

# CAMP RidgeKids

## Camp RidgeKids 2025 | Elementary Recreation (Day 3)



### Exercise: Zipline Support Challenge

#### Description:

It is not a ropes element in itself, but it is used creatively for teamwork and inclusive support. The idea is to make the process of getting onto the zipline a shared team-building moment — especially for kids who might struggle with reaching or launching solo.

#### Activity Ideas:

- Campers link arms or create “steps” with their bodies to help a smaller teammate climb up to the launch point.
- Use a buddy system — a child’s assigned partner gives them a launch push, offering encouragement or steadying them.
- Spotting Practice: Teach campers how to spot properly:
  - For smaller kids: the goal is to be ready to catch or gently assist the landing.
  - For larger kids: focus on guiding the upper body or head (e.g., “spoons not forks” = open, safe spotting stance).
- Everyone on the team helps each member ride successfully.
- After each ride, the rider chooses the next person.
- Tie in story or mission (e.g., "You're flying over the jungle to deliver the cure—help your teammate get launched!").
- Inclusion Emphasis: Especially highlighted: the zipline is a moment to make sure “the little guy” is lifted up — literally and figuratively — by the team. It's a chance to practice belonging, encouragement, and physical assistance.



### Exercise: Walk the Plank

#### Description:

A series of short tree stumps arranged to test balance and agility.

#### Activity Ideas:

- Straightforward jump/stomp sequence from stump to stump.
- Mark one stump as off-limits (red dot = lava!).
- Have campers line up on stumps and then change order without stepping off.
- Use a trekking pole as a shared balancing tool (only one per team).
- Add between-activity movement rules like buddy piggyback rides.





### Exercise: Spiderweb

#### Description:

A web of ropes strung between posts or trees with different-sized openings. The goal is to pass through without touching the ropes.

#### Activity Ideas:

- Initial pass: everyone must hold hands while going through.
- On the return trip, each camper must use a different opening.
- Add constraints: no using the biggest (“mando”) hole; some holes are closed.
- Introduce problem-solving: blindfolds, no talking, or silent leaders.
- Use for small group challenges, not large groups (limit 8–10 ideally).
- Optional wildcard element: toss an acorn at the web to designate the entry point.



### Exercise: Ring Traverse

#### Description:

A series of hanging rings suspended from a branch or cable between two trees. Campers must swing or move from ring to ring across a set span. Requires grip strength, coordination, and often some teamwork or creative problem-solving to complete.

#### Activity Ideas:

- Solo Traverse: Try to make it from start to finish without touching the ground.
- Time Challenge: Time each camper’s attempt, or see how many teammates can cross within a time limit.
- Buddy Spotting: Pair kids up – one swings while the other spots. Then switch.
- Relay Variant: Pass an object (rubber chicken, beanbag) from one person to another while on the rings.
- Wildcards: Add fun conditions like:
  - “You must skip every other ring.”
  - “Swing and freeze halfway for a count of 5.”
  - “Wear oven mitts” (great for older campers looking for a laugh/challenge).
- Team Strategy: If it’s too difficult for some, others can help by steadying the rings or offering encouragement from designated zones.