

LEHIGH UNIVERSITY ROPES CHALLENGE COURSE

Challenge Course Preview

Ropes Challenge Course is a series of outdoor elements made up of trees, wires, poles, and other equipment designed to create unique and challenging problem solving scenarios. Teams work together to negotiate the elements and successfully meet the challenges presented. Although we customize each workshop to a group's specific needs and training objectives, our certified facilitators focus on concepts such as team dynamics, effective communication, decision making, and leadership. These concepts are exhibited on the challenge course and then woven into discussions following the completion of each element. Ultimately, our Ropes Challenge Courses is a dynamic and fun training tool, designed to help individuals and teams maximize their leadership potential.

Every Ropes Challenge Course program will begin with an overview of the workshop, including expectations and safety instructions. We ask that each participant be committed, safe, respectful, and diligent while enjoying the challenge course. Our professional staff is committed to the safety and training objectives of your group and, of course, will work to ensure everyone has fun.

ELEMENTS

The Lehigh University Ropes Course is comprised of a variety of challenging elements. Each program is tailored for a group's specific needs and training objectives, so it is possible that participants will experience elements not listed below. Also, given time restraints, your workshop may not include all the elements of our Ropes Challenge Course. If there are specific elements that you would like to be included in your group's program, please indicate your preferences on the Program Overview form. For a complete listing and full description of our elements, please visit our website at:

<http://www.lehigh.edu/~insi/leadership/ropescourse.html>.

Team Beam Shuffle. This element asks participants to balance upon a beam while they rearrange in a specified order. This element emphasizes communication and innovative thinking.

Nitro Crossing. This element builds upon the cable walk by adding the aid of a swing rope. Groups must first face the challenge of retrieving the rope and then crossing the "hazard." This element emphasizes flexibility and innovative thinking.

All-aboard. This fun, opening element asks that all members of the group board a platform of limited size at the same time. This element emphasizes teamwork, support, communication, and innovative thinking.

Whale Watch. This element asks all members of the group to board a large platform and balance it. This element focuses on the benefits of working as a team, the need for communication, and adherence to the plan.

Porthole. This element challenges a group to have each member of the group pass through a raised porthole. This element emphasizes teamwork, communication, and commitment to a team goal.

Alligator Crossing. This element offers the group two bars to use in traveling from platform to platform across the "alligator pit." This element emphasizes innovative thinking, teamwork, communication, and determination.

Commitment Bridge. This element is comprised of two low-lying wires that form a "V." The members of the group form two-person partnerships which then face the challenge of moving along the widening wires, supporting each other as they proceed as far as possible. This element emphasizes trust, commitment, and friendly competition.

3D Spider Web. Made from a webbing of ropes, the spider web elements engage teams with the task of navigating through the web, facing various challenges along the way. This element emphasizes the need for strategic planning, commitment to a team goal, and communication.

Cable Walk. This element requires participants to work together in balancing their way across several low-lying cable segments, facing various challenges along the way. In addition to testing your balance, this element emphasizes partnership, diligence, and communication.

Initiative Wall. This is perhaps the most well-known element of a low ropes course. Teams are challenged with the ultimate obstacle to their path, the wall. Groups must work together to get all members over the wall, facing various obstacles along the way. This element emphasizes teamwork, overcoming challenges, and positive reinforcement.

Trust Fall. This simple yet powerful element has members of the group support a participant as he or she falls blindly into their arms. This element emphasizes, above all, trust.

Support Circle. This element puts an experiential twist on the idea of a support group. Using a large circle of rope, the members of the group must support each other as they stand up together. This element focuses on team support, working together, and communication.

Bosun Chairs/Swings. This element puts a fun and physically challenge spin on teamwork and communication. It consists of 6 bosun chairs/swings approximately 10" off the ground. Teams must traverse the swings in a variety of ways, determined by the facilitators. This element focuses on teamwork, working together, communication, and problem solving.

Swinging Log. This element consists of a swinging log suspended between two trees anchored approximated 10" above the ground. It is a good element to incorporate the concepts of group support and teamwork. In terms of physical challenge, it is very difficult for one person to do alone but with the help of partners and focus and attention this element becomes much easier. This element can be used with small or large groups and experienced practitioners may incorporate a hand line to alter the level of difficulty.