

Trust Games Course Safe Operating Procedure



In Free time, please supervise the Trust Games area or make it out of Bounds

Each activity is ideal for a group of 8 people.

Please consult the Trust Games Risk Analysis Management Sheet

Activity Name	Description of Activity	Tips/ Warning	Equip	
Stepping Stones	The entire team must get from the starting stone to the last stone. They must achieve this by using 2 planks to spread between the stones to cross. Remember you only have 2 planks to think carefully and bunch up.	Medium Risk Please be aware of pushing, falls and plank hitting others	2 Planks At least 2 adults for children	Time:
Giant Seesaw	You must balance your entire team on the see saw so that both ends are off the ground. Start group from the middle and work your way out. Slow and steady is the best way.	Medium Risk Due to the weight of the log be careful about getting caught under it. There shouldn't be jumping on the log.		Time:
Tyre Dash	One at a time you must start by making your way through the first 2 tyres then across the swinging tyres, then through the next 2 tyres then again across the swinging tyres. Finally make your way through the swinging tyre vertically. (You may like to time each person to add a little extra to the challenge)	Medium Risk Please be aware of bolts and sharp edges. Please use course only as intended.		Time:
Tyre Climb	Simply get your team up and over from one side to the other.	Medium Risk Height awareness is essential.	At least 2 adults for children	Time:
Trust Falls	One child stands on a level. Puts arms across chest and makes their body rigid like a tree. Fall backwards locking knees, keeping straight. Team is positioned facing each other with locked hand grips.	High Risk . Assess the height for group. Strongest people should be around the hip/butt area. Lean backwards to avoid heads clashing	At least 2 adults for children More for adults.	Participants :
The Wall	(Youth and Adults) A large wall needs to be scaled. Your whole team needs to scale the wall to be successful. (Children) A large wall needs to be scaled. Your whole team needs to scale the wall to be successful. You have wooden pegs at your disposal	High Risk Height awareness is essential. Have a supervisor at the bottom of the wall in case of slips.	4 Pegs At least 2 adults for children	Time:
The V	A two person activity. Beginning at the thin end of the wires lean in applying pressure through the hands to a partner on the other side. Inch your way out and see how far you can go. Be weary about when you start to lose control.	Medium Risk Discuss what to do if they lose balance	At least 1 adult watch head movement	Participants :
Balance Beam	Split your team in half. Send each half to stand at either end of the balance beam. One at a time a participant from each side will climb up onto the pole and will begin to make their way along the pole obviously then trying to figure out how to get past the other participant to reach the opposite end. Once the first 2 are completed send the next 2 up.	High Risk Height awareness is essential. Supervisor be aware of participants balance and stay nearby for aid if requested.	At least 2 adults for children on either side	Time: