

Rope Round-Up

Swing Your Partner Do-Si-Do!

Description:

This high flying circular rendition of square dancing meets cirque du so-lie. Your international team has decided to up the ante by adding an electric fence to your square dance routine to amaze crowds from far and wide. While holding your partners hands, the group must do a circular dance over top of an electric wire (just a rope) without making contact. See if your team has what it takes to win the dancing championship!

Setup:

Using a retired climbing rope or other type of cord, tie it between two posts, at least 12' apart, so the rope is just above waist height on most participants. The distance can be smaller or larger based on group size. Ensure the group has plenty of space between posts to move around. The posts are off-limits unless otherwise stated by the facilitator. Have each participant grasp hands in a way that they are comfortable. They must hold hands for the entire activity. A broken hand grasp would equal the same penalty as someone coming in contact with the electric fence (the rope directing the circle). The group must rotate 180 degrees so that each participant is on the opposite side of the electric fence than they started. Require the groups to alternate sides to keep things interesting. See safety concerns below



Safety:

1. Use fixed anchors to tie your rope to like a tree, or a buried post. DO NOT use objects that could topple over on to the group if pressure is placed on the ropes.
2. Go over proper lifting technique (lift with legs and straight back; DO NOT use someones back as a step)
3. When using legs as a step, step in close to the body, DO NOT step on the knee.
4. Emphasize the importance of releasing hands in the event of a tumble.
5. Large participants, some aged participants, or other health concerns may require an adaption to the set up. See **"Adaptations"** below.

Briefing:

Have the group form a circle around the rope so that half is on each side. Have participants join hands to form a closed circle. Make sure the participants who are at the intersection of the rope, join hands over top of the rope, not underneath. (See "Adaptations") The group must completely switch sides, without letting go of each others hands or making contact with the rope. Create a scenario such as an electric fence or laser beam that mustn't be touched. If the Laser beam is touched more than (x) amount, the group must return to their original spots and start over. The activity is completed when all participants have successfully switched sides, or the group has reached the end of a time limit.

Adaptations:

There are times when the activity needs to be altered for participant health, age or size concern. Making an adaptation allows the participant to feel comfortable with the activity, knowing its within their realm of possibility.

1. Tie the rope so it is at a slight angle. Place the high point around chest height and the low point at waist height of an average sized person.
2. When the group circles up, at the intersection, have the high point side join hands over top of the rope, and the low point side underneath the rope. This some participants will go under the fence and others must go over.
3. The group must switch sides but half of the group will go under the rope and half will go over top of the rope.
4. In certain circumstances a group may see the benefit of utilizing the rope attachment posts. If it is not a safety concern the facilitator may decide thats ok as a result of the groups out-of-the-box thinking.

Debriefing:

Participants initial thoughts, planning, trust concerns, interactions between participants during the activity, participant thoughts upon completion, life application, are all great things to discuss. Observe who took what role and how people handled their insecurities. Perhaps being lifted was a major concern. Maybe someone got dropped and the group canto discuss how to care for one another better.