

# Sample Game



293 pages

[www.DuctTapeTeambuildingGames.com](http://www.DuctTapeTeambuildingGames.com)

# Team Skis



**Group Size:** 2 – 10

**Age Range:** middle school – adult

**Intensity:**    Mental: easy.....♦.....hard

Physical: easy.....♦.....hard

**Time:** 5 – 15 minutes (without debrief)

**Space:** minimal..... ♦.....lots

**Set Up Time:** 5 minutes

**Amount of Duct Tape Required:** 8 - 20 feet

**View Video:** [www.DuctTapeTeambuildingGames.com](http://www.DuctTapeTeambuildingGames.com)

*Username and Password provided with book purchase*

## Game Objective

With everyone's feet stuck to long strips of duct tape, the team travels as a unit from Point A to Point B.

## Skills Developed

Clear Communication, Leadership, Trust, Planning

## Set Up / Preparation

Create two parallel lines (each 10 feet long) on the ground using duct tape. The lines should be 20 - 30 feet apart.

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**Presenting the Challenge**

1. Ask the group to stand behind one of the parallel lines and face the second parallel line.
2. Have everyone find a partner. If you have an odd number of people then there will be one group of 3 people.
3. Provide each pair with two strips of duct tape that are long enough for this team of two to put their feet on (lengthwise). Lay the duct tape on the ground parallel to each other (approximately 6 inches apart) **STICKY SIDE UP**.
4. Have each pair line up - one person behind the other, both facing the same direction. Then this team of two carefully steps on the duct tape and thus, the tape sticks to their shoes and connects the pair.
5. NOTE: Participants **MUST** wear shoes (no sandals).
6. Presentation Script: "Your challenge is to travel from the line you're now behind (the starting position) over to and across the other (parallel) line. You must follow and obey the rules throughout the game." [read the rules below]

**Rules**

1. Feet must remain stuck to the duct tape from tip of shoe to heel.
2. No ripping of the duct tape.
3. Violation of a rule may result in a penalty. Sample penalties include: *can't verbally communicate for 2 minutes, must turn around and face backwards, must close eyes for 2 minutes, whenever you want to communicate verbally you must sing like an opera singer, whenever you talk you must speak backwards, the entire group starts all over, the entire group does 5 pushups, etc.*

**Safety Warning**

1. People with knee, ankle or back injuries should not participate.
2. Everyone must wear shoes during this activity (no sandals). Do not put duct tape on skin.
3. Watch out for the "domino effect" – this happens when one person begins to fall into another person causing the entire group to fall.
4. Encourage the group to act safely and warn them of the domino effect.
5. Always spot the group to prevent injuries.

**Story Line**

"While traveling through the Amazon jungle in search of a cure for cancer, your team has come across a mysterious 60 foot wide river filled with crocodiles. Luckily, your guide has brought along two strips of magical duct tape which will allow your team to cross over the river without sinking. If the duct tape tears then the magic disappears (you sink)."

**Facilitator Notes**

1. Use high quality duct tape (thick and strong) for this game. Cheap duct tape (thin and weak) will tear too easily.

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2. TYPICAL SOLUTION – The team picks a leader who then encourages everyone to lift their right feet simultaneously. The group then repeats this action with their left feet. The group usually yells some type of chant together such as “1 – 2 – 3 RIGHT, 1 – 2 – 3 LEFT!”
3. This challenge is unique in that it’s easy to figure out how to do but difficult to actually pull off. This challenge gets harder as the group gets larger (more people require a greater degree of concentration, balance, communication, etc.). This activity necessitates the exact timing of the group’s efforts for success and should, therefore, be used with a group that has worked successfully in the past (and now needs a harder challenge).



**Debriefing Suggestions**

Once, when working with a team on goal setting and goal achieving, I had the group list out their team goals on a large piece of paper and then tape it to a wall. I then asked the group to identify the obstacles that stood in their path to achieving these team goals. I asked the group to move to the opposite side of the room (opposite from their goal sheet) and then provided the group with a set of duct tape Team Skis and told them they must reach their goals - this would be metaphorically represented by the group traveling across the room on the duct tape Team Skis. I then placed a number of obstacles in their way that the group was not allowed to move. The physical obstacles represented the “real life” obstacles. Obstacles included: chairs, desk, mousetraps, and a string 4 feet off the ground they had to travel under (and not touch). When the group was done, I asked them to identify the top three team skills that helped them make it to their goal sheet.

**Variations**

1. Have the large group (team) first work in pairs, then in teams of 4 and then in larger and larger groups. The larger the group working together the harder it is to play.
2. Have every other person face backwards.
3. Have the group travel to a spot 20 yards away and then return to the start line moving in reverse.

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4. Require the group to move *sideways* from one point to another.
5. Create a race situation between two teams. You can allow the teams to practice for 10 minutes before you start. If the teams practice within sight of each other they will end up borrowing ideas from each other. If you separate them completely (sight and sound) the groups will have to come up with ideas on their own.
6. Provide obstacles for the team to travel around, through, or under (cones, doorways, tables, etc.).
7. Provide 3 strips of duct tape for two groups of people to work collaboratively. Line up the 3 strips of duct tape in 3 parallel lines and then have the two groups stand on the strips of duct tape like normal with the twist that the two teams must share the “middle” strip of duct tape. The two groups must travel as one. This is accomplished by having the two teams shift their weight to the shared (middle) strip of duct tape while simultaneously lifting and moving the outside strips of duct tape. They would then all shift their weight to their outside legs as they lift and move their inside legs forward (remember that their inside legs share a common strip of duct tape).
8. Have two groups, each with their own set of duct tape Team Skis. The two groups must pick up a bucket filled with water (“nuclear waste”) and transport it to a “safe” spot. The two groups must stay at least 10 yards apart from each other and must stay at least 5 yards away from the bucket. Supply the groups with one section of rope that has a hook attached to the middle of it. The hook will allow the group to hook onto the bucket handle. If any water is spilled provide the group with a penalty (example: start over).

### History

This duct tape Team Skis game is a variation on a game called “Trolleys” described in the classic teambuilding games book “Silver Bullets” by Karl Rohnke **www.karlrohnke.com**

### Related Quote

*“Skiing: I do not participate in any sport with ambulances at the bottom of the hill”*

~ Erma Bombeck

