

PAAR LAUF RELAY

DESCRIPTION

The Paar Lauf Relay is a great way to conduct an all camp program. It is an interval relay event in which campers participate in a variety of simple and crazy events.

It involves campers actively and can be a tremendous amount of fun, building excitement as it proceeds.

PREPARATION

- Gather batons (one for each team).
- Determine number and type of events to include (dependent on the group size)
- Spread stations over a wide area but within sight of all
- At each station: Marker, Staff, Equipment



PROCEDURES

1. Gather colour teams and place groups (or individuals) at each station.
2. Explain the overall rules of the relay. (see over)
3. Allow marshalls to demonstrate their stage of the relay (brief, volunteer demonstration group).
4. Review the end game rules with the Start/Finish Group
5. Start the Relay
6. Captains, flags, colours can encourage participants - it is more about the event than the end result

ADDITIONAL PAAR LAUF STATION IDEAS

- *Leap frog race all the way to the next station*
- *Sponge pass relay (over/under or with their feet)*
- *Elephant train to the next station*
- *Human canoe portage to the next station*
- *Dizzy bat spins and then run to the next station*
- *Blindfolded campers is spun and then verbally directed to next station*
- *Iceberg race – fresh bag of ice passed over/under... last person dunks head in ice water*
- *Conga line with singing*
- *Rock Paper Scissors challenge (individually defeat the “master” before proceeding)*
- *Wheelbarrow classic (in pairs wheelbarrow to next station on tarp, switch halfway)*
- *3-legged race*
- *Golf ball spoon race*
- *Trivia (name 4 things in a category in 10 seconds) – must complete 3-5 correctly*
- *2 circuits of water balloon toss – must complete successfully or start again*
- *“You look nice, really” relay (everyone must complete)*
- *Hole-in-the-bucket overhead pass – must fill up a bucket to a certain line*
- *Pass 2 hula hoops down the line while holding hands*
- *Stepping Stone Relay*
- *Marshmallow munch on a string*
- *Potato Sack Relay*

What Do Captains Do?

Wear Team Colour Clothing & pump up the Team.
Wave your Team Flag as the baton goes around the Circle.
Point out to all cabins 'that every little bit helps'
Move Start Cabin to the last station and then directly into the Centre with great ~~hype~~

What Do Marshalls Do?

Wear White Clothing.
Set up one cabin to demonstrate your activity at the beginning.
Organize each cabin to respond to the arrival of their teammates.
Point out the location of the baton as they get closer to their last leg of the relay.
Put away equipment.

What Do Counsellors Do?

Wear team colours with your cabin
Participate with your cabin in activities
Engage and interact between activities

What Can Cabin Groups Do?

Dress in Team Colours
Read this activity sheet
Gather at the pre-assigned station
High five the three other team cabins starting with you
Have fun.
Support put away

What Do Extra Staff Do?

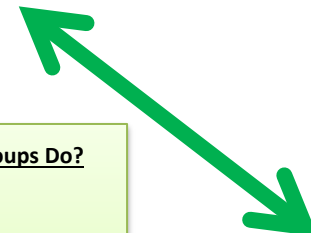
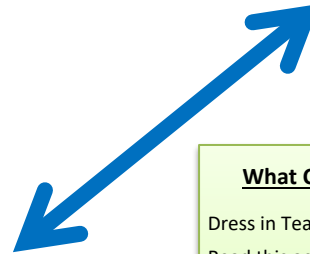
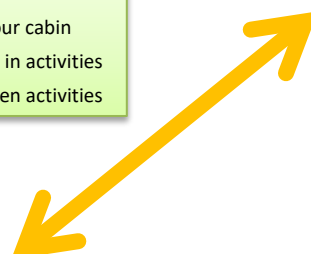
Wear White Clothing.
Deliver water to campers and pour it into campers' mouths
Spray Water from a hose as teams pass by.
Keep individual campers occupied creatively
Help at Stations if assigned by TLC Directors
Contribute to the general 'hype' of the program
Keep an eye on the movement of the batons and flags so that all campers can see the resolution of the game
Engage with campers
Assist with clean up and put away

What Can Everyone Do?

Read this activity sheet
Explain the game to campers
Participate fully
Watch for THE camper who needs you
Support put away

THE TRICKY BIT

1. Every group starts at a station.
2. Every group advances with the baton to the next group/station and slowly travels around the circle in intervals while the baton travels around the circuit many times.
3. Each group completes the circuit only once.
4. When a group returns 'home' to their start station they do not move again.
5. When the starting group receives the baton for the last time they complete the task at that Station and immediately return to the centre to Finish.
6. The first team to return their group to the centre wins (and gets to cheer for the other teams as they finish).



STATION DESCRIPTIONS

Station Number	Station Name	Description	Station Marshalls
Centre Station	Start/Finish	The entire cabin interlocks elbows to form a circle, everyone is facing out. NOTE: This cabin carries a baton or flag to the next team	
Start Cabins go from the centre (13) to and return to the centre (13)			
Blue Team Captain:		Red Team Captain:	
Yellow Team Captain:		Green Team Captain:	
1	Sponge Pass Relay	Each Cabin spreads out along a line and passes a wet sponge to the far end using only their feet. The sponge must be kept aloft the entire distance and be dropped into a bucket at the far end.	
2	Leap Frog Race	The campers are spaced in a line between the station and the next station. They must proceed leap frog fashion to the next station.	
3	Elephant Train	Forming a line in the classic elephant style (one hand forward holding the hand of the person in front of you through their legs, and one hand backwards through your legs.	
4	Canoe Portage Extravaganza	One person on each team is the designated canoe. The rest of the team must carry the canoe to the next station.	
5	Dizzy Bat Relay	Each member of the team in turn must do a triple dizzy bat spin and run to the next station. The last person carries the baton	
6	Blindfold Walk	One person is blindfolded and are then spun around three times. They are then guided verbally by their team mates to the next pylon. The hose sprays these campers as they move.	
7	Hoop Pass	Join hands in a circle with the hoop over one pair of hands. Pass the hoop along your line while holding hands.	
8	Iceberg Race	Using the over-under format, campers pass a bag of fresh Icelandic Iceberg down their line. The last person runs to the finish line and submerges their head in a vat of <i>cold</i> Arctic Water.	
9	Conga Line	The Cabin forms a line and dances, doing to conga (while singing 'da da da da da DA'). They are done when the last camper crosses the finish line.	
10	Jan Kem Pon Challenge	The object is to beat the Jan Kem Pon (Rock Paper Scissors) Master. Each person on a team must individually defeat the master before the team can proceed. The last person must carry the baton.	
11	The Wheelbarrow Classic	Team mates must wheelbarrow walk with the help of another team mate. Half way to the next station they may switch positions.	
12	Holey Bucket	Stand in a line. The first person fills a bucket with water. The bucket has holes drilled in the base. Pass the bucket down the line over the head of each person and fill another bucket. Repeat as necessary	