

# **Trust Walk**

## **Objective**

The Trust Walk activity communicates several important messages to your team, especially the importance of commitment and trust.

## **Setup**

All you will need for this exercise are blindfolds for half of your team members. You can use bandanas or folded T-shirts to create the blindfolds.

## **Instructions**

Have your players pair up with a teammate who they may not know as well or interact with as frequently. Blindfold one person from each pair while the other person will act as a guide. Instruct the guides to lead their blindfolded partner around the area for roughly five minutes. The guide should communicate often while safely leading the person through a variety of different challenges including steps, bleachers, narrow spaces and different and different surfaces if at all possible. The guide's major responsibility is to make sure that their blindfolded partner is kept safe during the entire process. After about five minutes, have all the pairs return to where you started.