



## SAFE OPERATING PROCEDURE

# The Log

The team divides in two teams and gets onto the log facing each other. They are then asked to change ends of the pole without touching the ground.

1 Activity Supervisor per 12 participants

### Rules:

Every time someone touches the ground they start again, from their original side.

The event is not completed until all members of the team have switched ends and are facing each other.

Members must support each other

### Objectives & Outcomes:

Team gets to examine how they deal with setbacks and if they blame others.

Participants realize that creativity is the key to success.

Participants begin to notice their feelings of wanting to make physical contact with 'strangers' or not and how it

feels to let others into my 'space'.

### Variations:

The event can be timed.

Rather than two teams there can be one team that has to change order, using height, birth month shoe size etc.

Some team members can be blind folded.

### Safety Concerns

Be careful when dismounting the log and beware of height difference from the ground.

The group needs to be aware of all participants and be supporting each other to prevent injuries from falling off the log

**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**

