

OVERCOMING OBSTACLES – BE READY

To Come unto Christ and Attend the Temple

The purpose of this activity is for youth to overcome challenges and obstacles of the course and apply the same attitude in their own lives – some challenges are more difficult and may require additional effort to overcome. Life can be full of joy and success in spite of perceived failures along the way, as we come unto Christ, listen to the Holy Ghost, and are worthy and prepared to attend the temple often. We stay on the path (Hold to the Rod) and when (not if) we stumble and fail, we quickly return to the path that leads to our Savior, Jesus Christ, and to His holy house – the temple!

As you plan your obstacle course, ponder how best to serve the youth and the challenges they face today: immorality, pornography, bullying, lying, cheating, being unkind, feeling left out or lonely, feeling unloved, failure, feeling overwhelmed or anxious, bad music, movies, and TV shows – just to name a few. Help the youth connect overcoming obstacles in this activity with doing the same in their personal lives. Have a moment at the end of the activity to process what happened and why, and to ask questions that facilitate the youth seeing the connections between real life and the obstacle course.

Considerations for setting up a course

Obstacle courses can be organized indoors or outdoors, as timed races between groups of youth as they struggle to complete each station/obstacle together, or can be individual challenges. While setting up an obstacle course, one needs to keep in mind the different activities such as hopping, jumping, crawling, walking, climbing, etc. that can be incorporated into the course activities. Some 6-8 stations are sufficient for an obstacle course. There are various obstacle course ideas to choose from; however, the suitability of each obstacle will depend on the needs of the youth in your ward. For walking or crawling stations, 25 yards is a good distance to start. Be sure to measure it out before the youth arrive. Change the stations around or increase times and distances at each station for an elevated challenge.

Using the obstacle course ideas below as a guideline, customize your own obstacle course and related activities. The difficulty level of an obstacle course for youth can differ depending on the age group, number of youth and their abilities. After deciding on the number of stations appropriate for the number of youth participating, ensure that the activities are simpler at the initial stations, with the level of difficulty increasing with every station. If the number of youth participating is large, sort them into groups. The time to accomplish the feat for each group can be noted using a stop watch. The winning youth or teams can be awarded certificates or prizes to add to the excitement.

The following is a non-exhaustive list of: a) places that already have obstacle courses and some of the places have many good ideas for obstacle courses if you browse their websites, b) ideas of fun and engaging obstacle courses from the internet that you

can browse, and c) descriptions of some obstacle course challenges you could use to create your own obstacle course.

PLACES/VENUES WITH OBSTACLE COURSES:

1. **Funtopia – The funbelievable adventure.** Address: 401 South 850 East suite C4, Lehi, Utah, 84043. Phone number: 801.717.1236. Email: lehi@funtopiaworld.com. Website: <http://funtopiaworld.com>.
2. **Ninja Warehouse – Ninja Warrior Obstacle Gym.** Address: 780 W Layton Ave, Salt Lake City, Utah. Phone number: 801.707.7915. Website: <http://ninjawarehouse.com>.
3. **Obstacle Warrior Kids.** Address: The South Town Market Place, 10250 S. State Street, Sandy, Utah, 84070. Phone number: 801.561.1273. Website: <http://obstaclewarriorkids.com/sandy>
4. **Airborne Trampoline Arena.** Address: 12674 Pony Express Rd, Draper, Utah, 84020. Phone number: 801.601.8125. Website: <http://airbornesports.com>.
5. **Camp W. G. Williams, Army National Guard – Civilian Leadership Reaction Course.** Address: 17800 South Camp Williams Road, Bluffdale, UT 84065. Phone number: 801.878.5436 (Camp Williams Civilian Group Coordinator); Website: http://ut.ngb.army.mil/campwilliams/civilian_Youth_Group_Home.htm
6. **Camp Tracy, Boy Scout Camp.** Address: 4701 Mill Creek Canyon Rd, Salt Lake City, Utah 84109. Contact through the Boy Scouts of America, Great Salt Lake Council. Address: 525 Foothill Blvd, Salt Lake City, Utah 84113. Phone number: 801.582.3663. Email: gslc@scouting.org. Website: <https://www.saltlakescouts.org/camptracy>.
7. **Heber Valley Camp.** Address: 6402 E 1200 S, Heber City, Utah 84032. Phone number: 801.404.9252. Email: hvcreervations@gmail.com. Website: <https://www.hebervalleycamp.org>.
8. **Utah Bouncin Bins Party Rentals – Slide, Bounce House, Obstacle.** Address: 3995 S. Howick Street, Salt Lake City, Utah 84107. Phone number: 801.386.5777. Email: rentals@bouncinbinsrentals.com. Website: <https://utah.bouncinbins.com>.

WEBSITES FOR OBSTACLE COURSE IDEAS: (These references can be used as resources to create your own obstacle course using whatever fits the needs of your youth). You can also search the web or google “LDS Obstacle Courses” for some of these fun, spiritual ideas.

1. http://www.sugardoodle.net/index.php?option=com_content&view=article&id=4250 (an involved obstacle course)
2. <https://www.lds.org/friend/2014/02/obstacle-course-challenge?lang=eng> (a blindfolded obstacle course with chairs and a helper)
3. <http://www.alittletipsy.com/2010/09/young-women-activity.html> (A missionary obstacle course – great ideas)
4. <http://seminaryatsixam.blogspot.com/2013/11/scripture-mastery-obstacle-course.html?m=1> (Receive key words to a scripture mastery at each obstacle course – great ideas).
5. <http://seminaryatsixam.blogspot.com/2013/05/fight-good-fight-finish-course.html> (Awesome and easy obstacle course with many wonderful ideas).
6. <https://www.lds.org/youth/activities/spiritual-strength/increasing-faith-in-christ/faith-walk?lang=eng#d> (Faith Walk with string and blindfolded).

7. Images of homemade obstacle courses:

https://www.google.ie/search?q=homemade+obstacle+course+ideas&hl=en&tbm=isch&tbs=rimg:CfDLswdncvp8lkCmTKmTY72HpeG_1VPS03ZmAUU99o9thBwqEmX9gEMDm-y1wTtrsdNWCW0YXlveRI0N5KtDk6M1nOFG3WOCNW8lqKhIJpkypk2O9h6URZtkDaFuulA8qEgnhv1T0tN2ZgBGkH0PxLIP0zyoSCVFPfaPbYQcKET6zTT-GJq9FKhIJhJl_1YBDA5vsRMKh-qz37YNkqEgktcE7a7HTVghF4ywnHORbHjioSCVtGFyL3kZdDEcpfNaYWWhs1qKhIJJeSrQ5OjNZzgRglpSmaf8xyoqEglRt1jgjVvCKhH4eNTsvrckHw==&cad=h

8. **Lehi's Dream/Hold to the Rod:** A Young Woman Leader developed this one and its really fun (based on others she had seen or heard about). See Attached - Here's a link to "LEADERS ONLY--info packet"

https://docs.wixstatic.com/ugd/736209_4533a00391ee41428b2a13f96f64fbbe.pdf

DIY OBSTACLE COURSE IDEAS:

•**Follow the String:** Tie string between a bunch of trees/bushes/chairs and have misleading string tied to other things to take them off course. If follow the main string, will end up at the right place.

•**Playground Course:** Take the teens to a large playground in your area in the late evening, when young children have gone home. Challenge them to look at the playground as the ultimate obstacle course. Depending on the equipment at the playground, you can have the teens go across the monkey bars, walk up the slides, do chin-ups on the pull-up bars, crawl through tubes and underneath bridges, and run two laps around the entire playground structure. If that seems too easy for the teens, give them weight belts or backpacks filled with heavy books that they must wear to go through the course.

•**Kiddie Obstacle Course:** Have the teens go through obstacle courses where they get to be little kids again. You might have them zig-zag through several cones on a tricycle, use a large plastic hoop for 10 seconds, jump through a hopscotch design, and jump rope to the finish line. You can also do a kiddie birthday-theme obstacle course. You could have the teens put on a child's birthday party hat, hit a small pinata until candy comes out, dig through a wading pool filled with balloons to find one with "happy birthday" written on it and race with a piece of cake to the finish line.

•**Blindfold Obstacle Course:** Have everyone pair off. Each team has one person wear a blindfold while the other person navigates him or her across a room filled with obstacles (a table, chairs, a vacuum cleaner). The team that accomplishes the task the fastest wins. When played indoors, you want to have one team go at a time and use a timer to track how long it takes each team.

•**Paper Bag Relocation:** Get 5 paper grocery bags and cut each one to a different height. Line up the bags on one end of a room or hallway. Each player must move all 5 bags from one end of the room or hallway to the opposite end. The trick is they can only use their mouths to pick up the bags and their hands cannot touch the ground to help them maintain balance when they bend over to retrieve the bags. The player that accomplishes the task the fastest, wins.

•**Bear crawl:** Forget banged up knees. Instead crawl across the yard with your hands and feet like a bear.

- Crab walk:** Instead of your belly facing the ground (like in the bear crawl), flip over and face the sky. Use your hands and feet to scurry across the yard like a crab.
- Frog jump:** Channel your inner frog and squat low to the ground, jump forward into the air, and squat back to a hovering position. Do it again and again until you've crossed the finish line for that station.
- Box hop:** Using sidewalk chalk, draw boxes at an angle, two feet apart from one another. To start, stand in the first box and jump sideways to the next box and then sideways again to the next. Think of it as skiing across the driveway. For an added challenge, vary the distance between boxes. If you don't land with both feet in the box, you have to go back to the last box and try again.
- Balloon Matching Game:** Inside one balloon is a fairly large piece of paper with the Article of Faith reference, another balloon has the words. You need one pair of balloons per 2 people, but you want them mixed up. Perhaps you will want to have a set of balloons designated for each group to make sure the reference and the Article of Faith words are both included in that particular group's balloons. Each person ties a balloon around their ankle. When the leader says, "Go!" each person tries to pop each other's balloon without getting their own popped. Once all of the balloons are popped, they work as a group to find the papers and try to match up the Article of Faith with the correct words.
- Weighted-ball toss:** Using a medicine ball (or a small ball no heavier than four pounds), partner up and toss the ball back and forth. After each toss, take a step back until you reach markers without dropping the ball. If you drop the ball, start over. (Good distance between markers: 30 yards.)
- Hula-hoops:** For a good cardio station, keep a hula-hoop going for 20 seconds. If you drop it, start over. For an added challenge: try keeping a hula hoop going for 20 seconds in one direction and then for 20 more seconds going the other direction.
- Jump ropes:** If you have a few jump ropes, you have a ready-made station. Each person has to jump 15 times before going to the next station.
- Soccer practice:** Set up cones and dribble a soccer ball through the cones and back. Use however many cones you have. Its best to start with three cones and increase as it gets easier for everyone to complete.
- Monkey bars:** If you have a jungle gym in your backyard, use the monkey bars as a stop in the race. Everyone must cross the bars before continuing to the next station. If someone falls off, s/he must start again before continuing on.
- Basketball toss:** If you have a basketball goal in the driveway, mark three spots (or more for an extra challenge) from which everyone must shoot and make a basket. It's best to number the spots so everyone starts in the same place. Move spots back or at angles from the goal. When a basket has been made from every spot, you can go to the next station.
- Dash:** A great way to round out the whole obstacle course is to end with a 50-yard dash (or smaller distance if you don't have the space). Mark off the dash starting with the end of the previous station and let everyone run to the finish line. It could come down to the wire!
- Crazy Clothing Obstacle Course:** Create obstacle courses in which the kids have to put on certain articles of clothing along the course. For a basic clothing-themed obstacle course, place one item of clothing at different places on the course. One person might crawl under a table, then grab a necktie lying in a pile, jump through plastic hoops, then throw on an over-sized

shirt. For another type of clothing obstacle course, make the entire course about putting on an outfit based on a certain occupation. Fill one box with pants for different jobs, such as doctor scrubs, overalls for farmers and dress pants for an office professional. Place another box a few yards away filled with things like a doctor's coat, a firefighter coat and a dress shirt, then place another box filled with hats of various occupations in another location. Before the teens run the course, assign them an occupation. They must run to the boxes and find the appropriate clothing for that occupation.

- Rope Climb:** For a more athletic obstacle course, plan a wall that participants must get up and over. Throw long, thick ropes over the wall so both ends dangle within arms' reach of the ground. Tie thick knots in the rope about 3 feet apart to give teenagers something to hold onto. Participants must approach the wall from one side, climb up the rope, over the wall, and down the other side. To make sure the rope doesn't slip while students are climbing over, slide it through a metal loop at the top and tie a thick knot on either side so it can't slide.

- Mud Slide:** Take a page from military training and get your participants sliding through the mud. Build a mud pit that's about 5 feet wide and 20 feet long. To protect your players, dig a trench and line it with a tarp so no rocks or sticks can injure them. String wire or rope from posts about 2 feet above the mud and hang small flags from it. Participants must slither through the mud any way they can without touching the flags.

- Tire Course:** Make use of the tires you find around your house or at a junk yard by setting up a tire course. Lay two lines of tires side-by-side and have students run through them, putting each foot in a different tire. Find large tires and bury them part-way in the ground in a tunnel and have students crawl through them. If you have trees on the obstacle course, hang tires from trees with thick rope and have participants climb through them.

- Bucket of Water:** Give your obstacle course an additional challenge with a simple bucket of water. String a rope above the obstacle course, just high enough so participants can reach it. Hang a bucket of water from the rope by the handle. As people go through the course, they must move the bucket along the rope without spilling any of the water. The challenge will require them to figure out how to get the bucket moving even when they are climbing over or under obstacles.

- Newspaper Walk:** A newspaper is commonly available at home. Just get hold of as many newspapers as you can and set them aside for this fun activity. Provide the participants with two sheets each. Ask them to place one sheet before them and walk from one marked line to another. They need to place one sheet before them and step on it, then place the next sheet in front of them and step on it, and then turn around to lift the previous sheet for the next step.

- Hoop Scoop:** For this station, one needs 8-10 simple plastic hoops. Place the hoops in a straight line and ask the participants to step into the first loop. Instruct the person that he or she needs to step into the hoop, lift it overhead and then drop it behind as he or she moves ahead.

- Pogo Stick Hop:** At a point in the obstacle course place the pogo stick. The person has to use the pogo stick to hop till the next challenge of the course.

- Army Crawl:** Dig about 5-6 holes in the ground equidistant from each other. Insert a 2 foot tall bamboo stick into each one. At about a distance of 3-4 feet from the bamboo line construction, erect another bamboo line of the same height. Then tie threads from one bamboo pole of line 1

to bamboo pole of line 2, in a zigzag fashion. This way you will get a thread mesh on top. The participants have to crawl on their bellies to complete this obstacle course.

- Stick and Tire:** Use a small tire and place it in the obstacle course. The participant has to place the tire in a vertical position and then using the stick, he or she is to roll the tire all the way till the next challenge.

- Tangerine Tumble:** Place tangerines on the ground, near the starting line. The participants are to kneel on the ground and keep their hands behind their back. They are expected to move the tangerine only with their noses till the finishing line. (Can use many things to push with your nose with this idea)

- Nylon Tennis Ball Whack:** Cut off the legs of the nylons at the top. Put a tennis ball in the bottom foot part and put the other end over your head. Place a tennis ball on the ground. You must hit the tennis ball on the ground with the tennis ball in your nylon stocking without using your hands and go a certain distance.

Other obstacle and challenge ideas include:

Crawl under or over a row of chairs
Crawl under a string between chair legs
Jump into and out of a Hula-Hoop five times
Walk on a balance board
Throw a beanbag into a laundry basket
Do a ring toss
Run while balancing a beanbag on your head

Play one hole of Newspaper Golf
Ride a tricycle along a predetermined route
Somersault from one point to another
Do a handstand
Skip in place while reciting a rhyme
Do ten jumping jacks

In addition, the **Camp Williams Civilian Leadership Course** includes the following challenges that can be incorporated (details are online at their website):

http://www.ut.ngb.army.mil/campwilliams/Downloads/operations/Current_Downloads/Youth_Groups/LRC/LCR1.pdf.

The Leadership Reaction Course has 14 available stations to test leadership skills. Refer to the course [map](#). To negotiate the course, divide your party into smaller groups of up to 15. The groups will start at a station and read the entire mission brief. The group can begin the course once they understand the mission and make a plan. There are different ways to complete each station. As long as the group follows the rules posted at each station and acts as a team, they will be successful. You can download the [Mission brief here](#). You can use the alternate mission briefs below to change the style of the course to suit your group.