



# THE Summit

## The Activity Information Document

All equipment is maintained and checked by Summit staff at regular and controlled intervals. Our ropes and safety equipment is maintained and handled in accordance with manufactures guidelines. Not all activities are used for every program

### INITIATIVES

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#### Spiders Web

This is an adaptation of another initiative in which participants lift each other through the holes in a spiders web made of rope. However this activity is more three dimensional and requires greater thought and co-operation.

**Key Learning:** Essentially a team building game to engage brains in preparation for bigger tasks later.

#### Muse

This is a game of crossing a space via planks and bricks, however what works at the start does not work at the end and confusion can reign.

**Key Learning:** Team and recognising when to seek alternate views.

#### Snowy River Challenge

*An obstacle course of ropes, swings, mud pits and tunnels.*

**Key Learning:** Many learning opportunities but team & co-operation are core.

#### Pole

The pole requires everyone to work together to remove a tyre from the base of a very tall pole. It is impossible without everyone's contribution.

**Key Learning:** Trust, creativity, focus, physical contact.

#### Tiles

A hilarious game that has participants climbing all over each other as they seek to not touch the ground or lose their vital tiles as they move from point A to B on only 7 tiles.

**Key Learning:** Attention, communication, understanding, systems, physical contact.

#### Treasure Chest

An object must be removed from a circle with out the circle being entered. Participants have limited resources and a heavy time limit to find a 'McGuyver' solution.

**Key Learning:** creativity, communication, focus, team.

#### Stop Go

A secret path exists among a huge series of concrete tiles Participants can walk on. Trial and error is the only way to discover the path but the moment you stop concentrating it disappears.

**Key Learning:** sharing responsibility, deliberate communication, memory, mental endurance.

#### Trust Fall

Participant stands on a 1 metre platform and fall backwards trusting their fellow group members to support them.

**Key Learning:** to experience the a true understanding of trusting your peers.

#### Truck Tow

To walk as one team around an allocated course, all participants feet under foot hoops on two planks of wood. Five people walk as one.

**Key Learning:** To work closely as a team, listening communicating, allocating roles and responsibilities all under the pressure of competition.

### **Monster Course**

Participants find themselves needing to solve a series of artistic, mathematical, physical and logistical goals over a long obstacle course. They will be running, climbing and carrying tyres in order to achieve the objectives

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## **LEVEL 1 ACTIVITIES- All high element activities require participants wearing correct safety equipment**

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### **Flying fox**

A great introduction to being comfortable in a harness and learning to trust the equipment. Participants fly approximately 100m and are caught by a staff member at the opposite end.

**Key Learning:** Introduction to high elements.

### **Reptiles**

Participants get to hold several snakes and lizards and are encouraged to not only manage their fear

**Key Learning:** Relaxing fear instead of suppressing it.

### **Nail walk**

Participants take four steps across a board of nails

**Key Learning-** Will have participants navigate through their doubts finding out what they are truly capable of!

### **Skywalk**

A high activity that has much perceived risk but is actually a very simple task. It requires the participant to walk across an 80m suspended cable bridge using strength and balance to support themselves

**Key Learning:** Introduction to high elements.

### **Tattoo Identity -workshop**

Participants design an identity using a soldiering iron and piece of leather identifying who they would like to move towards in the form of a piece of artwork.

**Key Learning:** *How our identity impact our life, relationships and achievements. We look at how to update it.*

### **Climbing Walls**

An introduction to the skills and techniques of climbing. There are 4 climbing walls each ranging from 5 to 25 metres high providing opportunities to stretch participant's abilities.

**Key Learning:** Skills give us greater power and control. Support. Persistence.

### **Tank Ride**

Participants get to ride in our army tank through a man made rough terrain course!

**Key Learning:** *Express your self. Understand power is ok when used responsibly.*

### **Cave Crawl**

An introduction to controlling ones mental thoughts. Participants navigate a pitch black man made cave with no light as they work on controlling their internal dialogue.

**Key Learning:** Mental response to fear. Use of internal dialogue.

Other Level 1 Activities can include:

**Canoeing-** Participants can use our canoes under the supervision of their group leaders. It is the responsibility of the group leaders to provide adequate supervision and ensure water rules are managed.

**Bush Walking-** Participants have available a number of walking tracks through 20 acres of beautiful undulating bushland

**Bush Survival Skills-** Participants learn a variety of survival skills which would aid them in a situation where they were required to fend for themselves should they ever become stranded or lost

**Trust Ladder/ Wild Wally-** Participants attempt to move along two steel cables (60 cm off ground) using each other for support.

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## LEVEL 2 ACTIVITIES - All high element activities require participants wearing correct safety equipment

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### **High Wire**

A 10m high wire which participant climb up and move along before completing several tasks that require a high level of focus.

**Key Learning:** Mental focus and how to chip away at a task

### **Abseiling**

A 20m abseil wall which participants are required to abseil down.

**Key Learning:** Controlling an experience. Trusting themselves.

### **Large Rock Wall**

There are 4 climbing walls each ranging from 5 to 25 metres high providing opportunities to stretch participants abilities.

**Key Learning:** Persistence – Never Giving Up – Feedback vs Failure

### **Giant Swing**

2 steel cables are attached to the participant which mount onto two, 7 storey high poles. Participants are then pulled up to their start point by their fellow group members before releasing themselves and experiencing the ultimate rush.

**Key Learning:** Understanding the fear and the rewards associated to letting go.

### **Laser Skirmish**

A fantastic team building activity that requires participants to work together, strategize and find solutions in order to claim victory. There is plenty of running, ducking, dodging and scrambling through bush and scrub. Camouflage gear is provided to all participants.

**Key Learning-** Success often requires the support of a coercive team.

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## LEVEL 3 ACTIVITIES- All high element activities require participants wearing correct safety equipment

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### **Rockets Nest**

Participants climb a 30 metre high steel pole before reaching a small flat platform. Participants then attempt to stand on one foot and maintain their balance

**Key Learning-** A personal experience requiring self discipline, courage and commitment to continue

### **Gods Window**

Participants walk out from 20 metre high tower and climb a 3 metre high pole before reaching a small platform at the top. Participant then lean backwards requiring the ultimate trust

**Key Learning-** Sometimes when you push through your fear you will experience an incredible sense of freedom!

### **Leap of Faith**

Participant stands on the edge of an 8 metre platform and attempt to jump off and reach a bar suspended in front of them. Once they grab it they then hang upside down by their knees before straightening their legs and being lowered to the ground.

**Key Learning-** Facilitators lead participants through their fear to become conscious of what the drop might represent in their life

### **Wobbly Ladder**

Participants climb to the top of a 15 metre tower before starting their ascent up a 4 metre wobbly ladder. Participants can ring the bell if they reach the top

**Key Learning-** A genuine commitment is required to conquer the instinct to stop climbing

### **Angel Drop**

Participants climb to the top of a 15 metre tower. Standing on the edge of the tower they must find the courage to trust themselves and simply drop off for a quick rush before being supported by their safety rope and lowered to the bottom.

**Key Learning-** Facilitators lead participants through their fear to become conscious of what the drop might represent in their life