SAFE OPERATING PROCEDURE

The Seesaw

Teams must balance the seesaw so that it stays perfectly level by evening out the weight of all participants on both sides and moving up towards the hinge or down towards the seesaw.

- 1 Activity Supervisor per 12 participants
- Inform CYC host of any malfunctioning equipment Be careful while balancing, there is a drop.
- Along the hinge there is the ability to get a limb caught, do not allow participants to walk past the centre point/hinge (must get off and walk around to the other side).
- Don't allow participants to be underneath the log at any point, or in any way shape or form.
- Wear a hat and sunscreen

Rules:
Every member of the team must be involved by standing, sitting, or even lying on the seesaw.
The event is not completed until all members are on the seesaw and it is staying parallel to the ground.

Objectives & Outcomes:
Team gets to examine how they deal with working within a team, divvying up responsibility are roles, and learning to listen to each other.

Variations:
You can make it more challenging by giving participants extra challenges, exp. Make some participants unable to move, or others unable to communicate with each other.
The event can be timed.

All damage and injuries must be reported to CYC Staff as soon as practicable.
Failure to follow these instructions could result in injury.
CYC reserve the right to close this activity if these instructions are not followed.
To contact CYC Staff go to the office.

Reviewed July 2026

Christian Youth Camps