



## Camp Yowochas Activity Guide

# SWING BY CHOICE

Swing By Choice is a great way to push personal limits and support others in pushing theirs too. Working together, the team will hoist each participant to height anywhere up to 30ft. Once there, each participant will release themselves from the hoist and drop into a giant pendulum swing. Participants learn about supporting and encouraging each other they are encouraged to step outside their comfort zone in this challenge by choice activity.

### PROGRAM SPECIFICS

- Groups up to 15
- Well suited for all ages
- Led by trained Camp Yowochas Staff
- Available all year round
- During the activity briefing, participants are reminded that they decide how far they want to push themselves in terms of height and not their peers



### SAFETY CONSIDERATIONS

All climbing equipment and the high ropes course itself is inspected daily before use. All participants are required to wear close toed shoes, secure loose clothing, and tie back long hair during this activity.