



# Camp Yowochas

## Activity Guide

# Low Ropes

The Low Ropes course is a series of elements designed to challenge the individual while promoting team support and developing leadership. As a group participants are responsible for the individual safely making their way through the course. This activity is one of the best ways to promote teamwork.

### Program Specifics

- ◆ Groups up to 15
- ◆ Well suited for all ages
- ◆ Led by trained Camp Yowochas Staff
- ◆ Available all year round
- ◆ Participants will start with basic trust building activities and learn correct “spotting” techniques before embarking on any of the 12 elements in small groups.
- ◆ While most elements work best with smaller groups of 3-6 participants there are also elements that allow for an entire group to work together.



### Safety Considerations

Participants are actively supported by their peers under close supervision. All the individual elements have their specific dangers and these are introduced to the group before activity starts. All participants are required to wear closed toe shoes during this activity.