

# Ropes Course Cool Tools

**UNIVERSAL EXPECTATION:** Be Respectful, Be Responsible, Be Safe

**NAME OF SKILL:** Students will demonstrate safe, responsible, and respectful behavior while at the Ropes Course.

**SETTING:** Potter's Forest

Purpose:

1. To prevent accidents by following appropriate course procedures.
2. To maintain a clean environment by respecting nature.
3. To promote emotional safety by respecting others.
4. To encourage learning through responsible participation and engagement.

**SKILLS TO BE TAUGHT:**

**Teaching Example/Lesson/Student Activity:**

“Visiting the Ropes and Challenge Course at Potter’s Forest is a privilege our group has earned. We should represent our school in a safe, responsible, and respectful manner. Course procedures are in place to ensure physical and emotional safety. We need to follow rules and procedures to prevent accidents, encourage learning, and have fun. Also, we will be in a forest, and need to respect nature and the animals that live in the forest.”

“We show safety by”

1. Keeping candy and gum at home
2. Waiting until facilitators give us permission to use/touch equipment
3. Staying on the path
4. Walking

“We show responsibility by”

1. Participating in all activities to our challenge by choice comfort level
2. Working as a group member toward individual and team goals
3. Engaging in group discussion
4. Throwing garbage in the trash, and recyclable materials in the recycle bin

“We show respect by”

1. Using kind and positive words toward myself and others
2. Encouraging group members
3. Listening to feedback
4. Including everyone

*Sample situations to be taught and reinforced:*

- You are chewing gum when you get to the Ropes Course. You know that if you spit it on the ground, an animal could eat it and die. You wait to throw it in the garbage can in the cabin.
- .You need to use the bathroom while your group is out on an element in the forest. You ask your facilitator for permission, then follow the path to the Porta Potty. You use the hand sanitizer set out on the post afterward, and follow the path back to your group.
- .You are really excited when you see the equipment at your first element because it looks really fun. A classmate goes to touch a piece of equipment. You remember safety procedures, and wait for instructions from the facilitator before touching any equipment.

- You are uncomfortable with height, and feel nervous about completing a high element. You remember challenge by choice, and decide to challenge yourself by climbing the ladder. After climbing the ladder, you continue to participate by spotting and positively encouraging your group members.
- A classmate is nervous about completing an element, and is trying to decide if he is going to try it. You positively encourage your classmate by telling him that he can do it, and offering suggestions about what worked for you and other classmates. When your classmate decides to try the element, you tell him good job and cheer.

**FOLLOW UP/REINFORCEMENT SUGGESTIONS:**

1. Pre-correct proper Ropes Course procedures prior to the field trip.
2. Practice spotting in the classroom.
3. Role model using kind words and positive reinforcement in the classroom.
4. Reinforce safe, responsible, and respectful Ropes Course behavior by asking administration to visit the class and giving praise.