

➤ **SAMPLE CHALLENGES & ROADBLOCKS**

- **Challenge - Research – Have participants learn as they play!**
 - Make a list of addictions topics, one topic for each team, use **AFM's The Basics Fact Sheet Series** included with this kit for topic and question ideas, other possible topics could include: Impaired Driving, Fetal Alcohol Spectrum Disorder, Compulsive Gambling, Drug Trade, etc.
 - Teams must choose one substance or topic to research on a first come first serve basis.
 - Once the topic has been chosen no other team can select it.
 - The list of topics could be held at the front desk of the school, public or AFM Library.
 - Teams must research the topic, **WRITING DOWN** the information they have found, each team could answer such questions as the following:
 - What are some signs and symptoms of addiction to this substance/behaviour?
 - What are the short-term effects?
 - What are the long-term effects?
 - What are the withdrawal symptoms?
 - Can users become physically/psychologically dependent?
 - What is tolerance; how does a person develop tolerance to this substance/behaviour?
 - What are some of the other risks?
 - If you or a family member had this addiction, where would you go for help?
 - Once the research has been completed (all questions have been answered), teams will receive their next clue from the Librarian at the front desk and proceed to the next leg of the race.
- **Roadblock - Physical – Have participants listen to their bodies talk!**
 - Teams could now proceed to the gymnasium; because this is a **Roadblock** the team must chose one member to represent them in the physical challenge.
 - Set up some physical challenges: e.g. shoot 4 baskets in a row, keep a hula hoop up or jump rope without stopping for a specific time, climb a rope (use appropriate safety measures).
 - Borrow the **Remote Control Truck Kit** and **Impairment Goggles** from **AFM Library 1-866-638-2568** and set up a route using the pylons, stop-sign and railway crossing. The team representative must wear the Impairment Goggles to guide the remote control car through the route without hitting the pylons before receiving the next clue and continuing the race.
- **Detours – Tricky Choices - Tough but quick or easy and time-consuming!**
 - **Tough but quick** – Each team could be given a list of 5 substances, for each they must identify: Drug Classification and order of use by Manitoba students as described in the Addictions Foundation of Manitoba's **Alcohol and Other Drug Use by Manitoba Students** (www.afm.mb.ca).
 - **Easy and time-consuming** – Ask each team to find out if the school has a drug policy, obtain a copy of the policy, scan it, list 5 highlights of the policy, then interview 5 students/teachers to determine if they are aware of the school policy.
 - Teams must report findings to the **Guidance Counsellor** before receiving the clue which will take them to the final pit-stop.
- **Pit-stop & Presentations – Have participants share what they've learned!**
 - Teams could now proceed to the classroom and sign in – this determines the order of presentations.
 - They will be given a set period of time to prepare a **FIVE minute** presentation on their chosen topic while waiting for all teams to arrive.
 - Snacks could be served while teams prepare their presentations.

➤ **GAME PROPS**

- **To make it more authentic:**
 - **Clue Cards** - Design a clue card (fold in 3 brochure-style) – on the outside use an image of the map of the world with the text **THE AMAZING ADDICTIONS RACE** across it; leave the inside blank so you can add your clues;
 - **Envelopes** - Use envelopes to hold the clues (this adds the excitement of opening the next clue and helps to keep the clue confidential);
 - **Design a few red Amazing Race – style “clue boxes”.**

➤ **GAME PRIZES**

- **Secure prizes for all participants:**
 - Order MAAW **Let's talk about...IT! Silicone promotional bracelets** for each team member, see **order form in Resource Section** of Kit;
 - Order pizza for the final pit-stop; get a local business to donate a prize/gift certificate for the winning team, etc.)
 - **Apply for up to \$150 in funding** to purchase prizes, props, resources, t-shirts, etc. to make your Amazing Race truly memorable – see **Funding Section 5 in this kit.**