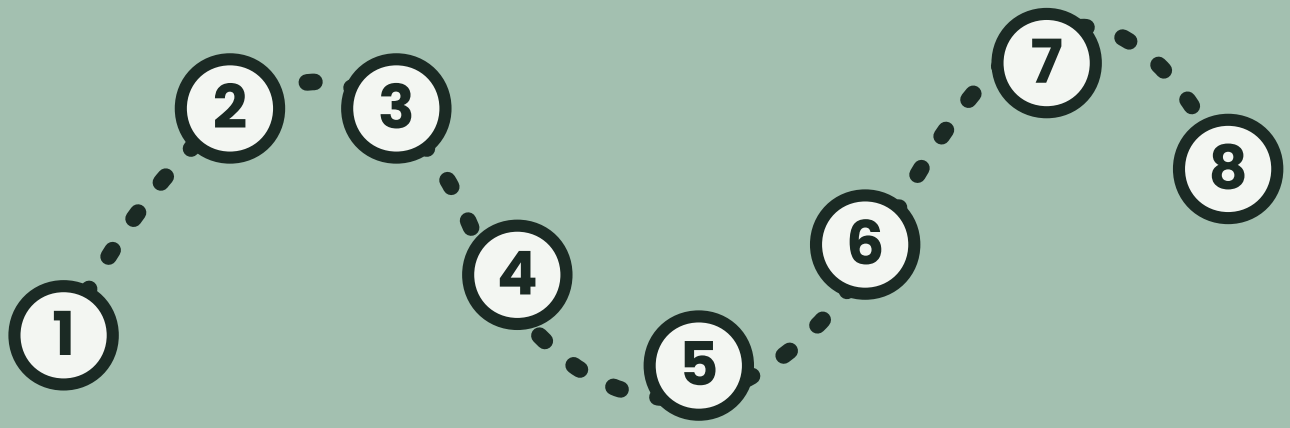
CYC WAIHOLA | LAKE WAIHOLA, OTAGO

The Amazing Race

Race around camp with your team! Solve puzzles, take on challenges and crack the secret code word. Ready, set, go!



8 to 13	4 to 6	90 min	8
Ages	Kids per team	Run time	Checkpoints

Get set!

The big idea. Teams travel from checkpoint to checkpoint, solving puzzles and taking on challenges. Each checkpoint gives out one letter. After checkpoint 8, the letters unscramble into the race's theme word. The theme is Better Together: nobody wins by running ahead, because points are for teamwork, kindness and effort as well as finishing.

Teams

- 4 to 6 kids per team, mixed ages where possible so older kids can lead and younger kids can shine.
- One leader per team who walks with them and carries the leader cards, first aid contact and a whistle.
- Start teams 5 minutes apart so checkpoints do not get crowded.

Two ways to run it

- **Staffed:** a helper at each checkpoint runs the challenge and hands out the letter and clue.
- **Leader-led:** each team leader runs every challenge from the cards. No extra helpers needed.

Timing guide

- Briefing and teams: 10 min
- Eight checkpoints: about 8 to 10 min each, plus walking
- Finish and prizes: 10 min

Gear checklist

- One Team Passport per team (printed)
- Paper, markers, sticky tape, pencils
- 10 plastic cups per team, 1 scarf per team
- 6 drawstring bags and 6 safe objects per team
- 1 hula hoop per team (or share by checkpoint)
- Printed code and riddle sheets
- Word cards for the verse
- Whistle for every leader
- Camera or phone for photos
- First aid kit and water at the start

Checkpoint locations use CYC Waihola spaces (Main Lodge, Homestead, Clark House, The Chalets). Swap any location for one that suits your numbers and the weather.

Race rules and staying safe

Race rules (the fun kind)

- We walk. No running between checkpoints.
- Stay with your team and your leader at all times.
- Listen for three whistle blasts. That means stop and come to your leader.
- Everyone gets a turn at every challenge.
- Cheer for other teams. Winning is also about being kind.
- Look after camp: leave plants, rocks and wildlife as you found them.

Scoring

Part	Points
8 checkpoints, up to 10 each	80
Secret code word	20
Total	**100**

Each checkpoint: 6 for finishing, 2 for teamwork, 2 for effort or creativity. Speed is not scored.

Leader safety checklist

- Follow CYC Waihola's usual supervision ratios and child safe policies.
- Do a head count at every checkpoint and every move.
- Check weather before the start. Pause the race for lightning, strong wind or heavy rain, and gather in the Main Lodge.
- Lake Look-Out is shore only. Nobody enters the water. Keep the group behind the marked line.
- The flying fox is not in use. Teams look from the viewing line only.
- Walk the route first to clear hazards.
- Sun and water: sunscreen, hats and drinks at the start, and again at the half-way point.
- Mystery Bags use clean, safe objects. No food, so allergies are not a problem.
- Blindfold is optional. Eyes closed is always fine, and builders never walk blind.
- Include everyone: adjust any task so every child can join in at their level.
- Know where the nearest first aid kit and emergency contact are.

Your route

#	Checkpoint	Location	Type	Letter
1	**Launch Pad**	Main Lodge	Creative	H
2	**Code Breakers**	Homestead	Brain	T
3	**Blind Builders**	Clark House	Teamwork	E
4	**Mystery Bags**	The Chalets	Brain	O
5	**Lake Look-Out**	Lakeside viewpoint	Nature	R
6	**Detour: Hoops or Riddles**	Open lawn	Choice	T
7	**Lift Each Other Up**	Flying fox viewing line	Faith	G
8	**Finish Line**	Main Lodge	Team	E

Say this to kick things off

"Welcome to the Amazing Race! You are in teams, and you will travel around camp to eight checkpoints. At each checkpoint you will do a challenge together, and you will get a letter and a clue to the next place. Keep your letters safe, because at the end they will make a secret word. We walk everywhere, we stay with our leader, and we help each other. Points are for teamwork and kindness as much as getting things right. Ready? Let's go!"

Prizes for everyone

- **Spirit Award:** the team that cheered on others the most.
- **Brain Award:** best puzzle solving.
- **Builder Award:** best teamwork at Blind Builders.
- Everyone gets a finisher sticker or sticker flag.

Checkpoint cards

1 Launch Pad

Main Lodge · 8 min

Creative

Say it out loud: Every great team needs a name, a flag and a battle cry. You have 5 minutes. Make them yours.

YOU WILL NEED

Paper, markers, sticky tape, one stick or ruler per team.

HOW TO PLAY

Team agrees on a team name, draws a flag and makes up a cheer of 10 seconds or less. Everyone must add something to the flag. Perform the cheer for the leader.

WANT IT EASIER? (8 TO 10)

Leader writes the team name while kids draw.

WANT A CHALLENGE? (11 TO 13)

Cheer must include an action and a rhyme.

POINTS (OUT OF 10)

6 for finishing, 2 for everyone joining in, 2 for creativity

Hand over letter H **Next clue:** Your next stop has a name that means a house on a farm. Find the Homestead!

Stay safe: Keep markers capped when walking. Fly the flag by hand only.

2 Code Breakers

Homestead · 8 min

Brain

Say it out loud: A secret message has been hidden here. Crack the code to find your next stop.

YOU WILL NEED

Print the coded message and the alphabet strip (Answer Key page). Pencils.

HOW TO PLAY

Each letter has been moved along the alphabet. Teams slide each letter back to find the plain message. Work as a team: one reads, one writes, others check.

WANT IT EASIER? (8 TO 10)

Version A (shift of 1): OFYU TUPQ: DMBSL IPVTF

WANT A CHALLENGE? (11 TO 13)

Version B (shift of 3): QHAW VWRS: FODUN KRXVH

POINTS (OUT OF 10)

6 for cracking it, 2 for teamwork, 2 for neat writing

Hand over letter T **Next clue:** The coded message is the clue: it leads to Clark House.

Stay safe: Sit on the ground or a bench. Keep pencils in hands.

Checkpoint cards

3 Blind Builders

Clark House · 10 min

Teamwork

Say it out loud: One person builds with eyes closed. Everyone else can only use words. Can you build a pyramid together?

YOU WILL NEED

10 plastic cups per team, scarf or blindfold (or eyes closed), flat ground.

HOW TO PLAY

Pick a builder. Helpers give spoken instructions only: no touching, no pointing. Build a 4-3-2-1 cup pyramid. Swap builders after 2 minutes so everyone has a turn.

WANT IT EASIER? (8 TO 10)

Builder may peek once.

WANT A CHALLENGE? (11 TO 13)

Helpers cannot say left, right, up or down.

POINTS (OUT OF 10)

6 for a finished pyramid, 2 for every child having a turn, 2 for kind words

Hand over letter E **Next clue:** Little cosy houses lined up in a row. Find the Chalets!

Stay safe: Builder sits or kneels; never walks blindfolded. Eyes-closed is always fine.

4 Mystery Bags

The Chalets · 8 min

Brain

Say it out loud: Reach in, feel and guess. No peeking!

YOU WILL NEED

6 bags, each with one safe object (tennis ball, sponge, wooden spoon, pinecone, soft toy, bar of soap). No food.

HOW TO PLAY

Each child takes a turn feeling one bag and describing it using words only. The team guesses together. Leader checks the answer.

WANT IT EASIER? (8 TO 10)

Child may name the object directly.

WANT A CHALLENGE? (11 TO 13)

Describe it without using its colour, size or shape.

POINTS (OUT OF 10)

1 point per correct bag, plus 4 for describing well and taking turns

Hand over letter O **Next clue:** Walk to where the land meets the water. Stay on the shore and find the Lakeside viewpoint.

Stay safe: Check all objects are clean and have no sharp edges. Nothing edible.

Checkpoint cards

5 Lake Look-Out

Lakeside viewpoint · 10 min

Nature

Say it out loud: Lake Waihola is full of things to spot. Can you find all eight?

YOU WILL NEED
Printed checklist (Team Passport page) and a pencil. Leader stays with team.

HOW TO PLAY
Look for: something smooth, something rough, a feather, a pointy leaf, a seed or pinecone, something yellow, something that floats, an animal or bird you can hear. Look and tick. Leave everything where you found it.

WANT IT EASIER? (8 TO 10)
Leader gives a hint for any two items.

WANT A CHALLENGE? (11 TO 13)
Name each bird or plant if you can.

POINTS (OUT OF 10)
1 per item found (8), plus 2 for teamwork

Hand over letter R

Next clue: Find somewhere flat and green. Remember, today we walk. Head for the open lawn.

Stay safe: Stay behind the shore line. No one enters the water. Leader counts heads.

6 Detour: Hoops or Riddles

Open lawn · 10 min

Choice

Say it out loud: This is a Detour. Choose one challenge: Hoop Pass or Riddle Trio.

YOU WILL NEED
One hula hoop. Printed riddles (Answer Key page).

HOW TO PLAY
Hoop Pass: stand in a circle holding hands and pass the hoop all the way round, twice, without letting go. Riddle Trio: solve three riddles together, no help from the leader.

WANT IT EASIER? (8 TO 10)
Hoop Pass: you may use a bigger hoop, or let go once.

WANT A CHALLENGE? (11 TO 13)
Hoop Pass: pass two hoops in opposite directions.

POINTS (OUT OF 10)
6 for finishing, 2 for teamwork, 2 for cheering each other on

Hand over letter T

Next clue: Find the line where you can look at the flying fox. Look, don't touch.

Stay safe: Clear the lawn of holes and rocks first. Hold hands gently.

Checkpoint cards

7 Lift Each Other Up

Flying fox viewing line · 8 min

Faith

Say it out loud: Put the words in the right order. They tell us something about being a team.

YOU WILL NEED

Envelope with 10 word cards (leader prepares): For / if / they / fall, / the / one / will / lift / up / his fellow.

HOW TO PLAY

Teams unscramble the verse (Ecclesiastes 4:10, KJV). Then talk about it: when did someone help you up? How can your team do that at camp?

WANT IT EASIER? (8 TO 10)

Leader shows the first two words.

WANT A CHALLENGE? (11 TO 13)

Word cards are mixed with two extra cards.

POINTS (OUT OF 10)

6 for the verse, 2 for chatting, 2 for listening to each other

Hand over letter G **Next clue:** Home sweet home. Head back to where it all began: the Main Lodge.

Stay safe: Stay behind the line. The flying fox is not in use during this activity.

8 Finish Line

Main Lodge · 10 min

Team

Say it out loud: You made it! Now put your eight letters together to make the code word.

YOU WILL NEED

Team Passport with eight letters, a camera or phone for the photo.

HOW TO PLAY

Unscramble the letters to reveal the team's code word. Then strike a team pose for the photo and each person says one way they will help someone at camp today.

WANT IT EASIER? (8 TO 10)

Leader tells them it is one word.

WANT A CHALLENGE? (11 TO 13)

No hints at all.

POINTS (OUT OF 10)

10 for the pledge and photo, plus 20 for the code word

Hand over letter E **Next clue:** Check the answer: TOGETHER. Then celebrate.

Stay safe: Count heads. Water, sunscreen and a seat for everyone.

Team Passport

Team name: _____ **Leader:** _____

#	Checkpoint	Leader initials	Letter	Points
1	**Launch Pad** Main Lodge			
2	**Code Breakers** Homestead			
3	**Blind Builders** Clark House			
4	**Mystery Bags** The Chalets			
5	**Lake Look-Out** Lakeside viewpoint			
6	**Detour: Hoops or Riddles** Open lawn			
7	**Lift Each Other Up** Flying fox viewing line			
8	**Finish Line** Main Lodge			

Secret code word

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Total points: ____ / 100 Spirit stars: ____

Lake Look-Out checklist

Something smooth ____	Something rough ____	A feather ____	A pointy leaf ____
A seed or pinecone ____	Something yellow ____	Something that floats ____	A bird or animal sound ____

Answer key and extras

Code Breakers (checkpoint 2)

Alphabet strip A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

Version A, shift of 1: `OFYU TUPQ: DMBSL IPVTF` reads NEXT STOP: CLARK HOUSE

Version B, shift of 3: `QHAW VWRS: FODUN KRXVH` reads NEXT STOP: CLARK HOUSE

How to crack it: write the alphabet twice, then for each coded letter move back one (A) or three (B) places.

Riddle Trio (checkpoint 6)

1. What has hands but cannot clap? **A clock.**
2. What gets wetter the more it dries? **A towel.**
3. What has a neck but no head? **A bottle.**

Lift Each Other Up (checkpoint 7)

"For if they fall, the one will lift up his fellow." Ecclesiastes 4:10 (KJV). Print each word on its own card. For ages 11 to 13 add two extra cards such as "rise" and "friend".

Secret code word (checkpoint 8)

Letters collected: H, T, E, O, R, T, G, E. Answer: **TOGETHER**

Mystery Bags (checkpoint 4)

Suggested objects: tennis ball, sponge, wooden spoon, pinecone, soft toy, bar of soap. Swap in anything safe that you have.

Scoreboard

Team	Checkpoints (80)	Code (20)	Total