



# Jacob's Ladder



## About the activity

It's an exercise in teamwork and friendly cooperation. Your group's objective, in teams of three, is to climb to the top of a suspended ladder of logs. The gaps between each log become wider the higher you go. Pushing up, pulling up, standing on shoulders - it's all about working together to achieve a joint purpose. The activity promotes friendship, communication, discussion, leadership and decision-making as each team progresses to the top.

## Activity aims

### The aim of this activity is to:

- Introduce the skill of climbing as a team and the necessary equipment.
- Allow each participant to experience climbing the ladder.
- Encourage the participants to set goals.
- Ensure participants support and encourage each other to achieve those goals.
- Provide an opportunity for participants to discuss what they have accomplished.

## Progression opportunities

### Some participants may also:

- Improve the quality and consistency of their climbing techniques.
- Improve in communication and teamwork skills.
- Take the initiative in evaluating their performance and that of the group.

### In addition, participants should also have developed in the following:

- Interpersonal communication
- Teamwork
- Using initiative

## Learning outcomes

### Upon completion of the activity, participants will have:

- Demonstrated teamwork to ascend together safely under supervision.
- Used specialist equipment and PPE, understanding its purpose and name.
- Demonstrated the ability to listen to, understand and act on instructions received.
- Supported their peers throughout the activity and recognised achievements.
- Developed an understanding of associated hazards, been able to assess risks and understood how these may be controlled.
- Contributed to a post-activity review led by the instructor identifying what they did well and then suggested ways to improve.

## Associated vocabulary

<b>Words relevant to safety</b>	e.g. hazard, personal protective equipment, risk assessment, safety area.
<b>Words relevant to equipment</b>	e.g. ladder, harness, karabiner, safety rope, ALF
<b>Words relevant to the activity</b>	e.g. climb, belay, teamwork, together, gravity.
<b>Words relevant to teamwork</b>	e.g. achievement, challenge by choice, communication, encouragement, listening, participation, review, support, trust.