



# Camp Yowochas

## Activity Guide

# Swing By Choice

Swing By Choice is a great way to push personal limits and aid others to push theirs. Working together the team will hoist each participant to height anywhere up to 30ft. Once there each participant will release themselves from the hoist and drop into a giant pendulum swing. Opportunities to learn about supporting and encouraging each other are ever present as participants are encouraged to step outside their comfort zone in this challenge by choice activity.

### Program Specifics

- ◆ Groups up to 15
- ◆ Well suited for all ages
- ◆ Led by trained Camp Yowochas Staff
- ◆ Available all year round
- ◆ During the activity briefing participants it is explained that this Swing By **CHOICE** and so they decide how far they want to push themselves in terms of height and not their peers.



### Safety Considerations

All climbing equipment and the high ropes course itself is inspected daily before use by program staff. All participants are required to wear closed toe shoes, secure loose clothing and tie back long hair during this activity.