

## ROLE -PLAY INSTRUCTIONS TO PARTICIPANTS

Role-plays have proven very helpful in exploring the leadership experience. These role-plays have been specifically designed to for participants to try unrehearsed roles that typically occur on outdoor hikes and backpack trips.

It is helpful to remind participants at the outset of the exercise of these points:

- If it is said, it is true. (If a participant takes a role in a certain direction, follow it.)
- Try to stick to the role and get through the giggles.
- Follow your scripts as to your assigned role, but remember it is OK to be yourself within that role - you can start tough or be convinced within the realms of what is reasonable. If the leader has good ideas and performs well, allow them to succeed.
- There is no right or wrong in the exercises - only effective and ineffective.
- These role plays are only meant to be a learning exercise – an opportunity for the student leader to try out leadership styles in a safe environment. They are a “jumping off point” for learning about various aspects of leadership and situations you encounter – not a test.
- Leaders - if something doesn't work, don't try harder, try something different. Consult with your co-leader – remember who they are in your scenario!
- Set up a signal for any participant to ask for time out from the exercise.

## DEBRIEFING FORMAT

**Leader reads their role and reflects on how the situation went:**

• How did they feel?	• What went well?
• What did others do that was helpful/not helpful?	• What might they have done differently?
• What was challenging (didn't know what to do)?	

**One at a time, in circle fashion, each participant reads their role and offers feedback**

• How did they feel?	• What went well?
• What did others do that was helpful/not helpful?	• What would have felt better?

**Finally, trainers offer feedback, share their observations reinforcing learning from the large group lectures/discussions, and incorporate helpful hints:**

- Guide the process and ask questions throughout
- Reframe any negative or poorly framed comments, if necessary
- Offer praise, ask reflective questions, discuss leadership style, make suggestions
- Leadership style: authoritarian, selling, consulting, engaging, laissez-faire, charismatic
- Participant roles: opposer, follower, bystander, helper

## SCENARIO INSTRUCTIONS: ACCIDENT SCENE MANAGEMENT

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Pretend that you are suffering from a blister. You feel a "hot spot" but don't want to say anything. You start to have trouble walking and fall behind the group.

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Pretend that you have twisted your ankle badly and are in obvious discomfort, but you refuse to stop and soak the ankle in a stream or accept any first aid.

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Pretend that you are suffering from leg cramps.

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Pretend that you are suffering from heat exhaustion. You are feeling weak and tired, and a little dizzy and nauseous.

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Pretend that you are suffering from hypothermia.

- You feel extremely cold and you are shivering uncontrollably.
  - You are confused and lethargic, your walk is clumsy, and your speech is slurred.
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Pretend that you have suffered a bee sting.

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Pretend that you are feeling faint and dizzy. You didn't drink anything for hours, because you don't want to pee outdoors, but you are embarrassed to say this.

## SCENARIO INSTRUCTIONS: GROUP MANAGEMENT

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Pretend that you forgot to bring something to eat and there is no nearby store.

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When the group starts moving, you have trouble with something (get your jacket out, lose your map, or do something that makes you take off your pack and look for something). Take your time; delay the group as much as you can.

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Pretend to take pictures of the fantastic flowers and scenery. Stop often and take your time getting the perfect shot. Take a few pictures of the group as well. Try to get everyone to pose together. What fun! This is photographer's heaven!

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Pretend to be annoyed with the person who is always stopping to take pictures. You want to get going so you can get a good workout. This easy trail is a great opportunity to hike a bit faster and if you hurry you can get home early, if only this group would just keep moving!

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Halfway through the trip, tell the leader that you would like to leave early.

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Pretend that you are hiking much more slowly than the rest of the group. They have to constantly stop and wait for you because you are at least 5 minutes behind everyone else, but you refuse to take an early exit. (You are a straggler.)

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Pretend that you want to get a “head start” and skip the break to continue hiking, because you feel slower than the group and don’t want to slow them down.

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Go ahead of the group a short distance out of sight. Hide so that you cannot be seen.

(But don't move too far away. The hope is that the leader will notice and speak to you before you succeed in getting out of sight of the group.)

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Pretend that you are a separated from the group (a missing hiker). Move out of sight of the group and hide. (But don’t move too far away.)

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When the group notices someone is missing, you go right to the leader and ask "What should we do?" Direct a lot of suggestions and questions to the leader. Put some pressure on him/her to make a decision and do something. Send for help. Search. Stay right where we are, etc.

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Pretend that you are someone who doesn’t usually pay attention to what the leader is saying. You’re busy talking with other people.

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Pretend that you want to go somewhere risky because it looks scenic or fun: down to the water with slippery rocks, or scrambling up a cliff for the view.

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Pretend that we are experiencing a lightning storm--and the flashes of lightning are followed within a few seconds by the sound of thunder.

## SCENARIO INSTRUCTIONS: LEAVE NO TRACE

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During a break, sit down directly in the middle of the trail and spread out your gear.

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Drop a banana peel or apple core. If someone notices, explain that it is biodegradable. (The facilitator will pick it up if no one notices)

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You like to wear headphones while hiking, and sometimes sing along with the music. It helps you relax and makes you feel good.

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Pretend that you are an obnoxious, whiney hiker. This is not as fun as you hoped.

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Pretend that the trail is very muddy and you don't want to get your feet wet. You walk on the side of the trail instead of down the middle.

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During a break, you start piling rocks on top of each other to build a cairn rock sculpture, as a fun way to spend the time.

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