

Rafts and Ropes Course Day

- 9:30am Guests arrive and are welcomed with tea, coffee and home-made biscuits.
- 10.00am Guests are briefed on the morning's activities by a Director of A Day in the Country.

Raft-building

This water based competitive team challenge involves constructing a raft from barrels, planks and rope with a little technical training, followed by a speed and manoeuvrability race. This is ideal for large or small groups and once equipped with buoyancy aids, helmets and paddles, teams are given a short time to design their raft on flip charts. Once the technical and safety instructors are happy with the design, the team begin their construction. The rafts must be big enough and strong enough to carry the team through a series of races, it must be able to manoeuvre through a slalom course and cruise at speeds. The real test to any raft is time, how long will it last? Even if the rafts do sink, safety instructors will be close to rescue teams and what remains of the raft. The sheltered waters of our beautiful lakes at A Day in the Country are a great place to spend a few hours raft building.

- 12:30pm Guests return to the barn for a buffet lunch **for example:**

Home made mini soups with freshly baked rolls
Sweet and Hot Cumberland Sausages
Thai King Prawns with Sweet Chilli Dip
Chicken Satays with Peanut Sauce
Roasted Vegetables in Filo Pastry
Beef & onion pasties
Assorted bruchettas or wraps
Chocolate Profiteroles or Lemon Tart
Fruit Juices, Mineral Water, teas and coffees

(Vegetarian alternatives are included – please advise on numbers in advance)

- 1:00pm Guests are briefed on the afternoons activities.

The Ropes Course

Guests are taken down to the ropes course in a tractor and trailer, where they will be given a full safety briefing followed by an ice breaking exercise just to get guests warmed up and to break down any barriers. Guests will then be split into two groups, one will be given the chance to negotiate the low ropes course and the other group will be harnessed and take part in some high rope activities. Our "Challenge by Choice" philosophy enables every participant to experience their own success in the context of their own aspirations. The principle means that you can choose to take part in an activity or you can choose not to take part. Guests are given a full safety briefing and climbing techniques are covered thoroughly.

The low rope elements will include The Mohawk Walk which consists of several elements including a multi-vine and balance beam, The Low All Aboard and the Criss Cross. The high rope elements will include such things as The Crate Challenge and The Leap of Faith. Please see below for a full description of the Ropes Course.

- 3:30pm Guests return to the barn for tea, home-made cakes.
- 4:00pm Departure.

A Day in the Country provides all equipment and instruction, food and soft drinks and full event management. Soft drinks will be available throughout the day. We require final numbers at least 5 working days in advance. If the number drops then the price per head may increase.

High Ropes Course Details:

The combination of low and high ropes courses enable participants to grow at both the team and individual levels, exploring risk, leadership, communication, problem-solving, and coaching. The low ropes focuses on collaboration. The challenges call upon every member of the team to participate, and they present unending opportunities for self-discovery and team growth. The high ropes course emphasises risk-taking, trust and coaching. The challenges allow participants to expand their comfort zones, sometimes dramatically, and recognise fears that may block personal achievement. Our “Challenge by Choice” philosophy enables every participant to experience their own success in the context of their own aspirations. The principle means that you can choose to take part in an activity or you can choose not to take part. Guests are given a full safety briefing and climbing techniques are covered thoroughly.

High All Aboard & Leap of Faith

Can you get four team members to climb up a 12 metre pole onto the high platform using the support of the others? A great team element involving trust, encouragement and motivation. Alternatively, put your faith in your team to reach the trapeze bar from the high all aboard pole. Jump individually or in doubles. A great finale.

Jacobs Ladder

Use all your physical ability to scale the swinging Jacobs Ladder. Teamwork and motivation are essential during this element as each ‘step’ on the ladder is increasingly further to reach than the one before.

Crate Challenge

An excellent team challenge. Team-mates must work together to build a tower of crates level by level by standing on each level together as it gets higher and higher. Fun for all and a great team element.

High Balance Beam, Multi-Vine and Wobbly Bridge

This is a great activity that involves guests climbing up an incline beam, climbing up the side of the tree to walk on a wobbly bridge, they then climb up the side of the tree to walk along a balance beam, they then finish by climbing again up the side of the tree onto a high multi vine. These elements are all placed one on top of the other and obviously get higher finishing with the high multi vine around 45 foot off the ground. Two guests can take part in this activity at one time.

Low Ropes Course Details:

Low Ropes Little Mohawk Challenge - consists of several elements including:

Tension Traverse/Vine Crossing

The tension traverse requires individuals to attempt to traverse as far along the foot cable as possible, using only

the hand rope for support. The second part of this tension traverse has no hand rope at all – team members have to use each other for support!

Wobbly Bridge

This wobbly bridge has large gaps between each plank. Do you traverse this slowly as a team, or make a mad dash and risk the penalty of having to start all over again?

Heebie Jeebie

A challenging individual element, which requires a participant to move their hands along a rising rope and then to change hands on to a descending rope. This can be made more difficult if the top rope is made “out of bounds”, although close “spotting” must be carried out as this element is quite challenging.

The Chasm

A team element requiring the group to really think about how they overcome barriers by working effectively together. The exercise involves crossing a notional ‘Chasm’ by utilising strategically placed wooden platforms on the ground. The group can get across by staying off the ground using the resources provided, but the resources are only part of the solution. The true solution lies in their ability to work together and communicate whilst making the most of the limited resources. This is an excellent developmental problem.

Low Ropes Big Mohawk Challenge - consists of several elements including:

Tension Traverse/Vine Crossing

The tension traverse requires individuals to attempt to traverse as far along the foot cable as possible, using only the hand rope for support. But first they have to work out how to get the hand rope.

Balance Beam

A simple activity when used as part of a low challenge course. However, a little creativity can transform this element into a great communication exercise, with the use of blindfolds. Once an individual is blindfolded they lose all sense of balance and must be both “spotted” and “talked across” the beam, with support from two of their teammates. In addition to this, the beam can become an individual problem solving exercise commonly known as the Shuffle. A Team stands on the beam and they are asked to rearrange themselves in a different order (e.g. youngest at one end and oldest at the other). They must then change places without touching the ground.

Kitten Crawl

Two parallel cables two foot apart are all that are available for participants to negotiate the next gap. Kitten crawl, penguin walk, trains – call it what you will, you need each other to get across!

Multi-Vine

Suspended rope vines and a wire foot cable are the only means of crossing this section, which requires balance, focus and co-ordination to complete successfully. The task can become more difficult by removing some of the suspended vines, depending on the ability of the group.

Smiley Hi-Lo Rope

How do you traverse a tight-rope given only a slack loop of rope? Problem-solving and communication skills are needed here.

Mohawk Tension Traverse

Using their knowledge gained earlier on the course, participants need to work out how to use resources available as a counter-balance to negotiate the final part of the course.

Low All Aboard

The team are given only a suspended rope, to cross a gap between 4 and 8 metres, from one platform to the other. The main objective is that no one must touch the ground while swinging between the platforms. As team members land on the far platform, space starts to become limited. The final goal is to keep all members on the platform until the last team member has arrived. This is a great icebreaker and always a popular and fun element.

Low Criss Cross

A superb problem solving exercise. On the Criss Cross, teams are usually split into four. Each sub team starts at a different platform on the outside of the course. Using only two crossing wires and four hanging ropes, each sub-team must end up next to a different pole from where they started. Whilst this may appear a relatively easy task at first glance, it is interesting to watch the group dynamics change once the team is split into four. It is common to see the smaller groups start to either co-operate less or even become competitive, which can make the task almost impossible.