



Age:
6+



Group size:
Up to 12



Duration:
1 hour



What is Jacob's ladder?

- Your group's objective, in a small team, is to climb to the top of a suspended ladder of logs, with the gaps between each log becoming greater the higher you go. It's all about working together to achieve a joint purpose.

Learning outcomes

- Teamwork, communication, trust
- Overcoming fears
- Agility, balance, and coordination

Typical session structure

- Participants will be kitted up in harnesses and helmets, then briefed on the activity.
- Team challenges to climb up the ladder.
- Further practise and timed challenges for the session duration.

What to wear

- Comfortable non-restricting clothing.
- Sturdy footwear as this takes place in our woodland area.

What to expect from us and what we need from you?

- We will provide a suitably trained instructor, plus safety equipment, which will be in accordance with both [Scouts High Ropes Activities](#) and [FS120423 High Ropes](#) requirements.
- **You will need to** provide sufficient leaders and adults to supervise your group in accordance with the [Adult to Young People ratios](#), not forgetting leader in charge requirements. (For non-scouts, follow the relevant guidance within your organisation).

Did you know that this activity counts towards



Beavers My Adventure Challenge Award



Cubs Our Adventure Challenge Award



Scouts Adventure Challenge Award

