



## Camp Yowochas Activity Guide

# TEAM BALANCE

Team Balance is a giant teeter totter 20ft in the air. A pair of participants climb up onto the balance beam and walk out to opposite ends to ring the bell/triangle together before being lower back to the ground. Participants learn about supporting each other as 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
- Participants are supported by their peers on the belay team, their partner on the element, and their Camp Yowochas staff member



### SAFETY CONSIDERATIONS

All climbing equipment and the high ropes course itself is inspected daily before use. Participants are taught correct belaying techniques. All climbers are secured through active fall protection, involving approved ropes and belay devices. All participants are required to wear close toed shoes during this activity.