



UNIVERSITY
RECREATION
& WELLNESS

Adventure Program: Challenge Course

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Challenge Course Pre-Workshop Questionnaire

Before answering this questionnaire, there are a few concepts to consider...

What is a Ropes/Challenge Course?

A ropes/challenge course is a unique program where individuals and groups come to create more effective teams.

A ropes course **IS:**

- A place where participants can learn to communicate better with each other
- A place to learn the value of cooperation and group encouragement
- A place where groups can work toward a common goal
- A place to have a shared group experience outside of the group's normal environment
- A program filled with individual and group challenges designed to help a group learn how to better work together and utilize the strengths within the group or discover new strengths within yourself.
- A program which may **or may not**, contain climbing activities depending on the group goals.

A ropes course is **NOT:**

- An obstacle course or a survival course. While there are climbing portions or elements, this is only a portion of the ropes course experience.
- A place for competition against others. The activities are designed around group participation and discovering what you're capable of.

Participants have a supportive atmosphere in which they can explore their personal potential and capabilities. Groups learn the value of cooperation and encouragement. As people move through the course, the focus is on what can be accomplished as a group.

Please take a moment to fill out this questionnaire so that we are more able to design a relevant and appropriate workshop for your group. By being as thorough as possible in your answers, we will have a better understanding of your group and the goals you would like to work towards while at the challenge course.

Please print and send this back with the Group Agreement, or as an email attachment

Group Name: _____ Expected Size of Group: _____

General Ages/Age Range of the group: _____

Group Website: _____ (if one exists)

For groups over 16 people, we will usually have to split them into smaller groups due to the nature of our programming and activities. Please let us know if this is a concern so we can examine possible program alterations or special needs.

1. How long has this group been together and in what capacity?

2. In your own words, why do you want to bring a group to the challenge course?

3. What do you hope the participants get out of the experience, and how do you feel the experience will benefit your group?

4. Are there any specific issues or special medical considerations the facilitator staff should be aware of and potentially plan for? This could include specific individuals or the group as a whole.



5. Are you looking for more of a recreational team bonding program (Getting to know each other and having a common group experience), or are you looking more for a more serious team building program (team building goal oriented activities and challenges that focus on group development)?

6. Does your group know why they are coming to challenge course and what to expect from the experience?

Activity Options can include:

Ice breakers: An ice breaker is an activity, game, or event that is used to welcome and warm up the conversation among participants, get people moving or loosen them up. When participants know each other, laughter and conversation generated by the ice breaker, warm up the group. When participants are strangers, the ice is broken and participants learn something about each other.

Team initiatives: Initiatives are best described as team building challenges that focus more on planning, problem solving, and creative thinking, than on physical ability. Initiatives are a great way to challenge groups, begin or enhance the team-building process, or simply have fun!



Low Ropes Course: Low ropes courses consist of a series of real and imaginary obstacles designed to challenge groups and individuals to work together to accomplish a task. Low Ropes Elements often consist of a series of cables, ropes, and obstacles strung between trees or poles, 12 to 18 inches above the ground. Low rope elements present tests of physical strength, stamina, agility, balance, and flexibility, and invite participants to confront such emotional issues as the fear of falling, the fear of failure, and the fear of losing control. Risk is managed by group members who assume critical spotting roles.



Climbing Program: Climbing with our program can be either on our Alpine Tower. The options will depend on your program goals, group size, and interest. Please let us know if you have a preference. The max weight limit for climbing elements is 300lbs based on recommendations by Alpine Towers International, the builder of the course. **NOTE:** The climbing wall is not normally included in a challenge course workshop. It may be able to be included by special request, but it will depend upon the time of your workshop as the wall has its own normal operating hours.



High Course



Alpine Tower

For a program that is no longer than 2 hours, we may not be able to accommodate a low program in addition to climbing. This will depend on the size of your group so please let us know your preference to focus on.

Preference: Lows? _____ Climbing? _____ (if program is 2 hours or less)

7. What would your ideal program look like?
How much time spent on (% of total program):

Ice breaker and get to know you activities: _____

(We will always include at least 1 ice breaker and 1 name game for the benefit of our staff regardless of how long the group has been together.)

Team initiatives: _____
(Activities using props or portable equipment in which the group is given a challenge they must solve)

Low Ropes Course: _____
(Permanent structures and activities on the course in which the group is given a challenge they must solve)



Climbing Program (will always require at least an hour): _____

Climbing can be on our Alpine Tower or High Ropes Course and is based on your group goals, amount of time for a program, and the expected number of people in the group. More adventurous activities such as the Giant Swing or Leap of Faith can be included if your group size or length of program allows. Please talk to the course director or the program supervisor about options and preferences.

Again, depending on the size of your group and the length of time for the program, there may not be enough time for a meaningful impact with low, team-oriented challenges and climbing as well. If your program is less than 2 hours, please let us know if you would prefer a climbing or low course based program

8. Has this group been out to the UMD course in the past? If so, what were the highlights that stood out and that you would like to possibly see incorporated again?

9. Any other comments you feel we should know in order to plan a more appropriate workshop for your group?

In regards to weather: In the event that adverse weather (high winds, thunderstorms, tornado warning/watch) is predicted, much of our programming can be done indoors depending on the size of your group and available space. However, the low ropes and all climbing activities are located outdoors in uncovered areas. Team initiatives and modified low ropes can be done inside.

If your program mainly was to include low ropes, we can modify some or add more team initiatives for an indoor program.

We do not have any indoor climbing activities; however we still can do climbing in light rain if the group is comfortable with that.

Please let us know your preference in regards to adverse weather:

_____ Cancel program altogether (Decision must be communicated to Program director no later than noon the day before.

_____ Comfortable moving ahead with an all indoor program. This option is not always possible and cannot include climbing. Check with the Adventure Program contact with

questions.

_____ Wanting to reschedule (Based on course availability)

_____ Other: What would you describe as an ideal solution that we *may* be able to accommodate?

