

[Low Ropes Essentials]

The Objective

- ▶ To complete the task at hand.

The Goal

- ▶ To work together as a team.

Elements of a Successful Program¹

- ▶ Trust
- ▶ Communication
- ▶ Cooperation
- ▶ Fun

The Facilitator's Role

For many, the role of the facilitator is misinterpreted. It is not an opportunity to exercise your frustrated authority out on members of the group. In fact, you should be nearly invisible. Here are some things to remember during the ropes and processing:

During the element:

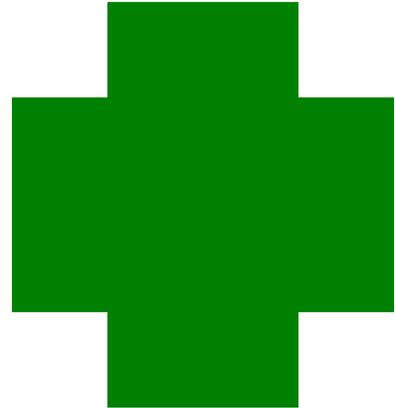
- ▶ Don't handicap without a reason.
- ▶ Don't respond to derogatory remarks aimed at you.
- ▶ Don't get revenge at anyone during an element.
- ▶ Don't solve the problem for them.
- ▶ It is okay if they complete the task.
- ▶ Once you give directions, don't respond to questions; only speak to handicap or in case of emergency.

During the Processing:

- ▶ Start discussion, but let it go its course.
- ▶ Don't tell them what they've learned.
- ▶ To take attention away from you, look at others when someone looks at you for response.
- ▶ Don't comment with "good" or "correct" – there is no right or wrong answer.
- ▶ You do have the ability to politely ask the dominate speaker to let someone else "have a turn".

Professional Fun

- ▶ Be organized, safe, and think ahead. Use your assistants for this (setup, spotting).
- ▶ If any helpers become a spectator, dismiss them. They are making the group feel uncomfortable.
- ▶ Pay attention to the series of elements – don't be anticlimactic or over their heads.
- ▶ It's about them learning, not about us showing off.
- ▶ We never break the "Full Value Contract*" (see below) and never be sarcastic or laugh at a participant.
- ▶ Treat props as sacred; don't sit on the element – it will have more impact on the group's learning.



- ▶ Stick to the rules you've set.

Processing Broken Down

Speak isomorphic (relatable) ...adjust to processing ability of each group. Use specific examples from what was seen during an element (no names, please!).

3 Stages of Sequencing a Debrief:

1. What? – Reflect objectively on what just happened (memory game, photograph, and video camera, go around).
2. So what? – Reflecting what was felt or learned; evaluate meeting of goals.
3. Now what? – Taking it home; transference and application; they want to skip to this right away once they catch on – don't let them.

Facilitating the Process

Processing is usually dreaded and unfortunately, avoided. To make it easier, there are several simple methods you can use in facilitating discussion. Remember, it is only your job to facilitate the discussion, not dominate it. You can use the following:

- ▶ Parrot – Use "ok" as well as rebounding word for word what was just said.
- ▶ Paraphrasing – Say mostly the same thing as what was just said; reword it in your own way.
- ▶ Summarizing – Condense what was just said and pause for others to interject.
- ▶ Behavior Disclosure – Replay the video camera; reveal observation about behaviors.
- ▶ Silence – Don't be afraid of it.

When on the course, everything has meaning. Choose what you want them to learn from, but don't choose what they have to learn.

*The Full Value Contract:

1. Give 100%.
2. No dark humor (sarcasm).
3. In harms way - safety is priority one!!
4. Carry a restraint.
5. Stop.

¹ Quicksilver, Karl Rohnke and Steve Butler, 1995 Project Adventure, Inc., 9

