

## **W13456 Team Pull Harness / W13724 Team Pull Harness Easy Pack**

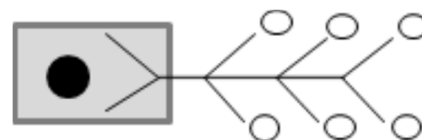
### **Activity Guide**

These team building and team competition activities are designed to be fun, challenging and burn lots of calories.

#### **Magic Carpet Ride -**

Equipment – W13456 Team Pull Harness, W453701 Potato Sack or large piece of fabric that will slide on a floor, W8779 Half Cones (or other means of designated the race course)

Set-Up – Layout the team pull harness with the 6 pull handles in front and the two holding handles on the potato sack. One teammate (shown as the solid black circle) will sit on the magic carpet (potato sack) and hold onto the two rear facing handles. The other 6 teammates (shown as hollow circles) will grab one forward facing handle each. If there are less than 6 teammates available to pull, they can grab more than one handle. An instructor determines the course for the ride. The course can be straight, irregular or circular. Note that is difficult to take sharp corners and gradual turns work best. Riders should be sure to keep their feet / shoes on the carpet to avoid dragging them on the floor and making it more difficult to pull them. For an additional challenge, teams could try to pull more than one player at once!



One Stop Race – Start with the person being pulled behind the start line and see how quickly they can be pulled across the finish line. If only one team is available, vary who is being pulled and see which player can be pulled fastest. If multiple teams are available, they can race side by side or have time trials against one another.

Full Team Race – If there are 2 or more teams, this race will require each teammate to be pulled the length of the course. With a full team of 7 players, the team would then have to pull each player once and the team time would be the total time. For the 1<sup>st</sup> segment, the team would pull one player from the start to the finish line. The player that was sitting would then switch with one of the pullers. Ideally with each switch, all the players would rotate positions in a clockwise or counterclockwise fashion, so that each player on the team would end up with one turn at each position. If there are 2 or more teams of an equal number of players and enough equipment and space, they can compete side by side. If there is not enough equipment or space, team can compete one at a time and see which team can finish the course fastest. If there are an unequal number of players on teams, then each team should complete the same number of lengths (start to finish and finish to start), with some members riding twice.

**Dog Sled Race** – This activity can be done on grass, sand or indoor on carpets and requires a large or long space.

Equipment – W13456 Team Pull Harness, W13400 Snow Sled (or similar), W8779 Half Cones (or similar), 2 – W5706 Velcro straps (or similar).

Set-Up – Like the Magic Carpet Ride set-up with a one change. Instead of the player holding onto the harness handles, use two of Velcro loops to secure the two rear facing handles of the harness to the handles of the snow sled. When the player is being pulled, they will hold onto the handles of the snow sled.

Races – One Stop and Full Team Race can be conducted in the same way as the Magic Carpet ride. To avoid wearing out and or breaking your sled, we would recommend only pulling one person at a time when racing outdoors and to be sure the race course is free of rocks or other objects that could damage the sled.

**Water Skiing Race** - This indoor activity requires a smooth floor and a large or long space like a hall, gym, or cafeteria. A gym floor or a tiled floor should work well.

Equipment - W13456 Team Pull Harness, W8779 Half Cones (or other means of designated the race course),  
2 - W13628 Floor Glide Exercise Spots (thick heavy-duty ski types of socks could also be used)

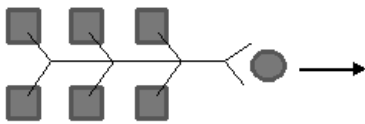
Set-Up – Like the Magic Carpet, except the person being pulled will now stand with one foot on each of the Floor Exercise Spots.

Races - One Stop and Full Team Race can be conducted in the same way as the Magic Carpet ride. Teams will probably want to be careful and not try to start out too quickly and pull over the teammate being pulled! Similarly, the person being pulled will have to determine how much to lean back to counteract the forces pulling them along. Shoes for this race are optional.

**He-Man Scooter Pull** – This indoor activity requires a smooth floor and a large or long space like a hall, gym, or cafeteria.

Equipment - W13456 Team Pull Harness, W8779 Half Cones (or other means of designated the race course), and up to 6 scooters (like W4496, W6869, W12944, W12943 or W9513 or similar). Scooters are not included in the W13724 Team Harness Activity Pack.

Set-Up – In this activity we flip things around and one person will be pulling up to 6 riders sitting on scooters. Start with one person pulling 2 people on scooters and see if they can get them to move, if they can move 2, try adding another rider until they can barely get the scooters moving. To make it as easy as possible to get the scooters started, but sure all scooter wheels are in line with the direction they are being pulled.



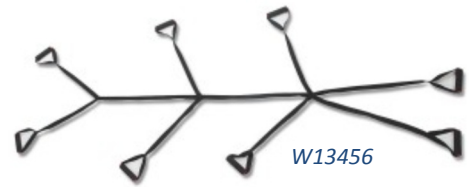
Races or Competitions – See who can pull the most number of scooters at once. If everyone can pull all 6 scooters, have a time trial to see who can pull them from start to finish the fastest!

## Team Building Stem Activity

### Indoor / Outdoor Team Pull Activity

#### Equipment Needed:

1. W13456 Team Pull Harness, a Tug o' War Rope (like W13671), or any available rope
2. W12671 Gray Duct Tape or similar. To jazz up your sled order one or more of the 20 styles of duct tape on our site.
3. Cardboard – Roughly a 2' x 4' piece
4. Cones (like W8783 or W8779 or similar)
5. Scissors
6. Optional a wax candle, 1' x 2' wide pieces of fabric
7. Stopwatch (W5178005) or another timer (like W9615)



**Goal:** To create a sled that can be pulled on a race course on a grass field or a gym floor.

**Teams:** Create teams with 4 to 7 players on a team.

#### Task:

- Before assigning the task, determine if the sleds will be pulled by the Team Pull Harness or with a rope.
- Based on whether the Harness or rope is being used, each team can determine how the sled will be pulled. Teams can have the rider of the sled simply hold onto the harness or rope or the harness or rope can be secured to the sled.
- Each team is given a roll of duct tape and a piece of cardboard. All the cardboard should be about the same size.

#### Production Process:

- **Design** - Teams should be given a short period of time to discuss and or sketch out their design (10 to 15 minutes). During that time, they cannot physically work on their sled. This is a great time to see if the teams can work together and plan out what they will build and perhaps assign task to specific teammates.
- **Build** - After the discussion / design period, teams should be given another period of time (20 to 30 minutes) to build their design.
- **Test** – Allow teams about 5 minutes to test out their design to see what changes and improvement they want to make.
- **Redesign/Rebuild** – Allow teams another 5 minutes to modify their sled if desired.
- **Design Review** – Before racing, all the teams can review all the designs and discuss cool features, which design they think is structurally the best and which looks the best. They could even vote on the best-looking design.
- **Race** – Create a race course around which each team member must be pulled. A course with curves or an oval “track” will provide the most challenge. Time the total time it takes to pull each team member on the sled around the track. For a little trick in the challenge, don’t limit it to one rider at a time on the sled, but also don’t specifically tell teams that they can have more than one rider. This will allow some team or teams to think outside the box and try multiple riders at once. Of course, there is always the risk that a team won’t be able to pull 2 or more riders at once or that their sled won’t support multiple riders. If a rider falls off a sled or any part of their body touches the ground for more than a split second, that team and rider must pick up their sled and start that person’s ride again. If a sled breaks during the race, teams can fix their sled. The time that it takes to fix their sled is counted in the total race time. Any team member that was riding on the sled when it breaks must return to the start of the course and complete it in its entirety.

## Design Considerations and Rules:

- How will the sled be pulled? If by rope, will it be tied to the sled and if so, how will the sled design accommodate a rope being tied to it? If the rider will just hold onto the rope, what will prevent the rider from being pulled off the sled? Consider building stirrup for the rider's feet into the sled.
- If by the Harness, similar questions to above need to be considered.
- How much tape should be used to support cardboard? How should the tape be oriented with respect to the direction of travel?
- Should the front edge of the sled be raised?
- What type of surface will the sled travel over? What material will on the bottom will result in the least friction between the sled and the course? Should a portion of the cardboard be left to come into contact with the ground? Would putting some other material like a fabric on the bottom help? What available material will result in the least friction with the base of the race course? What material (whether available or not) do participants think would be the ideal material to use on the bottom of their sled.
- Use of the cardboard. The cardboard can be cut, folded or otherwise utilized however the team sees fit.
- Riders cannot be taped to the sled, though a portion of the sled could be created where the tacky side of the tape is face up. That tack might be enough to keep a rider on the sled without having to hold onto it.

**Outdoor Snow Version:** If you have snow on the ground and a small hill, this activity can easily be adapted. The teams would now race their sleds a certain distance down the hill instead of pulling it around. The Design and Build steps would remain the same and could be done indoors or outdoors. The Test phase could allow for a single run down the hill and the time for the Redesign phase could be extended a little to allow team to return inside. The Race would require each player on each team to ride down the course and pull the sled back up to the starting point to their next teammate.

**Example Design:** Sled for indoor use with felt bottom to slide on hard smooth floors.

### Materials:

1 – 22.5" x 47" Sheet of Cardboard, W12671 Roll of Duct Tape, AS658013 American Flag Duct Tape, FA3013RO Royal Blue 36" x 36" felt fabric, scissors.







Rounded off the corners of the front end and unrolled fabric roll.



Rolled front lip up and applied tape to top side to lock in up position.





Applied more tape.



Flipped to bottom, cut felt slightly less than width, secured front end of felt to angled portion of lip.



Secured sides of felt.



Slid duct tape under long section of felt upside down with half stuck to the large piece of felt and half exposed. Cut a smaller piece of felt to cover back end of sled.



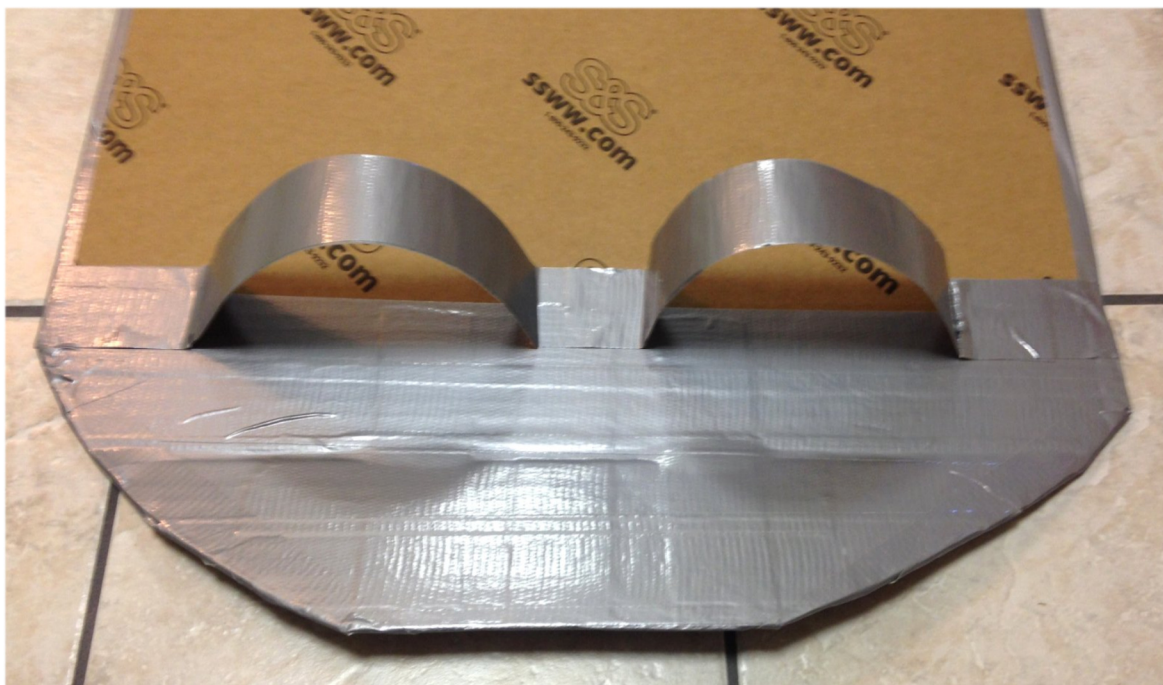


Put small section of felt over far end of bottom of sled, butt joint against the larger piece and tape over edges.



Cover remainder of exposed cardboard on the bottom.





Added foot loops made from sections of tape that were stuck to one another so that neither side was sticky, formed loops and taped to front end of sled.



Used Flag duct tape to further secure foot loops and add decorative edge.



Sled in use on gym floor. (above). Alternate design on carpeted floor (below). Bottom of sled below is 100% covered with gray tape and there is a section of fabric on the top for comfort and to prevent the riding from slipping off the sled.

