



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.
- An understanding of associated hazards, be able to assess risks and understand 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

Words relevant to safety	e.g. hazard, personal protective equipment, risk assessment, safety area.
Words relevant to equipment	e.g. ladder, harness, helmet, karabiner, gri-gri, safety rope.
Words relevant to the activity	e.g. climb, belay, team work, together, gravity.
Words relevant to teamwork	e.g. achievement, challenge by choice, communication, encouragement, listening, participation, review, support, trust.