

Rope Maze

Instruction sheet



Guidelines for Taking a Rope Maze session:

Equipment

- 4 x waist harnesses
- 4 x blindfolds
- 4 x plastic cups

Guidelines for the session

- 2-4 children can race at one time. The remaining children can watch them to ensure there is no cheating! Alternatively those not racing can help with timing their friends.
- There are four different coloured ropes. They each start on a different post and go to each of the other 7 posts before finishing at the post they started from.
- Those who are racing must wear a waist harness and clip themselves to the start of one rope. At the same time, all the participants race through the maze.
- When they arrive at a post, they must unclip their karabiner and clip it back on to the other side of the bolt to continue racing.
- The first one to complete their maze and get back to the starting post is the winner!

Challenges

- Time the students as they race to see who can complete the maze the fastest.
- Blindfold the students to make the maze more difficult while racing.
- Fill up plastic cups from the waterhole and try to race through the maze without spilling any water - the person to finish with the most water left wins!

Packing Up

- If there will be more sessions during the day, leave the equipment down there. If it is the last session for the day, ensure you bring the equipment back to the activities office.