



Spatial Awareness Games & Drills for Morning Meetings and Lesson Start

To really start changing behaviors and affecting collision injuries, we need to be training performance with spatial awareness drills at morning meetings. These activities can double as active warmup and are just as usable by instructors with their guests as they are for us with our instructors.

Games should be:

- **Safe!**
- **Warm-up.** Engage the heart (cardio), engage the muscles (extremities), engage the brain (thinking/strategy/anticipation).
- **Spatial Awareness Component.** Perform multiple tasks at once responding to random or unplanned movements or commands from other people. Some kind of chaotic variable. Focal point and distractor.
- **Space & Gear Appropriate.** Requires limited space and props, able to be performed outside in ski clothes, boots, helmets, etc
- **Engaging & Inclusive.** Everyone gets to participate - game doesn't eliminate participants, everyone continues in some role. Continual participation.
- **Fun!**

1. Human Snake

- Just like Snake! on your phone/ Atari.
- Break into groups (we'll use tables as groups) and line up in a snake. 3' between each other.
- Green (Fast) / Yellow (Slow) / Red (Stop) slides in random order on projector. At line up this can be hand high-to-low
- Move through room. Slides increase and decrease speed.
- Stop. Change order. Now 6' apart.
- Discuss 1 – 2 – 4 Second rules. As speed increases and/or conditions/visibility decrease, increase time between, and how this applies to skiing & snowboarding

2. Glove Toss

- At Pre-shift/morning meeting have everyone stand in a circle. Discuss the importance of Look/Listen, Think, Act.
- Throw your glove to someone. Have them throw it to someone else. "it's easy when we only have one thing going on at a time; the mountain environment is very dynamic and has a lot going on at once".
- Ask someone to throw an additional glove around, ask another, ask another.
- After a few minutes of chaos, have everyone throw all "Toss Gloves" into the center to be retrieved by owners.





- Have instructors discuss critical moments when paying attention is most important. I.e: Getting on/off lifts, demonstrating, leading a group down the hill, merge zones etc...
- Discuss preventative options.

3. Count to 20

- Stand in a circle.
- The aim of the group is to get to the number 20.
- One person in the group begins with the number one.
- Each person's aim in the group is to sense when is the right moment to say the next number, without colliding with someone else saying it at the same time.
- If two people say a number at the same time, the group has to start again.
- So one person says one, another two, another three, and all of you are trying to feel when it is safe to say the next one.
- If you all reach twenty, try it backwards.
- Now try the same thing again with your eyes closed and notice the difference. Notice the increase in awareness of sound, virtually extra sensory and the way it changes the group's energy. Really listening.

4. Human Knot

- Stand in a circle.
- All hands into the middle
- Lock hands with random people.
- Untie the knot. Communication and agility is key.

5. Stand on a Square

- Place square objects, or draw squares in the snow.
- Participants must stand on squares.
- Every time you say switch, remove a couple of squares, and participants must move to a new square.
- Be aware of other things around you. Participant spatial awareness component is finding or creating new squares as needed.

6. Stay Alive

- Form a small circle of 6 to 8 people.
- The leader introduces a small, soft ball or hacky sack into the group.
- The group must keep the ball/hacky sack off the ground (alive) by batting it with hands/feet/arms/legs.
- Group leader increases difficulty (appropriate to age and skill level) by asking participants to balance on one foot, introducing two balls/sacks simultaneously, telling participants they must keep one foot in the same location as they started, etc.





- This game can be progressive eliminating the players as they don't successfully keep the ball/sack alive into a second group.

7. **Lumberjacks and Farmers**

- Divide participants into 2 teams. One team is the lumber jacks and the other team is the farmers.
- Set out cones, half sitting up and half laying down.
- On "3,2,1 go" the farmers run around standing up the cones and the lumber jacks knock them down.
- If all of the cones are either sitting up or all knocked over then the losing team gets a 5 jumping jack penalty.
- Don't let people guard areas or cones.
- Collisions incur a 5 jumping jack penalty.

8. **Behind Enemy Lines**

- **Form two teams of 4 to 8 participants each.**
- **Draw two lines 50 feet apart.**
- **Place objects = to the number of participants plus two) in the center of the play area.**
- **On the start signal teams rush to the center and grab an object and place it behind the enemy lines (no throwing – must be placed).**
- **Once an object is behind your line you can pick it up and place it behind the other team's line.**
- **After a set time, the game ends and the winner is the team with the least number of objects behind their line.**
- Collisions incur a 5 jumping jack penalty.

9. **Treasure Chest**

- Groups of 5 (1 pirate – 4 sailors)
- Mark a square play area for each group (depending on age and skill, I would typically draw a 10' x10' square in the snow with a small (3' diameter) circle in the middle and a beanbag inside the circle.
- The pirate must stay in the square but may not go inside the circle.
- The sailors try to steal the "treasure" (beanbag) from circle and return outside the boundaries without being tagged by the pirate.
- The pirate protects the treasure but cannot go in the circle with it.
- Establish time line (1-2 minutes) to see how many times sailors can steal the treasure (alternately, a successful tag results in the pirate and tagged sailor changing places.
- Sailors work together and make a plan to steal the treasure.

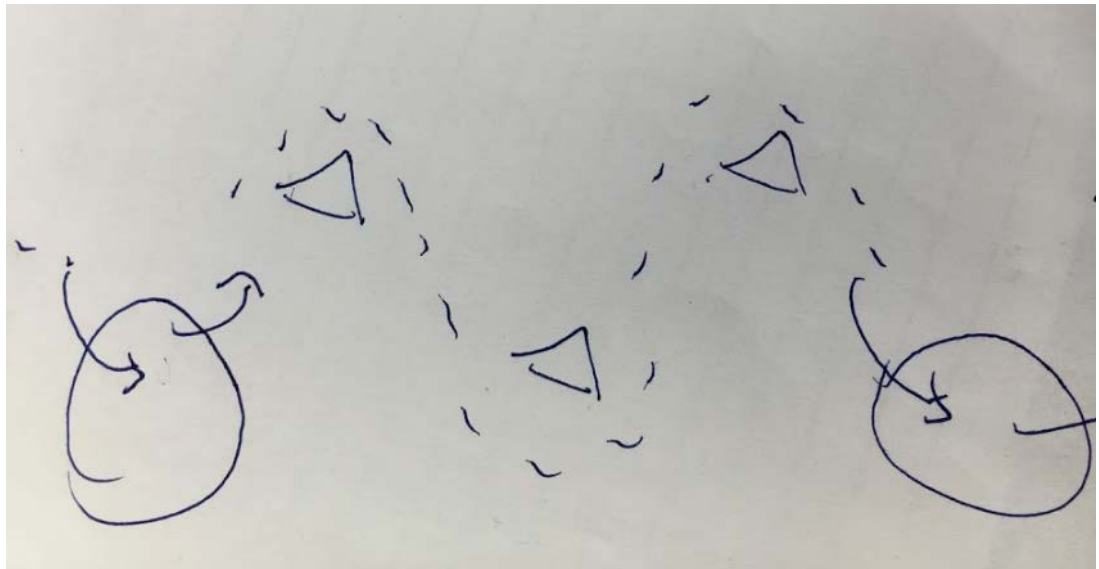
10. **Audible Awareness**

- During morning meeting while sup is talking, another sup or designated instructor is making subtle noises.



- i. Radio, pole click, click skis, click binding in/out, wipeout, hockey stop
- At end, see which instructors were aware of which noises they could hear on the mountain

11. Obstacle Course



- Make course from hula hoops and cones (or other objects)
- Some features you have to jump over, some go around
- Juggle glove or toy as you navigate the course
- Sing a song or play music – when music stops traffic stops.
- If a glove is dropped, traffic stops.
- Begin moving again once music resumes or glove is picked up.

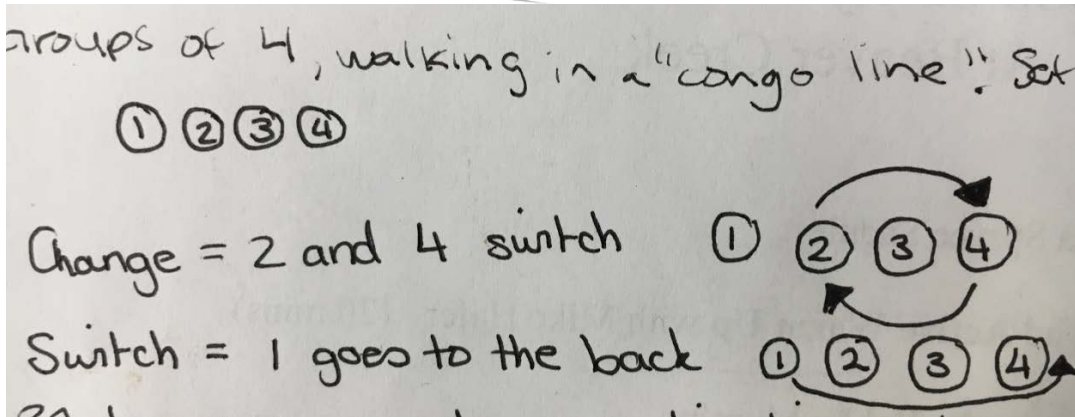
12. What Changed?

- At morning meeting, have instructors stand in a circle
- Ask them to look around and observe their surroundings.
- Have them close their eyes. While their eyes are closed, have two instructors switch helmets, or switch places in the circle, or have an instructor hold their poles or skis.
- Everyone opens eyes, what's different?

13. The Active Wave

- Emulate a body to skill movement, ie an Ollie, a spin, a tail press, etc
- Have that movement go around the circle until the next person is up, that person does a new skill.
- A supervisor can add to the movement pattern as it makes its way around the circle, everyone following has to watch and add that movement in as well.

14. Change, Switch, Rotate



- Groups of 4 walk in a "congo line."
- Set a boundary area large enough for the all the groups to move around without being too large.
- "Change" – People 2 and 4 trade positions
- "Switch" – Person 1 goes to the back
- "Rotate" – Everyone changes direction ,1 becomes 4, 4 becomes 1
- While changing, switching, or rotating, everyone keeps moving.
- Person calling out instructions can also call out different speeds to move at, different types of movements (jumping, duck walking, etc)

15. Protect the Hoop

- One goalie, their job is to protect the hoop
- Everyone else is offense – arranged in semi-circle around the hoop
- No speaking
- Only one thrower at a time
- Score by throwing glove into the hoop

16. Tiger Tail

- Groups of 3 people – One head, one body, one tail.
- Tail person holds a loose glove behind them as the "tail"
- Head tries to catch a tiger by its tail and collect the glove.
- Tail has to avoid being caught (but can't leave the body)

17. Turn & Catch

- Partner up and stand 20 feet apart.
- One partner is the thrower, the other the catcher
- Glove or object to catch.
- Catcher turns around.
- Person with the glove counts "1-2-3-Go" and on "Go" tosses the object towards the partner



- Pay attention to your partner's voice and only turn when they say "Go," not when other people say "Go"
- The Catcher can turn around as soon as their partner says "Go" and attempts to grab the object in mid-air
- After each toss the catcher and thrower switch roles.
- Start small and ramp up intensity as you warm up –get closer, throw faster, throw to left or right to increase challenge

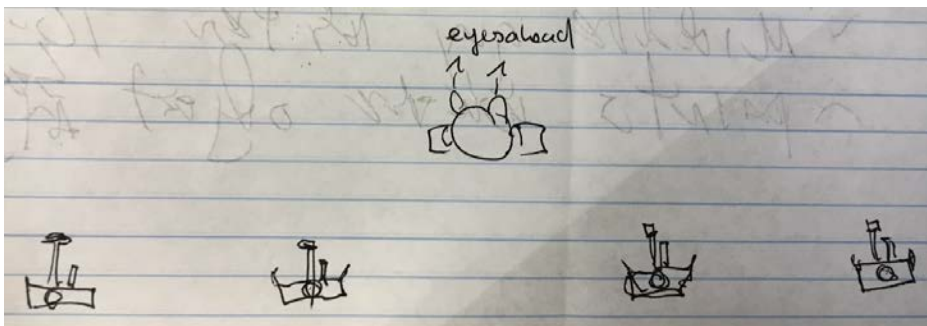
18. Silent Simon's Active Warmup

- Choose a Silent Simon to lead Active Warmup
- Everyone else partners up
- Maintain eye contact with partner
- Simon leads active warmup drills, Captain hooks, Bunny Hops, Squats, Jumping Jacks, etc
- Partners must copy Simon via peripheral vision and copying each other

19. Binder Clip

- Put a handful of binder clips in your pocket
- During morning meeting and warmup, stealthily clip the binder clips to Pro's jackets
- If a Pro notices that they have been clipped, they can take it off and try to put it on someone else
- Move around – mix it up
- At the end of morning meeting, who doesn't have clips on them?

20. Peripheral Walk



- Groups of at least 3 people stand facing in the same direction
- The person in the middle takes a few steps forward and stands still looking straight ahead
- The people behind move forward in a Lunge/Tele Steps taking care to stay in a straight line
- The middle person raises their right or left hand when they see movement in their peripheral vision on their right or left
- Play with different formations, use side lunge steps, toss glove among people in the line

21. Octopus Tag





- Set a boundary area, one person is the Octopus and stands in the middle
- Everyone else lines up at an end of the boundary and when the Octopus says go they all run to the other side of the boundary.
- Whoever the Octopus tags is now part of the Octopus's arms.
- This goes back and forth until there's only one person, who then starts the next round.
- This game is fun when played with a lot of kids.

22. Escape from the Zombies

- Set a boundary area and identify three zombies. They lay on their backs with their arms crossed.
- Everyone else are runners and stand outside the boundary.
- On the go signal the zombies stand up, and the runners must run across the playing area to the opposite line in order to be safe from the zombies.
- Any tagged runners become zombies
- Repeat this from the other side of the playing area each time.
- When 3 to 5 people are left, start again.

23. Memory Warmup

- Space out for Active Warmup
- Give the entire group a starting warmup exercise.
- The leader immediately begins exercise 2 while everyone else continues with exercise 1.
- When the leader switches exercise 3, everyone else begins exercise 2.
- Start with stretches and exercises on your feet and work in other movements.
- Mix it up with several shorter exercises. Group must remember what exercise the leader is doing.

24. Break Dance Circle

- Form a circle or square with an arms distance apart.
- Choose a leader to go to the middle and perform a movement or exercise.
- Everyone else copies the leader.
- After 20 or 30 seconds the leader chooses another person to be the new leader
- The new leader performs another movement and everyone else again copies the leader

25. Mirroring

- Split the group into pairs and organize them so they are standing opposite each other.
- One person makes a movement, the other tries to mirror them as well as they can, they then continue this for the time allocated
- Swap roles. When both have played both roles, they can try to coordinate movements with each other, so that both become player and mirror at the same time. This works best with slow movements and needs a lot of concentration.

26. Categories

- Ask the group to divide into smaller groups according to a category





- Yell out “eye color,” “shoe size,” “hair color,” “clothing color,” “type of pet,” etc.
- Get creative: “toothbrush color,” “number of siblings,” “helmet brand,” etc
- Add challenges – change groups while hopping on one foot, one eye closed, etc
- Make it quick and fast paced, get everyone moving.

27. Donkey Tails

- Set a boundary area
- Everyone puts a 3-6 bib or some other piece of cloth in their back pocket so it hangs out
- Everyone is out for themselves trying to steal as many tails as possible.
- You cannot hold onto or touch your own tail
- There must be enough hanging out to grab
- Donkeys with no tails must do a set exercise in place where they lost their tail

28. Balancing Act

- Circle up with a leader in the middle.
- Everyone in the circle faces out, with their backs to the leader, and holds one of their gloves loose in their hands.
- Leader can call out left or right, and the circle walks clockwise/anti-clockwise around the leader.
- While the circle is spinning, the leader strikes a pose, or puts their glove somewhere on their body (balance on top of helmet, in their hood, in their back pocket, on their boot, etc, and then says “Go!”
- Everyone in the circle turns around and mimics the leader.
- The last person to copy is the new leader

29. Touch Blue

- Leader calls out an object, color, pattern, or shape.
- Participants must move to and touch a matching item.
- Cannot touch anything on themselves or on another person.
- It’s best to only use unusual colors or patterns
- Add a challenge by using a movement pattern (have to do jumping jacks while you move to the object or color)
- They will be provided an opportunity to use their creative thinking skills. If the leader says “triangle,” someone could draw a triangle in the snow.

30. Fishy Fishy Sharky Sharky

- One person is the shark. Everyone else must then line up at one end of the boundary area.
- The shark decides who to call forward. For example, it could be “*anyone wearing red*” or “*anyone wearing a black hat.*”
- Those chosen run to the opposite end of the allocated space, past the shark who will try to catch them.
- If the shark catches them, they then become seaweed.





- Seaweed can't move their feet but they can reach out with their arms and attempt to try to catch others in the group.
- The game continues in the same way with anyone the shark or seaweed catches becoming seaweed.
- The last person in becomes the shark in the next game.

31. Speed Up or Slow Down

- Circle up in a large circle
- Each person picks a spot on the other side of the circle and focuses on it
- On "Go," they must walk to their new spot in a straight line.
- The object is to reach your spot without coming in to contact with any other person.
- You may not stop or change direction but you may alter your speed.
- Step it up to a fast-walk and or running in place and jogging to the new spot.

32. Coin Toss

- Define a safe zone a little ways away from the group.
- Partner up and face partners. One is "Heads," the other is "Tails"
- Supervisor flips an object (Frisbee, glove, hat, etc) into the air like a coin toss
- If the object lands "heads," then heads partner chases the tails partner and tries to tag them before they reach the safe zone. If the object lands "tails," then the tails partner chases the heads partner.
- Have everyone change partners in order to change the game dynamics.

33. Evolve

- Group up in a circle.
- Everyone starts out as an egg and places their hands above their head and together so that they look like an egg.
- Supervisor says "Go," and each person find another "egg" and does Rock, Paper, Scissors.
- The loser stays an egg, the winner becomes a chicken and places their arms as wings and making chicken noises.
- The chickens now look for another chicken while the egg looks for another egg.
- When you win as a chicken you become a T-Rex, placing your hands out and roaring. If you lose as a chicken you drop back down to an egg.
- Dinosaurs find other dinosaurs, where they will play to become people. People put their hands over their heads like superman and look for others like them.
- If you lose as a dinosaur you go back to being a chicken, looking for other chickens. If a person loses to another person they go back to a dinosaur, and if they win they stay as people.

