

# Poles & Planks

## Instruction sheet

### Guidelines for Taking a Poles & Planks Session:

#### Aim

- Poles and Planks aims to challenge students' team building and problem solving skills.

#### Guidelines

- It is recommended to divide the group into two for most of the activities, with one adult taking one group each.
- Two activities are more fun with a larger group of people—these are 'Chinese Checkers' and the 'Big Log'.
- Familiarize yourself with the instructions before starting the activity.
- Encourage everyone to participate and try to involve every group member especially those less confident. Try to discourage any single person from dominating the group - encourage team work!
- Not all of the activities need to be completed. It's ok if a team is taking a long time if they are working well together and enjoying the activity.
- Let the participants work out and solve the problems together, give little hints if necessary but don't solve it for them.

#### Safety Points

- Think safety in all activities. Any inappropriate or dangerous behavior must be stopped immediately.
- Be ready at any time to give extra support or to stop a participant hitting the ground, especially their head. (e.g. on Trust Fall or on Spider Web.)
- Do not run activity if stream is heavily in flood.
- Please ensure all the group stays together.
- This activity needs to be called off in bad weather, as the equipment becomes very slippery when wet. Please talk to Adventure Camps staff if you are unsure about this.



# Poles & Planks



## Bridge the Gap (Carey Park & Piha Mill)

- Objective: To transport a group from the first post to the last without touching the ground.
- For the boards to be used, they must fit into the slotted posts, i.e. they may not be turned flat and placed on top of a post.
- If a participant's body touches the ground, the group must start the activity again.

## Mohawk Walk (Carey Park only)

- Objective: to move a group from start to finish without anybody touching the ground.
- Group members must hold on to one another to provide balance for each other.
- The group does not necessarily have to go over as one unit.
- The supervisor should choose a suitable number of falls that are allowed before the group must start again. The challenge is to complete the task with the least number of falls.

## The Big Log (Carey Park & Piha Mill)

- Objective: to get a group to organise themselves on the log without falling off!
- Start with the whole group standing on the log.
- The supervisor chooses an order that he/she wants the group to get organised into (e.g. birthdays, height, last names, etc.)
- The group then arranges themselves in that order without hopping off the log. If anyone touches the ground, the group needs to start again.

## Tyre Puzzle (Carey Park & Piha Mill)

- Objective: To transfer all of the tyres from the first post to the last post.
- Only one tyre may be moved at a time.
- A tyre must be placed over a pole before the next one can be moved.
- No tyre can be placed on a tyre smaller than itself.

## Chinese Checkers Puzzle (Carey Park only)

- Objective: For 2 groups of people to exchange places along a line of stumps.
- Divide your group into half, with each half facing each other on the stumps. Start with two empty stumps in the middle.
- Only one person may move to one stump at a time.
- You may only pass someone going the opposite way to you and only if the stump behind them is empty.

## Spider Web (Carey Park & Piha Mill)

- Objective: Each member of your group must pass through the web without touching it.
- Each hole in the web may only be used once and by only one person in the group.
- If anybody touches the web, the whole group must start again.

## Trust Fall (Carey Park & Piha Mill)

- Objective: For a member of a group to fall backwards into the prepared arms of the rest of the group.
- The rest of the group should form two 'shoulder-to-shoulder' lines facing one another. Their arms will be bent with their elbows near their own stomachs and their hands near the opposite persons elbows.
- The supervisor should ensure that the catchers are well distributed, that the faller is properly aligned with the catchers, and then ask the catchers to look to the faller & for the faller to fall. **Ensure the faller's head cannot fall on to wooden edging.**
- The faller should keep his/her arms held closely to the side of their body & fall backwards with their body rigid (not bending at the waist) and their head slightly tilted back. We recommend one adult being part of the 'catching' group to help.

## Giant Seesaw (Piha Mill only)

- Objective: For the entire group to balance on the seesaw without either end touching the ground.
- No-one is to touch/hold the sides of the platform while people are balancing on it.
- No-one is ever to go under the platform.

