3 Level Electric Fence

Experiential education



N° of pax 8-20

outdoors

40 mins

group work | challenge

PURPOSE

TEAM BUILDING
- building trust
- decision making
- body creativity

MATERIALS

- 3 ropes or threads of 10 meters (5 mm diameter)

PREPARATION

The facilitators need to find 2 trees with trunks he/she can embrace, and which are max. 6-8 meters distance from each other. Then he/she needs to create 4 spaces from bottom to head level where the participants can cross the imaginary "electric fence". To prepare that stretch 3 ropes parallelly between the trees at different heights: •one at 40 centimeters from the ground •one at the level of your participants' waist/chest •one at the level of their heads. If you know the double clove hitch this is an advantage, but if you don't, you can also use any kind of knot that stretches and fixes the rope on the trunk of the tree. This activity needs 2 facilitators, for safety reasons. They need to give increased attention to participants when they are being lifted up or climbed on: there should be one facilitator on each side of the fence to support the lifts, giving special focus on avoiding anyone landing on their head or neck. If you see they are not doing the lifting safely, stop them, and let them try it again and again, until they find a safe way of doing it.

INTRO

This activity is a challenge for the participants but also a lot of fun, they need to cross an imaginary electric fence with creative body liftings.

3 LEVEL ELECTRIC FENCE

STEPS

1. You start briefing the activity with the symbol of an electric fence and that the group needs to cross it without touching the ropes. They have to get a certain number of people across the fence at certain levels: • *at the bottom level (the easiest) - 1 or 2 people* • *at the low level - 2 people* • *at the middle level - 4 people* • *at the head level (the most difficult) - all the rest*

2. Before start facilitator tells the safety rules:

- Touching - It's important to communicate and to be aware beforehand where the participants being lifted are comfortable being touched
- Lift - should be done in a smooth and safe way, which means: very carefully, with awareness of their actions and slowly. When lifting up higher, several people hold that person with their hands from below; the person takes up a mummy posture - hands crossed on the chest, body stretched and make sure that people are ready on the other side to receive the person lifted.
- Climbing on bones (spine and knee) is forbidden. It is better not to use the back of somebody as support at all. You can ask participants to place their feet 10 cm-s away from the knee of a bent leg (90 degrees) - in the middle of the thigh, toward the hip of the supporting participant.

3. (40 min) The group starts the activity, if anyone does touch the ropes, the entire group needs to start the activity from the beginning.They succeed when all the participants manage to cross the electric field without touching any of the ropes.

4. The facilitator gathers the group in a circle to share and reflect on the experience..

REFLECTION

- How much did you feel safe/trusted during the activity?
- What was your process of success?
- How does this activity support your group and individual resilience? What resources did you discover for this purpose?

COMMENTS

You can vary the numbers of participants crossing in the different levels according to the "fitness" level of your participants or according to any other argument.