

GARRETT CREEK RANCH



C O N F E R E N C E C E N T E R

CHALLENGE COURSE (ROPES COURSE)

A basic goal of a Challenge Course is to increase the participant's level of self-confidence. Each participant is asked to attempt activities involving some level of physical and emotional risk. As they deal with the success, failures, disappointments, self-esteem and personal growth begin to develop. Participants are challenged in a non-competitive, non-judgmental environment to take risks as they face unfamiliar experiences.

The second primary goal is to help participants learn to function meaningfully and productively in a team/group setting. The only way for a team to develop positively or negatively is to share experiences together. Challenge Courses offer teams this opportunity in a safe, challenging, and exciting environment.

Speed or individual excellence is not the goal. Success is determined not by how well individuals or groups perform, but rather by the extent to which they are willing to try something new and work together to accomplish the task.

The facilitator's role is to provide safe supportive, non-judgmental atmosphere for persons/groups to try to accomplish tasks beyond their preconceived limitation. Risk taking is a key factor in these programs. It is from risk taking that the greatest personal benefit and growth are derived.

The inability to complete a task does not spell failure. There are many opportunities to face new challenges and try to go a little further. Success isn't always found in the completion of an activity. Instead it is often found simply in the effort put forth to truly try.

The spontaneous feedback from participants has been tremendous. They feel the learning experience of the challenge course taken back to the workplace has greatly improved productivity, justifying company expenditures.

ROPES COURSE

Hands-on Teamwork and Communication Skills Program

General Purpose: A Ropes Course is used as a tool to teach skills learned through experiences.

Teamwork

Each participant will discover how to work together to achieve a mutual goal.

Experiences include:

- Problem-solving/brainstorming
- Delegation of responsibility
- Difference between decision-making and problem-solving
- Increase active listening skills to successfully strategize
- Learning to work together to complete an established goal

Through experiential learning, the participants will form a cohesive team to provide optimum success in reaching mutual goals.

Communication Skills:

- Each participant will learn his or her own personality style of communication, other's style and how to interact effectively.
- Alternative styles of communication and their impact will be experienced and practiced.
- Positive, productive relationships will begin to build that will influence team member's performance.

ELEMENTS

Trust Fall - Promote trust in self and others.

Suspended Tire -

Process: All work together to accomplish a mutual goal. Each individual benefits only if the group succeeds and the group succeeds only if each individual succeeds.

Outcome: **Teamwork** - Enhance group cohesiveness
Communication - Management of people with different skills to strategize and accomplish a goal
Trust - In self and in the group

Swinging Log -

Process: To walk on a swinging log with a specific goal in mind.

Outcome: **Goal-setting** - Making a goal specific and concrete.
Teamwork - Use and accept appropriate assistance.
Communication - Clearly defining goal needs. Enhancing goal achievement.
Trust - Knowing support and assistance is available.

Wild Woosey (Commitment) (Low "V"'s) -

Process: Two individuals work together to accomplish a goal by relying on each other, looking and talking to each other and communicating needs to the other in order to accomplish the goal.

Outcome: **Teamwork** - Between two people
Communication - Experience how it works in trust issues. Specific communication of commitment.
Trust - Level of commitment between two people.

Mohawk Walk -

Process: Team work to accomplish a mutual goal. Travel along a series of cables depending on each team member's skills.

Outcome: **Goal-setting** - Team strategizing to establish main goal and sub-goals.
Teamwork - Identifying strengths of individuals and group using them appropriately. Discovering and using resources at hand. Restrategize when necessary. Focusing on sub-goal to achieve major goal. Pacing and stress management.
Communication - Refined and calibrated. Leadership skills practiced.
Trust - Refinement of group trust. Inner feelings directed in a constructive way.

T-P Shuffle -

Process: Two groups are passed by each other on a log, enacting cooperation between two groups to achieve a mutual goal.

Outcome: **Goal-setting** - Main goal dependent on two separate similar goals.

Teamwork - Develop group cohesive between two teams.
Communication - Experiencing complexities of achieving two separate goals for a larger mutual goal.

Spider Web - (Can also access All Aboard, Nitro and Tire Pole)

Process: In silence, all work to transfer group from one side of a rope spider web to the other.

Outcome: **Goal-setting** - Achieve main goal by use of sub-goal to ensure achievement of main goal.

Teamwork - Refining teamwork issues. Develop new approaches.

Communication - Refinement of alternative communication styles.

Trust - Increase in self-trust and team trust.

Triangular Traverse - (Similar to Tension Traverse)

Process: Two participants travel along a cable forming a triangle. Both have to pass each other at some point since they are moving in opposite directions. They are supported by other team members.

Outcome: **Goal-setting** - Work with specific goal in mind.

Teamwork - Proximity work to achieve team goal. Continue working to maintain outcome.

Communication - Learn how to deal with external stimuli while focused on an internal goal.

Trust - Learn to ask for assistance in order to succeed.

The Wall -

Process: The team scales a 16-foot wall.

Outcome: It promotes group cohesiveness, support, trust, decision making, leadership skills, strategizing and re-establishing a strategies to attain the mutual goal.

Other Elements:

- **A-Frame**
- **Beam**

THE HIGH ELEMENTS

Several different types of elements are considered high elements and are built at levels of 15' or more above the ground. Harnesses and belay ropes are used as the safety system for all high elements. Most of these have a direct relation to climbing skills, as they teach balance, coordination and concentration. They are the finest of all at teaching self-confidence and the understanding of perceived risk. A heightened sense of trust can be achieved through the use of the high challenge course activities. The diversity of mental, emotional and physical difficulty found within the high elements arises from the individual participant.

High Wild Woozy

Two group members depend on each other to traverse as far as possible along two progressively widening cables. This element proves to be the most entertaining of all. The high Wild Woozy presents an excellent visual dichotomy between perceived risk and ultimate safety.

Multivine

The Multivine provides participants with the challenge of balance, concentration and focus. The participant traverses the foot cable with the use of dangling ropes to grasp as they move.

Zip Line or Wire

Constructed as a single cable suspended from a 35' wall to a pole, which participants slide down with the use of a pulley attached to the participant's harness. It is one of the highlight elements in a high challenge course.

Climbing Wall

The original three-sided Climbing Wall's design allows for various climbing sequences. The 35' wall is especially helpful for encouraging multiple participation with climbers and respective be layers.

Pamper or Power Pole

The 32' Pamper Pole usually brings out the height of emotional, mental and physical challenge. Used often as a culminating activity, the Pamper Pole provides the ultimate goal for many participants.

The challenge course experience can offer the following benefits:

- * Improves Self-Confidence
- * Enhances Communication
- * Develops Decision-Making Skills
- * Teaches Conflict Resolution Skills
- * Leadership Skills
- * Promotes Trust
- * Increases Individual Responsibility
- * Develops Group Cohesion
- * Builds an Awareness of the Group Process