



GET
ADVENTUROUS



30 MINUTES



PREPARATION
NEEDED

BLINDFOLDED ROPE TRAIL



▶▶ GETTING INTO THE ACTIVITY

Get outdoors and challenge the group to work as a team to navigate a rope trail blindfolded. The ultimate test of teamwork, communication and using your senses. Part of the 'Go Wild' Challenge.

This activity works best in a location where there are trees, branches, hills and other obstacles to navigate around. Before the activity a leader will need to set up a rope course, ideally so the children don't see it beforehand. This can be done by weaving a rope around trees and through obstacles. Try to set the course to be challenging based on the abilities in the group. Potential obstacles include weaving around trees, under/over fallen trees, up/down a hill, around large puddles, over large rocks, dodging branches and retrieving items along the way.

Split the children into pairs, with one of them being blindfolded. The blindfolded person starts at the beginning of the course holding the rope. Their partner can help them navigate the rope course by verbally giving instructions to guide them. Once complete the pairs should swap over so everyone gets a go. Make the activity more difficult by creating harder obstacles or setting rules around how the pairs can communicate.

This activity is part of the 'Go Wild' Challenge, encouraging children to get outdoors and adventurous. Check out all the challenges and how to achieve Bronze, Silver and Gold awards by heading to <https://boys-brigade.org.uk/go-wild>

☑☑ WHAT YOU'LL NEED

- Large Rope
- Blindfolds

! KEEPING EVERYONE SAFE

Maintain social distancing as required. Ensure the space you are using is appropriate and the obstacles selected are suitable for your age group. Hands should be sanitised before and after the activity.