

Family Camp Obstacle Course

General Objectives:

1. Families roll the dice at the beginning to find out what emergency scenario they are experiencing. Read the applicable emergency scenario based on the dice number rolled and follow the instructions before starting the obstacle course.
2. With your family, you must bring two beach balls and a wood block to one end and back while weaving between the cones (barriers).
3. The beach balls must be set between individual family member's legs and the wood block must rest between any areas of two family member's bodies. The beach balls and wood block cannot touch the ground.
4. Family members must travel inside a hula hoop together. They can use multiple hula hoops if needed for space, but they need to have hold of the hula hoops at all times to create a human chain.
5. Once the family gets to the halfway point (one end), they must roll the dice again to see what twist they have on the return trip. Follow the instructions in the dice roll.
6. At the halfway point, families can set their items on the ground and reset if they need before completing the second half of the obstacle course.
7. If the balls or block are dropped on the ground, the family must move back two steps together and start again.
8. Families will time themselves to see how quickly they can complete the challenge.

Roll the dice at the beginning of the obstacle course:

Roll a 1 or 6: You are now experiencing an earthquake! Please drop to the ground, take cover, and hold on to the nearest item next to you. Ensure your entire family is safe and stay under cover for 15 seconds. Now that the earthquake has stopped, you need to get your entire family to safety. Grab your emergency kit (first aid kit) and jump in the Hula Hoop to travel together. Try to get to safety as quickly as possible (start the obstacle course).

Roll a 2 or 5: You are now experiencing a house fire! Please stop, drop to the ground, and crawl for 10 seconds so you are staying low from the smoke. Ensure your entire family is safe. After 10 seconds, stand up in the Hula Hoop to travel out of the house together (start the obstacle course). Once your entire family is outside of your house at your rally point (end of the obstacle course), take another 5 seconds and call 9-1-1. (*pretend*)

Roll a 3 or 4: You are at the coast and are hearing a Tsunami warning! Please grab your emergency kit (first aid kit) and jump in the Hula Hoop to travel together as a family. You need to follow the tsunami evacuation route to find higher ground as quickly as possible (start the obstacle course). Once you have safely reached higher ground (end of the obstacle course), stay there for 15 seconds to simulate being in a safer spot.

Roll the dice at the halfway point of the obstacle course:

Roll a 1 or 6: One of your family members lost their vision. They must now be blindfolded for the rest of the challenge.

Roll a 2 or 5: One of your family members lost their ability to speak. They cannot talk for the rest of the challenge.

Roll a 3 or 4: One of your family members hurt their arms. They cannot use either of their arms or hands to help your family for the rest of the challenge.

