



MEL & ENID ZUCKERMAN COLLEGE OF PUBLIC HEALTH

Western Mining Safety and Health Training Resource Center

Mining Strong

Rules for the Mining Strong Card Game (Total Worker Health Edition)

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Mining Strong

Overview

Mining Strong is a cooperative card game where you and your team will work against the game to control health hazards and improve your health.

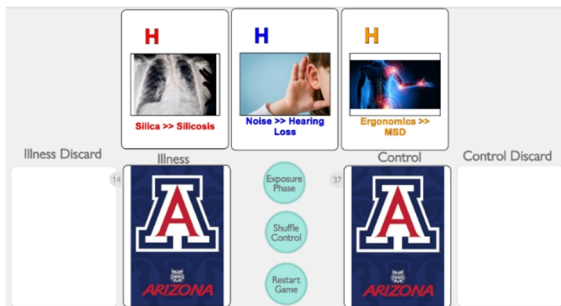
Components and Getting Started

1. Hazard Cards (3)
2. Illness Cards (14)
3. Control Cards (37)
4. Quick Reference Card (1)

Shuffle the Control cards and deal a hand to each player. Players should keep their hands hidden. During your first time playing, deal the 'Easy' number of cards (Table 1 below).

Players	Easy	Normal	Hardcore
3	6	5	4
4	5	4	3
5	4	3	2*

The layout should look something like this:



Turn

Communication limit: During the game players CANNOT share the specific number value of their cards with others. You can describe the color, name, and type of control for the card, e.g. "I have a green 'Nutrition regimen' card. It's a good program control." Once a card is played it must be used.

There are three phases to each turn:

1. Exposure Phase

- Replenish Hand: Fill every player's hand up to the starting amount.
- Draw 1 Strength Card: The color of this card represents the type of hazard (not the severity). Discard this card, face up.
- Draw 1 Illness Card: This card represents the severity (value) of the health exposure. Discard this card, face up.

- Temporary Control: Players have the following 2 options:

1. 1: Temporarily control the hazard by discarding 1 or more Control cards of the matching color. The total value (sum of all cards) must be equal to or greater than the value of the Illness Card.
2. Option 2: Deal with illness:

Diabetes (Purple): Place 4 Illness Cards in the Control deck and shuffle it. If an Illness Card is drawn from the Control deck later, draw an additional Illness Card from the Illness deck and discard both.

Obesity (Green): Deal 1 Illness Card to each player (must remain in hand the rest of the game). Each player discards 1 Control Card.

Fatigue (Yellow): Discard 5 Illness Cards.

2. Preparation Phase

- Plan for the Control Phase. Players may trade cards if they like. Communication limits always apply.
- Each player may discard one or more Control cards and draw the corresponding number of Control cards from the Control deck.

<p>3. Control Phase There are three ways your team may choose to control a hazard. Communication limits always apply.</p> <p>- Set Collection Collect all four program cards for the hazard (e.g. cards 11-14 of the matching color).</p>	<p>- Trick-Taking Place 4 Control cards that match the hazard color in the play area. Draw a single Illness Card. If all 4 Control cards are of equal or higher value, you win the trick and control the hazard. A Mining Strong card trumps any Illness Card and wins the trick. If the Illness Card is higher than any Control cards, you don't control the hazard.</p>
<p>- Bidding Place up to 4 Control cards that match the hazard color in the play area. Draw 4 Illness Cards. If the sum of the players' cards bid is greater than that of the Illness Cards, your team controls the hazard. If not, you fail to control the hazard.</p>	<p>Controlled Hazards: At the end of the round, discard all Control Cards played, and place any Illness Cards drawn in the Illness discard pile. When a hazard has been controlled, turn over the Hazard Card associated with it. In future Exposure Phases, if that hazard type is drawn from the Control deck, continue drawing cards from the Control deck until a remaining Hazard color is drawn. Control cards cannot be used for controlling unrelated hazards (mismatched color).</p>
<p>You may skip the Control Phase if you choose to. Most games will consist of 3-4 rounds.</p> <p>Tip: You may count the cards in any deck or pile. You may look at the cards played in the discard piles, but NOT the Illness or Control decks.</p>	<p>Winning To win you must control all three hazards before the Illness or Control decks runs out of cards. If either deck runs out, the team loses the game.</p>
<p>Turn</p> <p>1. Exposure</p> <ul style="list-style-type: none"> • Draw 1 Control & 1 Illness Card • Temporarily control or deal with illness <p>2. Prepare</p> <ul style="list-style-type: none"> • Trade cards with players or deck <p>3. Control</p> <ul style="list-style-type: none"> • Collect 4 Program • Trick-Taking • Bidding 	<p>Illness</p> <p>Diabetes</p> <ul style="list-style-type: none"> • Shuffle 4 Illness Cards into Control deck • If you draw any Illness Card from Control deck, discard it and top Illness Card <p>Obesity</p> <ul style="list-style-type: none"> • Deal 1 Illness Card to each player (can't be discarded) • Each player discards 1 Control Card <p>Fatigue</p> <ul style="list-style-type: none"> • Discard 5 Illness Cards