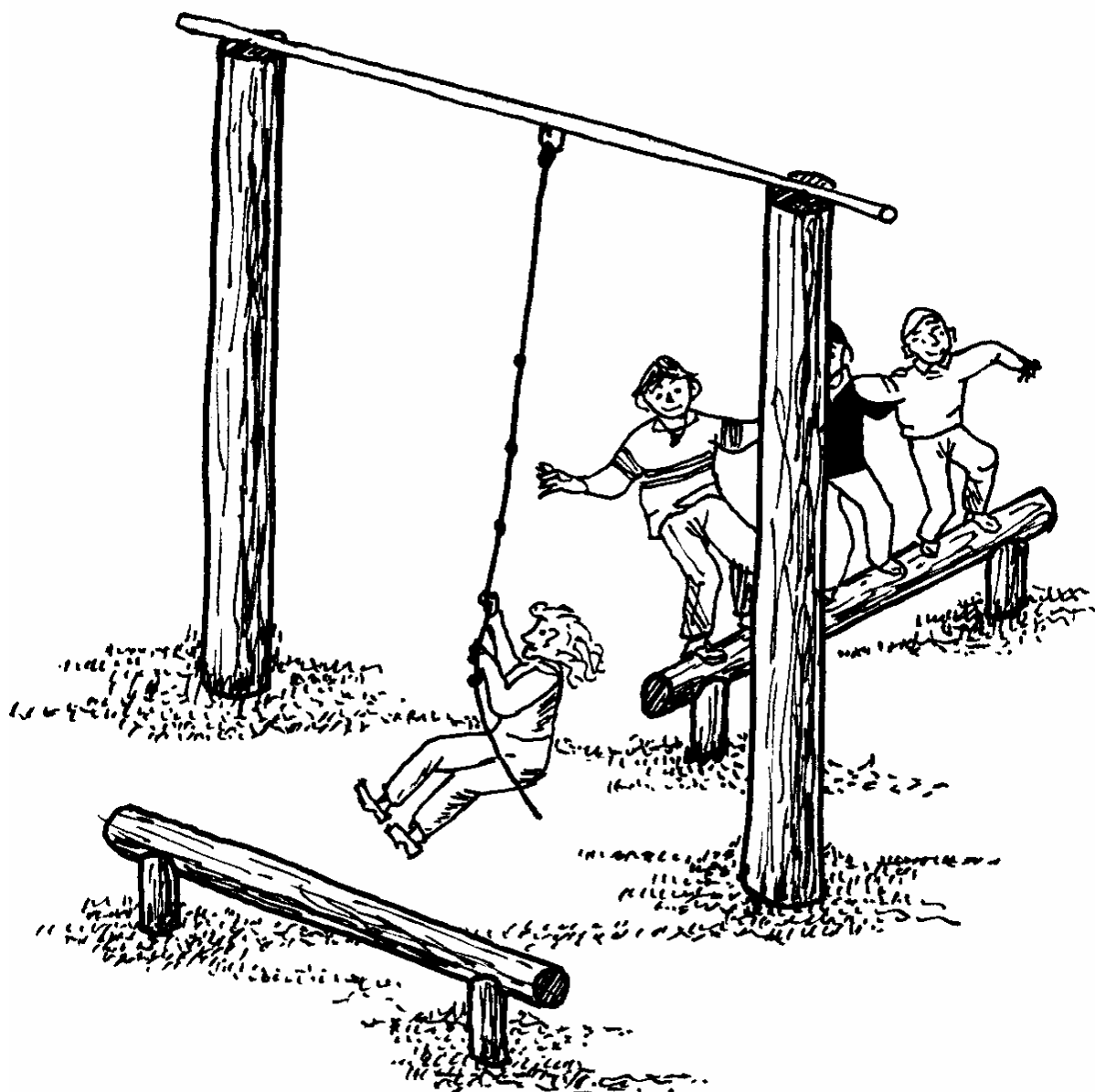
4. All Aboard or Balance Posts.



| | |
|--------------------|---|
| OBJECTIVES | To see how many people can get on each of the posts for a minimum of 10 seconds. Good communications as a patrol. |
| TIME NEEDED | Approx 10 minutes to each post. |
| SPOTTERS | The entire group. |
| INSTRUCTOR | Inspect the area for safety and review spotting requirements. Present the problem and answer any questions. Be aware of the strength and body size of each member. Do not allow pile-ups. Ensure that each participant gives support both physically and emotionally to each other. |
| VARIATIONS | (a) Try the activity non-verbally. (b) Try the activity singly and jump to each post, without falling off. |

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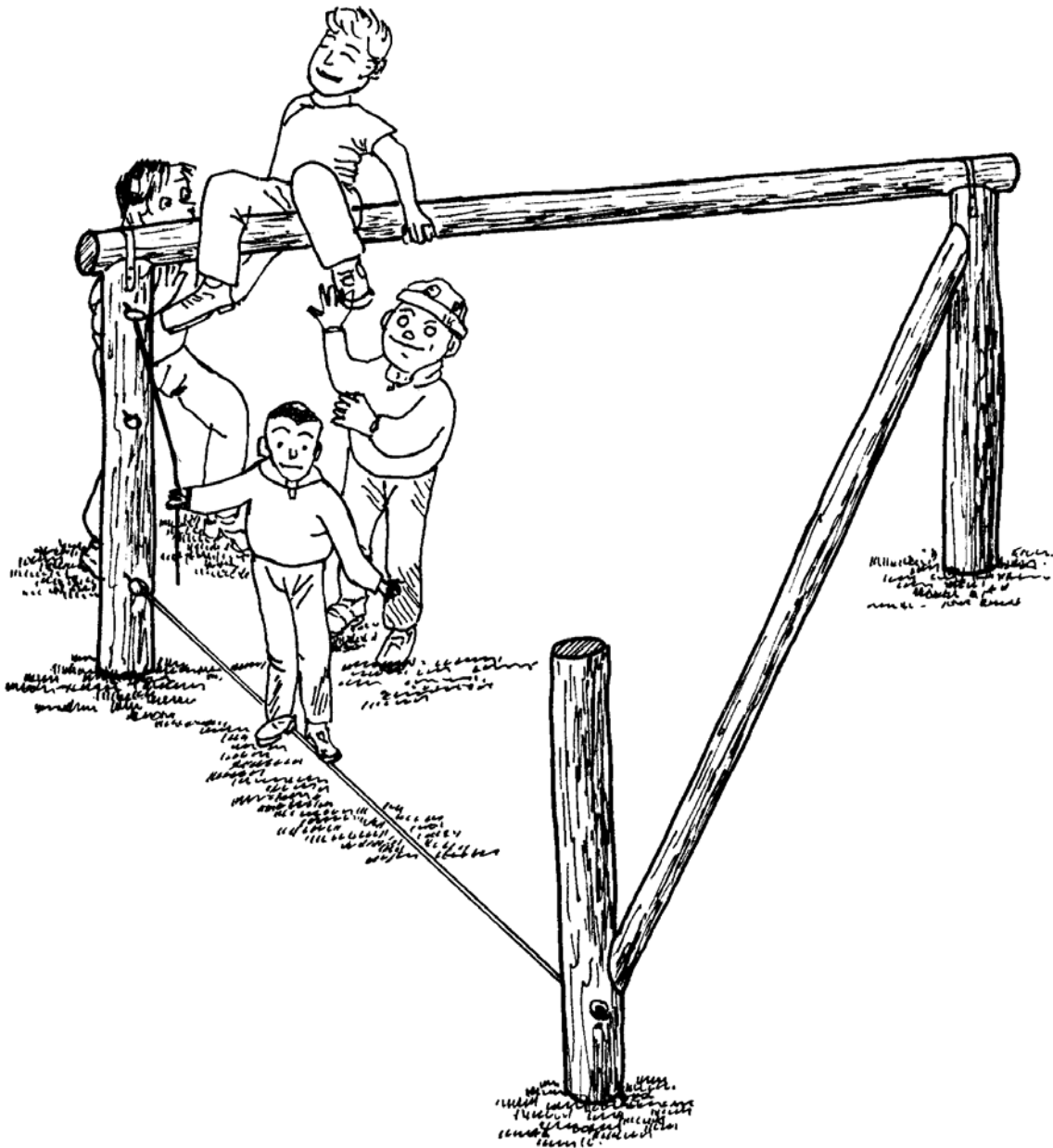
5. The swing or Nitro crossing.



| | |
|--------------------|---|
| OBJECTIVES | To move the entire patrol (8 persons) via the swing from one pole to the other, without touching the ground. To obtain good balance and trust. |
| TIME NEEDED | Approx. 20 minutes. |
| SPOTTERS | The entire group, instructor acts as the primary spotter. |
| INSTRUCTOR | Inspect the area and rope for safety and review spotting requirements. Present the problem and answer any questions. The rope is to be retrieved from pole. Ensure participants are ready for swinging across and for catching at the other end. Some participants may not be able to support their own weight, be ready to catch and protect the head. Record time to improve next attempt. |
| VARIATION | (a) When each member swings across, instead of waiting on the log, they stand behind the log. Less challenging. |

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6. Balance Triangle.



OBJECTIVES

To move the entire patrol (8 persons) along the 3 sides of the triangle, without touching the ground.
Those that have finished and stepped off cannot come back and help the others.
To communicate so that no one gets too far ahead to be unable to help those following.

TIME NEEDED

Approx. 15 minutes.

SPOTTERS

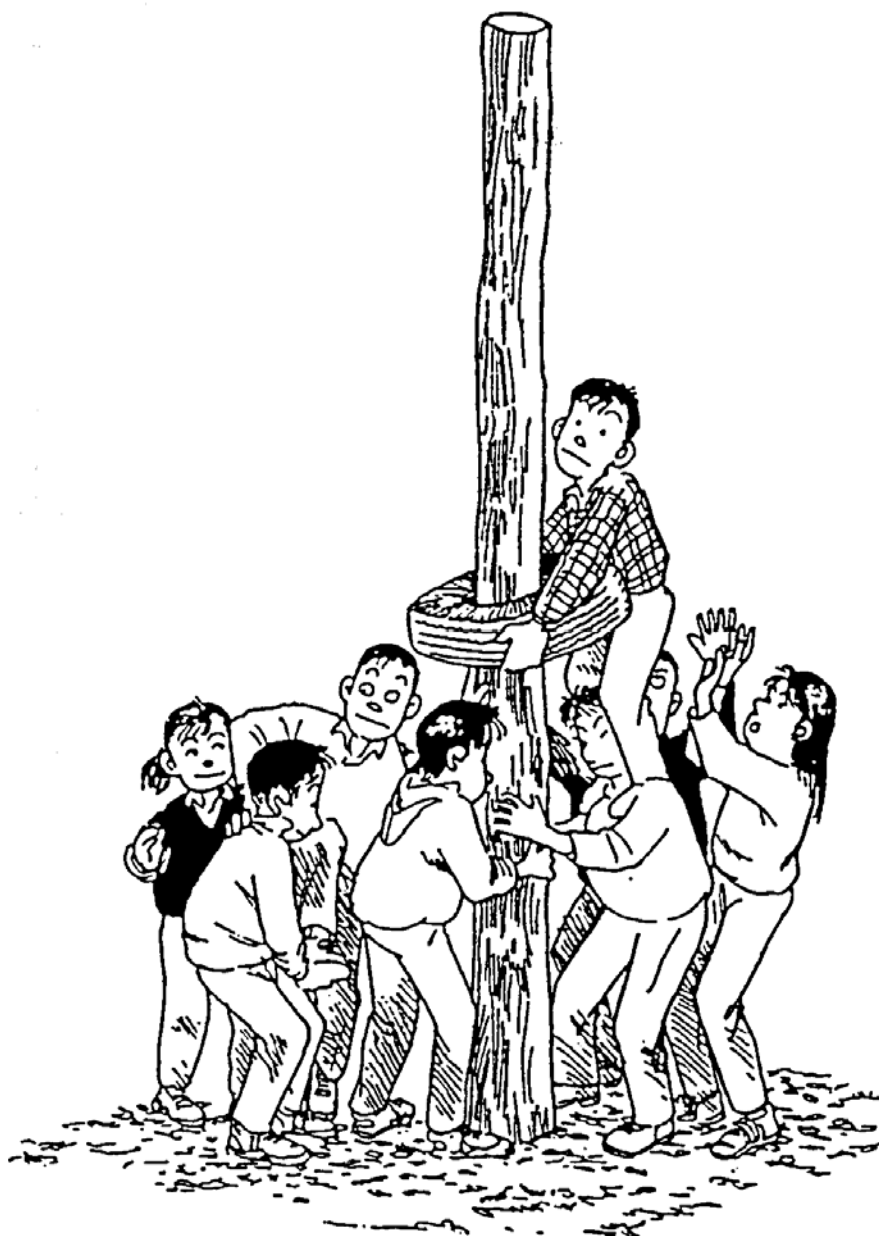
The entire group, instructor acts as the primary spotter.

INSTRUCTOR

Inspect the area for safety and review spotting requirements.
Present the problem and answer any questions.
Be prepared to catch along the horizontal pole.
Record time to improve next attempt.

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7. Pole Lift Off.



OBJECTIVES

Using the patrol only and no sticks, remove the tyre from the pole. Touch the tyre to the ground and then replace the tyre over the pole.
To communicate and help each other

TIME NEEDED

Approx. 10 minutes.

SPOTTERS

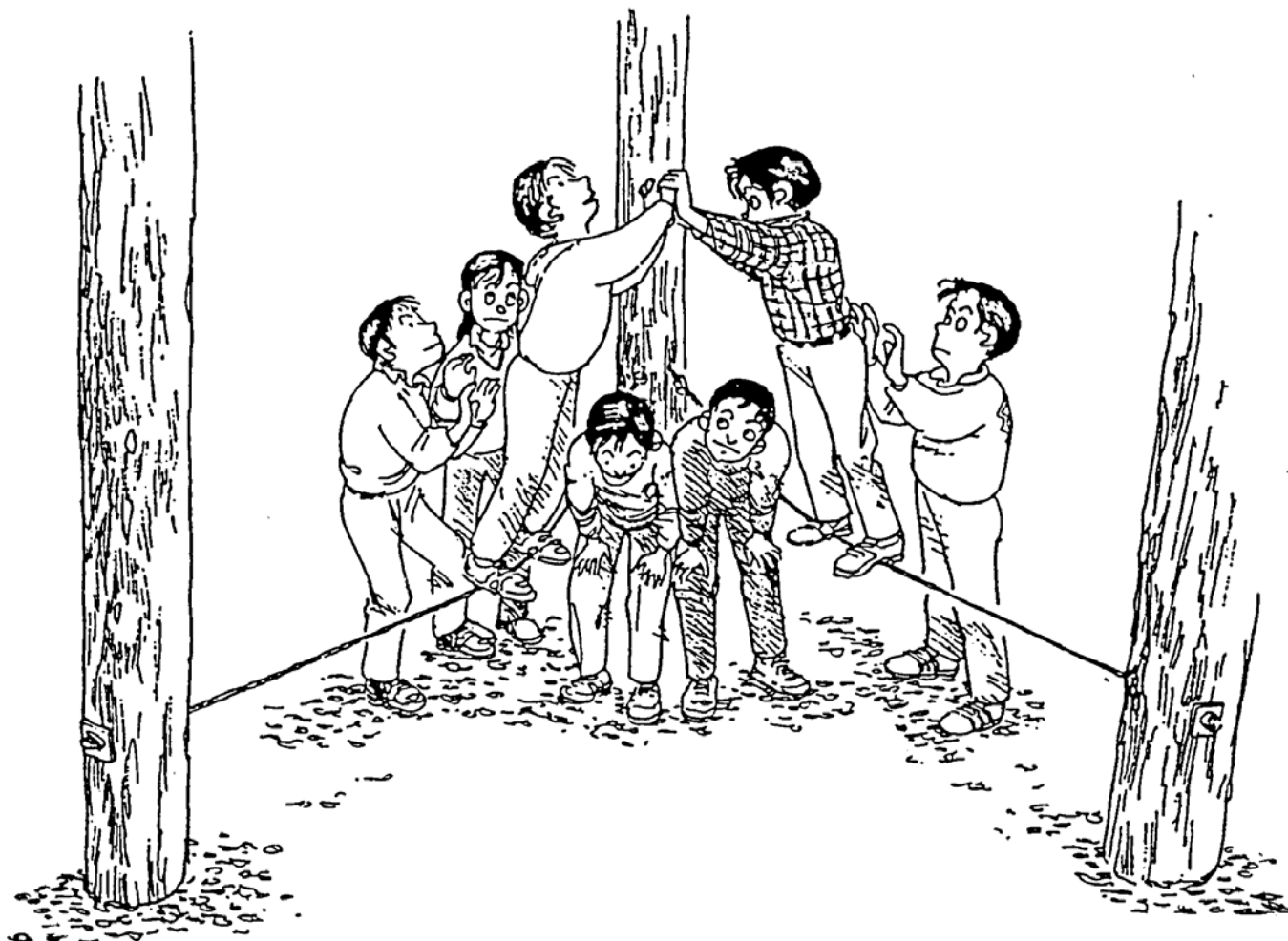
Two spotters for each person that leaves the ground.

INSTRUCTOR

Inspect the area for safety and review spotting requirements.
Present the problem, particularly how the group will reduce the strain of lifting people to reach the height and carry the weight, then answer any questions.
Watch for backward falls.
Evaluate footwear and remove it if it will damage participants clothing or inflict injury.
Remove any dirt, leaves, twigs and water from inside the tyre.

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8. Wild Woosey.



OBJECTIVES

Two individuals to support each other, and to cross from one end of the cable to the other.
Good communication.

TIME NEEDED

Approx 2 minutes per attempt.

SPOTTERS

Preferably 2 per participant.

INSTRUCTOR

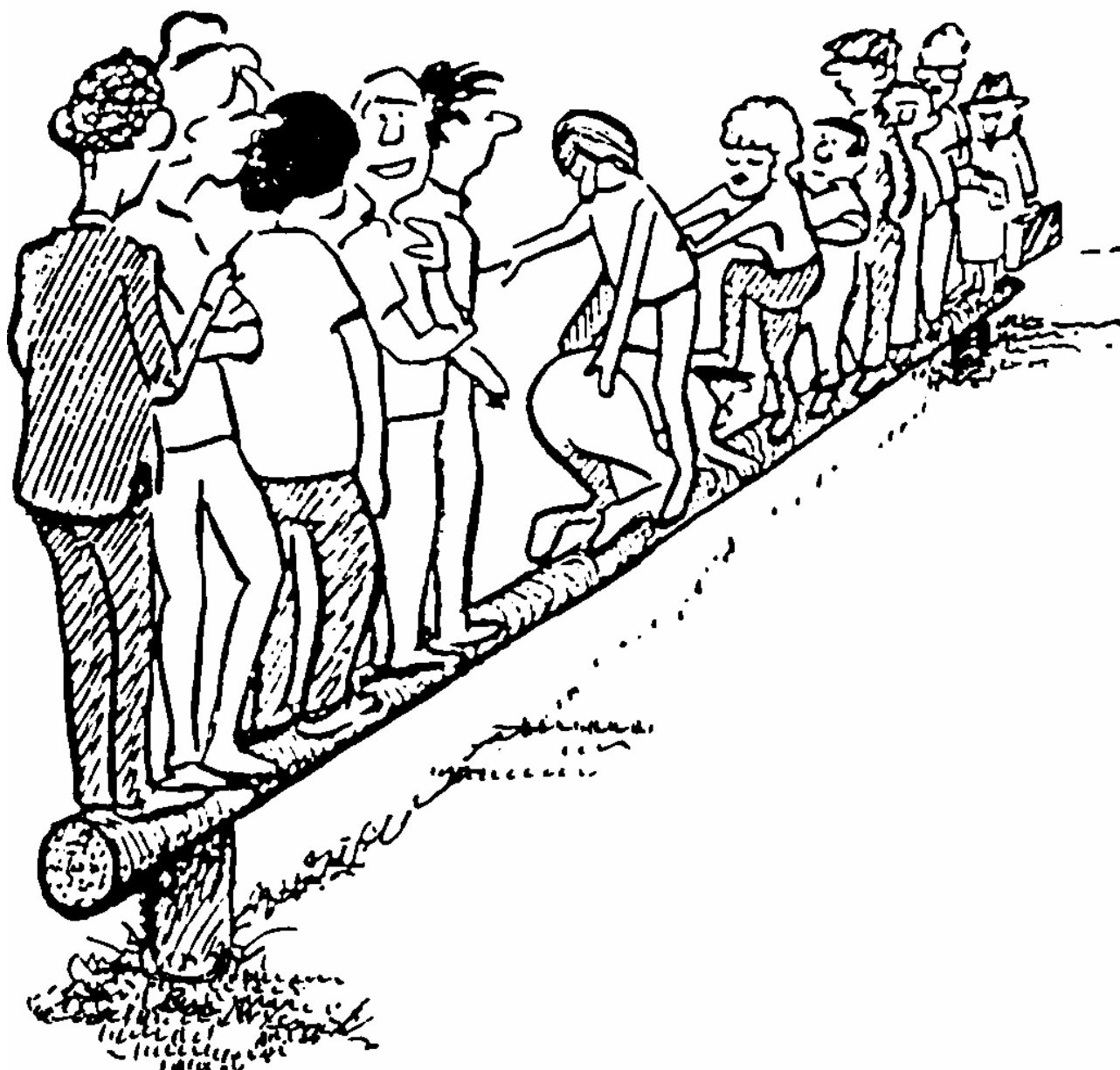
Inspect the area for safety and review spotting requirements.
Present the problem and answer any questions.
Do not allow participants to interlock fingers or apply undue pressure on each other.

VARIATIONS

- (a) When the two individuals get to the other end, they return without getting off.
- (b) As a patrol activity see how quick the whole patrol can cross over without falling off.

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9. Pole Shuffle.



| | |
|--------------------|--|
| OBJECTIVES | Split the patrol (8 people) in half and balance them at each end, then get them to swap ends without touching the ground Good balance and communication. |
| TIME NEEDED | Approx 20 minutes. |
| SPOTTERS | The entire group. |
| INSTRUCTOR | Inspect the area for safety and review spotting requirements. Present the problem and answer any questions. Ensure that falling participants let go and don't pull the others with them. Record time to improve next attempt. |
| VARIATIONS | (a) The entire group while holding hands, to cross from one end to the other, in the shortest possible time, without falling off. (b) Find other ways of crossing apart from that shown in the picture. (c) Attempt the task non-verbally. |

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10. The Wall.



OBJECTIVES

To move the patrol over to the other side of the wall.
Good communication.

TIME NEEDED

Approx 20 minutes.

SPOTTERS

The entire group.

INSTRUCTOR

Inspect the area for safety and review spotting requirements.
Present the problem and answer any questions.
Do not allow the patrol to use belts or shoelaces for support.
Be aware of over balancing.
Resolve how the last person reaches the top, before starting the exercise.
Record time to improve next attempt.

VARIATIONS

(a) Attempt the task non-verbally.

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11. The Maze.



OBJECTIVES

To move the blindfolded patrol through the maze, except for the leader who will instruct the patrol through the maze.
Trust and good communication.

TIME NEEDED

Approx 20 minutes.

SPOTTERS

Not needed.

INSTRUCTOR

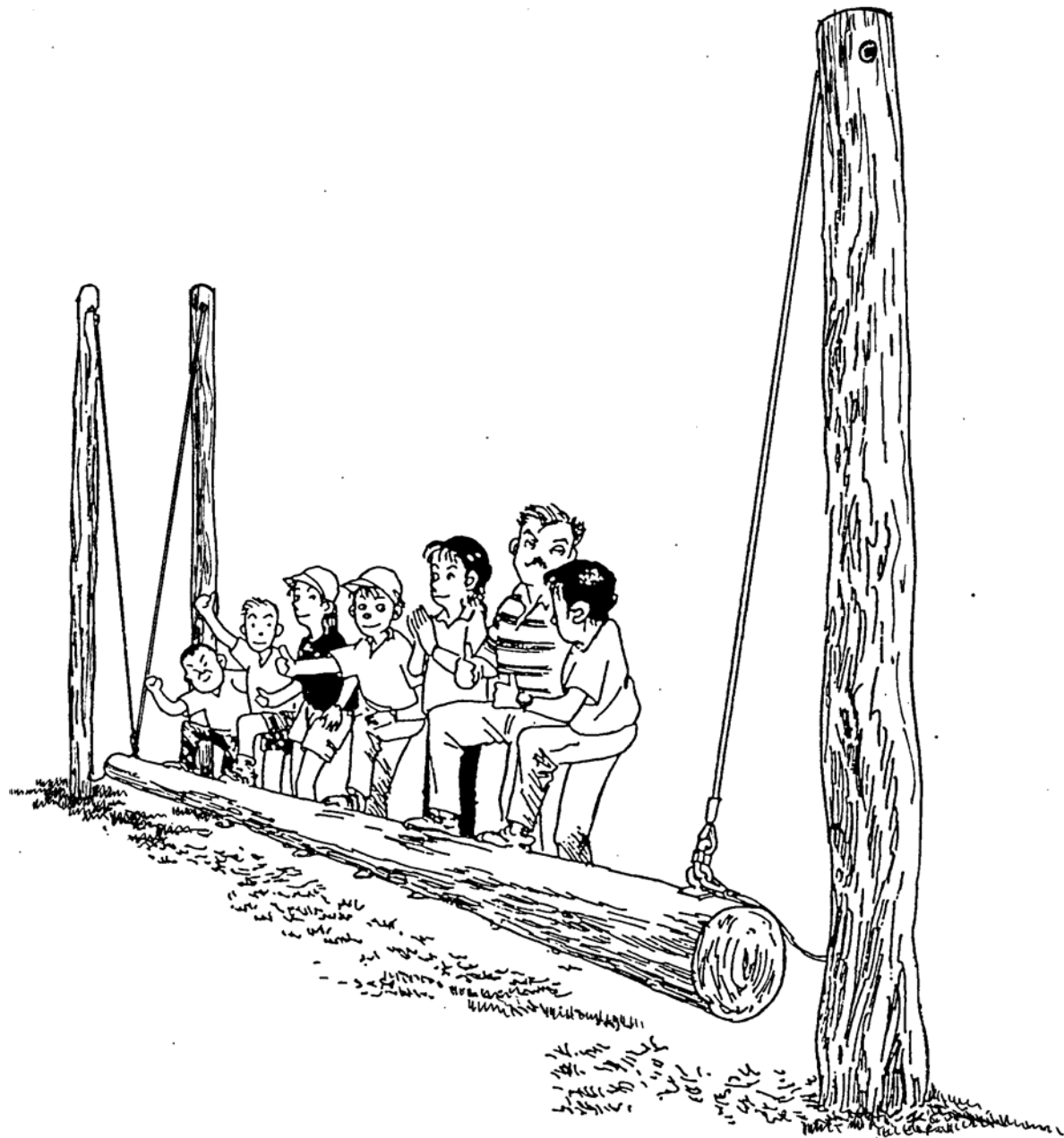
Inspect the area for safety and ensure all blindfolds are securely fitted.
Present the problem and answer any questions.
All participants are to hold on to each other.
Only the leader to instruct the group.
Record time to improve next attempt.

VARIATIONS

- (a) Move the patrol through the maze without touching the wire.
- (b) As for (a) but blindfold the leader and a nominated person talks the leader through.
- (c) Do it individually and see who in the patrol does it the quickest, without touching the wire.

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12. Swinging Log.



OBJECTIVES

To move the patrol along the log without falling off.
Balance and good communication.

TIME NEEDED

Approx 20 minutes.

SPOTTERS

Minimum of two, one either side.

INSTRUCTOR

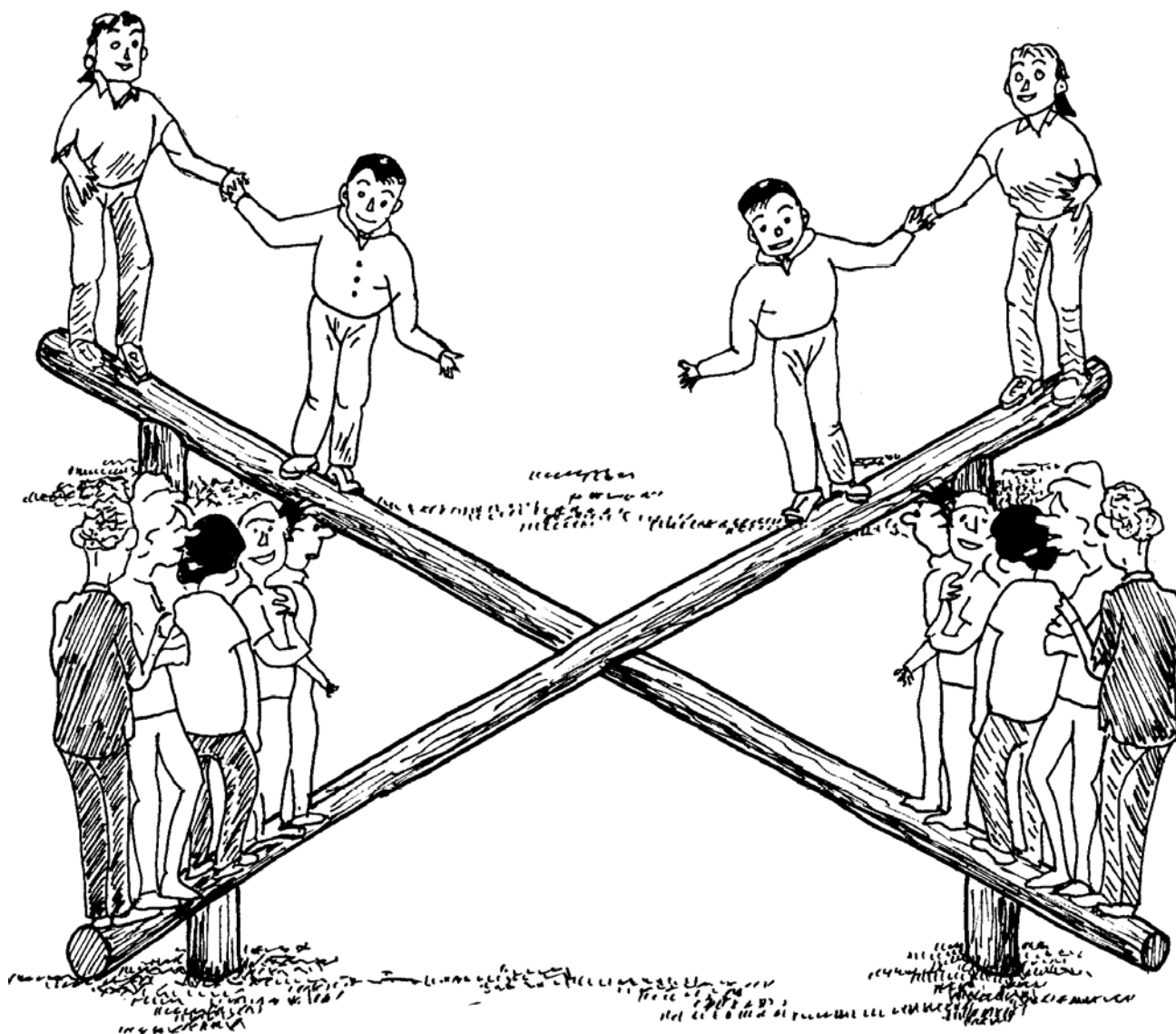
Inspect the area for safety and review spotting.
Present the problem and answer any questions.
Don't allow running on the log.
Inform participants how the log will move, in which direction.
Don't stand close to the log.
Record time to improve next attempt

VARIATIONS

- (a) Cross the log individually and the fastest time wins.
- (b) How long can an individual balance on the log.
- (c) How many people can balance on the log at one time and for how long?

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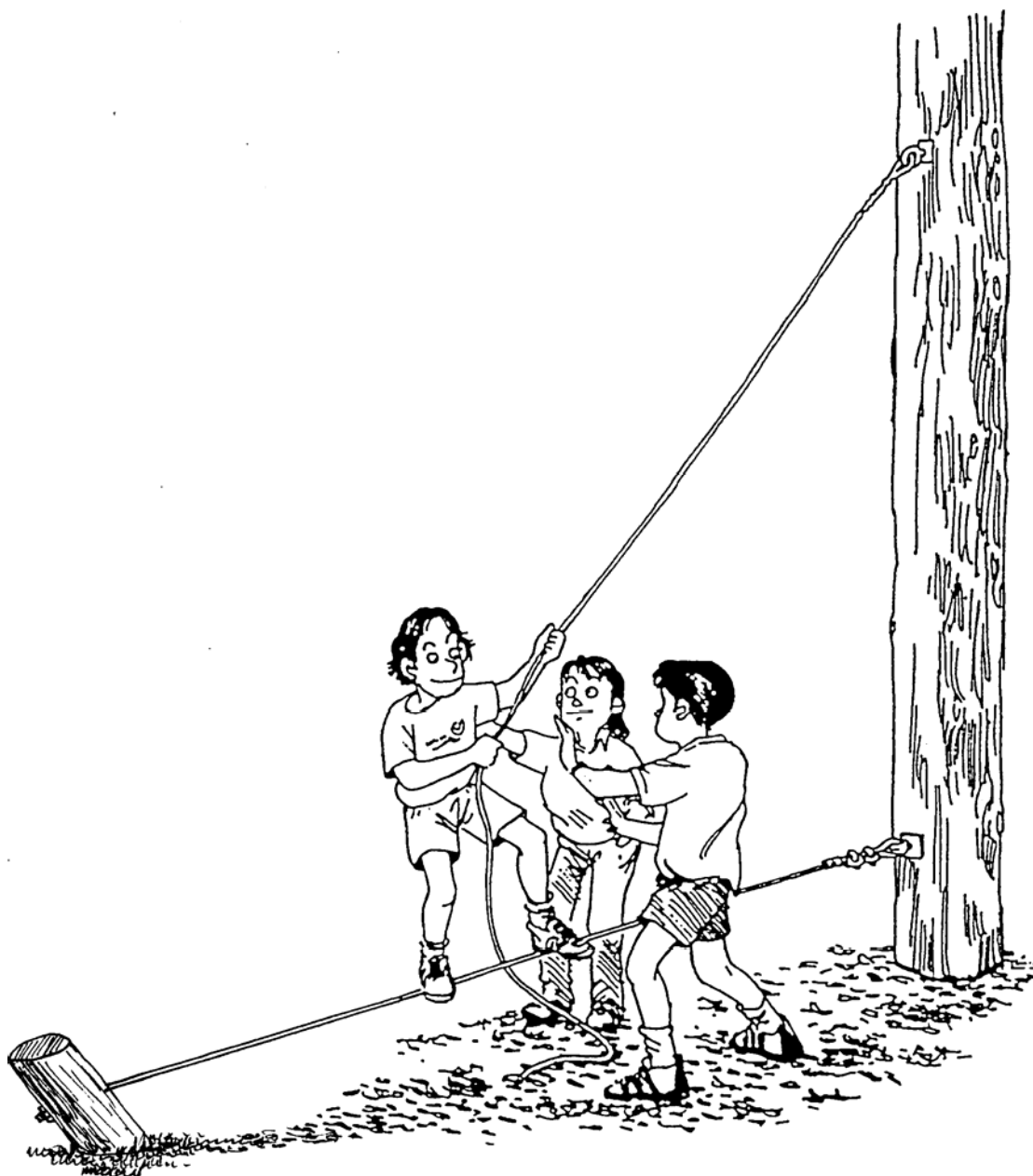
13. Cross Log Pass.



| | |
|--------------------|---|
| OBJECTIVES | Split the patrol (8 people) in half and balance them at one end of each pole. Then on a signal from the instructor see which group can cross to the other end the quickest without falling off. Start again if you fall off. Requires give and take, while people are crossing each other. |
| TIME NEEDED | Will depend – Approx. two minutes. |
| SPOTTERS | The entire group, and/or one on either side of the log. |
| INSTRUCTOR | Inspect the area for safety and review spotting. Present the problem and answer any questions. Ensure participants don't push each other off the log. Record time to improve next attempt. |
| VARIATION | (a) Start one group two seconds after the other and time each group. |

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14. Tension Cable Walk.



OBJECTIVES

For an individual to traverse the sloping cable with the aid of a hand rope.
Good balance

TIME NEEDED

Approx. Two minutes.

SPOTTERS

Minimum of two, one either side

INSTRUCTOR

Inspect the area and rope for safety and review spotting.
Present the problem and answer any questions.
Ensure rope is unknotted and clean.
Spotters should be close to the cable.
Ensure there is no litter under the cable.
Record time for each individual and how many times they fall off.

VARIATION

(a) If possible traverse back to the starting point.