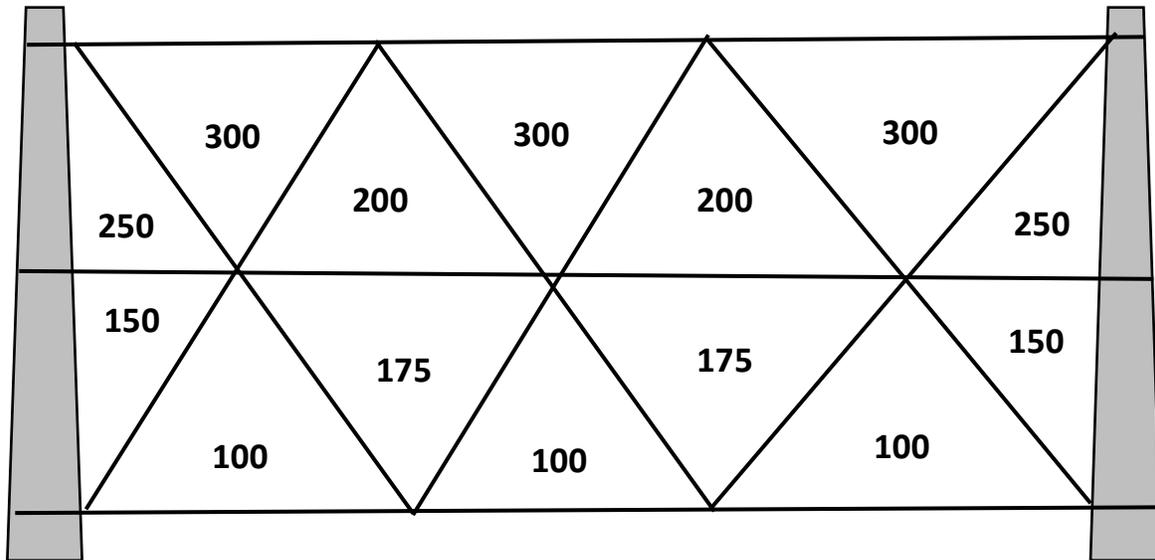


# Count Me In (Spider Web)



**Set Up:** Use the Spider Web element (or portable Spider Web). A Spider Web Points Map (like the one above) will be provided for use during the activity.

**Objective:** The group is challenged to score as many points as possible - each person taking a turn to completely move through a Spider Web opening.

## Preparation:

- You'll need some paper and a pen for the group to keep track of the goal(s) and points.
- Participants may or may not choose to go through an opening where lifting is required. If lifting is going to be done, there will need to be 3 people per side to send and receive the lifted participant. The main focus should be on the head and neck area of the participant. As the facilitator, be close enough to the lifted participant in order spot when necessary.
- Before a participant is to be lifted, have the lifters talk through their plan with you. Check in with every lifter to find out, from each person, what their role and responsibility is going to be during the lift. Be sure to have them change or add anything that needs adjusting.
- As the lifted participant is moved all the way through his/her opening, remind the lifters to place his/her feet down first, supporting the upper body at all times until the lifted person is steady on the ground. As the facilitator, be near the lifted participant as he/she is being brought back to the ground - be ready to spot if needed.

## Safety Considerations:

- If spotting is being done, monitor all movements at all times.
- Only one participant is allowed to move through the Web at a time.
- 'Diving' through an opening is not permitted. Recommended: Stand in front of the Spider Web so that spontaneous running and diving can be prevented.

# Count Me In (Spider Web)

## Rules of Engagement

1. As a group, review the Map of Points for possible scoring opportunities.
2. The challenge is to earn as many points as possible. **Each participant is allowed to move or be moved through one opening per 'Group Attempt.'** You can make as many Group Attempts as possible within the time allowed.
3. Before a Group Attempt, you need to **decide how many total points you plan on obtaining for the Attempt** - what will be the group's Total Points Goal (TPG). Each participant is allowed to choose an opening she/he wants to move through and add the points assigned to the opening to the group's TPG - write this goal on the paper provided. Practicing moving through the openings is permitted.
4. There is no limit to the number of times an opening can be used.
5. After the TPG has been determined, participants can start moving through the openings they chose. And, a participant is allowed to change her/his mind about an opening at any time before moving through it. (In Other Words: A participant is not required to move through the opening she/he chose when calculating the TPG.)
6. When a participant is being moved through an opening (group members lifting and passing safely), there must be at least three group members on each side of the Web in order to help. **PROTECT THE UPPER BODY AT ALL TIMES** during movement. Set the participant's feet down first while supporting the upper body until the person is standing steady on the ground.
7. **If any part of the Web is touched, by anyone, during movement through an opening, 50 points is subtracted** from the total points allowed for the opening. Movement can still continue. If another touch is made, another 50 points is subtracted - and so on if additional touches are made. The lowest score for an attempt is zero.
8. Record the points earned after movement through an opening is completed.
9. During each Group Attempt (everyone in the group moving through an opening), you have the opportunity to MEET your group's TPG, you can EXCEED it or FALL SHORT. If there is time remaining after a Group Attempt, you can choose to make another Attempt after setting a new total points goal.