



SAFE OPERATING PROCEDURE

Balance Beam

All participants must get over to the other side using methods with different levels of challenge.

- 1 Activity Supervisor per 12 participants

Rules: Every member of the team must get over to the other side of the balance beam, use different methods for different levels of competency. The event is not completed until all members of the team have made it to the other side.

Objectives & Outcomes: Team gets to examine how they deal with increasing levels of challenge and adapting to different methods with more or less teamwork. Team members learn the importance of learning from each other and relying on each other for encouragement.

Variations: See photos below for different variations. The event can be timed. Some team members can be blind folded and led through by another confident team member.

Safety Concerns Be careful while balancing, there is a drop. If 2 participants are doing it together, beware of their impulse to push the other person off.

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 January 2026

