



# Camp Yowochas

## Activity Guide

# Team Balance

Team Balance is a giant teeter totter 20ft in the air. A pair of participants climb up onto the balance beam and when both are ready they walk out to opposite ends and ring the awaiting bell/triangle together before being lower back to the ground. 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
- ◆ Participants are, more remotely, supported by their peers on the belay team as well as, more directly, their partner on the beam and all activity is under the supervision of a Yowochas staff



### Safety Considerations

All climbing equipment and the high ropes course itself is inspected daily before use by program staff. Participants are taught correct belaying techniques. All climbers are secured through active fall protection, involving approved ropes and belay devices. All participants are required to wear closed toe shoes during this activity.