

WHAT TO EXPECT

Congratulations on your enrollment in the upcoming Challenge Course experience. If you are like most folks you may have some questions about just what the Challenge Course is all about. We'd like to take this opportunity to outline some of the activities in an effort to give you a general idea of what to expect.

Groups are guided through the course by trained facilitators. Challenge Course Facilitators are not there to define the experience for the participants; rather the participants decide how the day is important to them and their group or how the activities relate to life outside the course.

Most people expect to spend the day at the challenge course climbing and swinging from ropes or doing the high course. While some activities include the use of ropes most do not. The concept of a rope is a metaphor for the teambuilding experience that will take place during the day. Ropes are made of many strands; each strand independent of the other is not as strong as the entire rope with many strands bound together. The focus of the challenge course is for the individual participants to experience the strength of a combined effort by the group. So the ropes course is not the high course, not the low course, but a metaphor for an experience of teambuilding. The Challenge Course staff do not determine the type of program you will do, the leaders of your group do based on various considerations.

If you are coming out for a low program, you will be working with others in your group to complete a series of activities that take place on or near the ground and encourage teamwork and group cooperation. While the low course provides plenty of mental and physical challenge, all the activities are designed for people of average physical fitness, and can be adapted for those with any special needs. Your facilitators will support your participation at whatever level you feel comfortable, while encouraging you to challenge yourself in order to derive the greatest possible benefit from your day on the course.

If you are joining us for a high program, you will have the opportunity to participate in a series of events situated at heights of 35' and suspended between trees. In preparation for the high course, your facilitators will lead you through "ground school", a simulation of the high events. There you will receive instruction on how to use equipment and techniques adapted from mountaineering to enable you to negotiate the challenges of the high ropes portion of the day.

As one might imagine, your Challenge Course experience promises to provide lots of fun and adventure. Water will be available throughout the day. Be sure to take a look at the clothing list for tips on what to wear. Bring a lunch if applicable. The only other items you'll need are a smile and a sense of adventure.

We look forward to your visit!

The Bond Park Challenge Course Facilitators