

**Merseyside Youth Challenge Trust – Abbreviated List of Activities at MYCT**

ACTIVITY	DESCRIPTION	Teamwork	Communication/ Listening Skills	Achievement	Trust	Problem Solving	Self Confidence	Suitable Ages
<b>Abseiling</b>	Wearing full climbing gear- harness & helmet to abseil 4 metres from the first floor of our building to the ground.		*	*	*		*	8+
<b>Aerial Runway</b>	Climb ladder in climbing harness to travel down overhead runway while attached to a safety line within established woodland in the park. The length and height of the runway is determined by the group's ability.		*	*			*	8+
<b>Archery</b>	Using bows suitable for age group, archery is undertaken in small walled garden/range to shoot at bulls-eye targets.		*	*			*	8+
<b>Bucket ball</b>	The group work as a team to transport a ball from the start line to the finish without touching the ball or it touching the ground.	*	*	*		*	*	8+
<b>Crate Climb</b>	Group members take turns to build and climb a tower of crates, and see how high they can get (attached to safety rope).		*	*	*	*	*	8+
<b>Electric Fences</b>	Using ladders that are supported by the rest of their team, each participant must negotiate a series of "electric fences".	*	*	*	*	*	*	8+
<b>Ladder Balance</b>	Group members take turns to climbs a free standing ladder that is supported only by ropes controlled by the rest of their team (attached to a safety rope).	*	*	*	*	*	*	8+
<b>Mind-field</b>	Groups must work out the 'safe' path across a grid.... any mistakes and it's back to the start.	*	*	*		*	*	8+
<b>Night line</b>	Groups don blindfolds before having to work as a team to negotiate their way around a woodland course.	*	*	*	*		*	8+
<b>Orienteering</b>	Under supervision groups race around the park using a map to find the 'controls' on a variety of pre-set courses.	*	*	*			*	8+
<b>Rescue Fido</b>	Use teamwork, coordination, equipment and imagination, groups must co-operate to complete a series of challenges.	*	*	*		*	*	8+
<b>Residential Camping</b>	A 2 to 3 day residential activity camp in the Lake District or North Wales. Generally for a group of 10 young people + leaders.	*	*	*	*	*	*	12+
<b>Rope bridges</b>	Crossing a series of rope bridges between mature trees using a series of different techniques and the 'buddy' support system	*	*	*	*		*	10+

ACTIVITY	DESCRIPTION	Teamwork	Communication/ Listening Skills	Achievement	Trust	Problem Solving	Self Confidence	Suitable Ages
<b>Spiders Web</b>	Group to move from one side of a web to another using each hole only once. Trust, team work and planning are key.	*	*	*	*	*	*	8+
<b>Stations</b>	A fun course on lawn - in small teams young people follow a word trail on six "stations".	*	*	*		*	*	8+
<b>Team Tennis</b>	Using an oversized net, 'racquet' and ball, teams must work together as if they were a single player and compete against each other in a giant game of tennis.	*	*	*		*	*	8+

- MYCT ensures that all activities are fully risk and all participants are provided with suitable safety equipment where required. Copies of risk assessments are available on request.
- Some activities are weather dependant.
- All courses are tailored to the needs of each client group, with leaders being invited to discuss any special requirements.
- The activities listed above are just a representative sample of some of the activities which MYCT can provide. We are happy to discuss any particular programme requirements/requests that you may have. Feel free to call the team on 0151 428 9758.

**myct.org.uk**