

Activity: **Trap Door**

Overview

Trap Door will challenge your group physically and mentally as they work to switch positions on an elevated square. In this activity, participants must switch places with a partner across from them without stepping off the square or becoming disconnected from the group. This activity is a fantastic tool for teaching the importance of planning, cooperation, and trust in complicated situations.

Set Up

Props

- 4 7-foot aluminum beams
- 4 Angle brackets/feet
- 1 3/16" MTC hex screwdriver
- 4 12"x12" mats
- Blindfolds (optional)

Equipment for this event comes in the MTC Standard, Performance, and Performance Plus kits.

Begin by laying the four 7-foot beams on the ground in a square and fastening them together with an angle bracket at each corner. Use the top slot of the aluminum beams. Be sure the box is located on a flat surface so it is stable and does not rock. Place a mat under the corner of each square to keep the square from sliding. If the box is moved to a new location or is repositioned, it is necessary to check the tightness of all angle brackets to ensure safety.

Instructions

1. Ask participants to look across the square and identify a partner. Eye contact is an easy way to form partnerships quickly. If there is an uneven number, it is acceptable to have a group of three, but none of them should be on the same side as one another.
2. If you have more than 15 people, you may wish to

divide your group in half. The first group works on the square while the other monitors, spots, and observes. Switch the groups when contact is broken, someone steps from the square, or the group completes the challenge.

3. After partnerships have been formed, participants must step onto the square together while remaining in physical contact with each other.
4. Next, inform participants that they must all move to where their partner is standing without stepping off the box or disconnecting from their teammates.

The following rules also apply:

- a. If anyone steps off, they must all start over.
- b. Participants must remain in physical contact with their team at all times. If the team breaks contact, they must begin again from their original positions.

Sample Story Line

Your team has stumbled upon an abandoned trap entrance that will lead to a chamber of knowledge and riches. The entry system is weight-sensitive. Once it has been weighted, it must stay weighted in order to open with the specified key order. The entryway is coded so it will only open if the team is standing on the borders in a specific order. Unfortunately, you all jumped on before you knew this. Now you must switch places and get in the correct order to reap the rewards!

Facilitator: At this point, follow the instructions as presented.

Safety

Spotting is important in this activity. As the facilitator, you should spot those who appear out of balance and/or designate half of your group to spot at a time. Also, allow participants to opt out if they choose not to participate. Ask these participants to help spot and continue to be part of the activity.

Activity: Trap Door

Reflection

Conflicting goals, close quarters, and lack of leadership contribute to chaos and increase the possibility of conflict. Planning, leadership, cooperation, and patience are all important skills needed to move through conflict or move forward without creating conflict.

Discover

- Describe what you experienced as a participant during this activity. What factors contributed to this?
- Describe your group's performance.
- What skills were used to complete this task successfully?
- Where did trust enter into the process? How was trust developed? How would you use these steps in relationships beyond the present team? How does trust contribute to conflict resolution?

Connect

- How did the decisions occur in your planning process?
- Where did you or others compromise or seek cooperation in this task?
- Where was support needed and how was it delivered? How did the support affect the outcome?
- What important skills and insights did you bring to the activity? What characteristics did you see others bring?

Create

- Think of a situation at home, work, or school where a similar situation has arisen or might arise. What did you learn here that you can use there? How will you transfer the lessons? What will you say or do?