



What to Expect on the UVM Adventure Ropes Course

About our Program:

Located in a beautiful forest in South Burlington, our challenge course programs consist of a planned progression of physical and mental activities for individuals and groups. Throughout your time on the course your UVM ARC facilitator will lead your group through a thoughtful series of activities and process the experience with your group. Groups come to UVM ARC to focus on a number of different things: Effective Communication, Trust, Team Development, Problem Solving, Diversity and Inclusion, Self Esteem, Creativity, Conflict Resolution, etc.

What Will Your Day Look Like?

Your group will begin with fun warm-up activities on a large open field. If your group is larger than twelve you will be broken up into smaller groups and led by facilitators up to the course and through a series of games, problem-solving initiatives, and low and/or high challenge course elements. The specific activities that your group undertakes will depend on goals set by the person who is coordinating your program as well as by the way your group progresses through the early activities.

After most activities, instructors will spend time helping you to process the team dynamics observed. This time for reflection offers participants the opportunity to examine their role in the learning process.

What is a Ropes Course?

A ropes course IS...

- A place where groups are challenged to better communicate with each other.
- A safe environment for individuals to challenge themselves.
- A place to learn the value of group support and encouragement.
- A place to for groups to have a shared experience outside of their typical environment.
- A program filled with activities designed to discover individual and group strengths.
- A program which **may** contain any of the following elements, depending on the group's desired outcomes for the day: games, ice breakers, problem-solving initiatives, low ropes, high ropes or climbing elements.

A ropes course IS NOT...

- A place for competition. While some elements may contain a little bit of competition the activities are designed with group participation in mind.
- An obstacle/survival course. While we do have some more physical elements, the climbing portion of the course may only be a small portion of the day. Every activity that we do will have options for other ways to participate if you are not comfortable. For instance, if you are not comfortable with climbing, you will be able to help by belaying the climbing (keeping the climber safe).

What is Challenge By Choice?

We subscribe to the philosophy of challenge by choice. That is, we encourage participation in all activities, but no one is forced. Individuals choose the level and extent of their participation. Healthy risk taking is an integral part of the learning process. We will adapt our activities to meet the needs of individuals and groups.

What to Bring/Wear:

- Completed and signed Liability and Medical Information form (Your group's coordinator may collect these in advance)
- Snacks/lunch (Please note, any trash you bring into the course must be packed out)
- A full water bottle (We have no running water on the course)
- Extra layers (It's always cooler in the forest)
- A raincoat (Our programs run rain or shine)
- Closed toed shoes
- Bug Spray and Sunscreen
- Any special medications you may need, such as bee sting kits or inhalers

Be Prepared for Your Day on the Challenge Course!

1. Come prepared with lots of energy, an open mind and a willingness to learn!
2. Remember to dress for the weather and the weather changes a lot! Wear layers and dress more warmly than you think you will need. We will spend much of our time in the woods, which can be quite a bit cooler. We will be spending all of our time outside so be prepared with rain gear. Being comfortable outside will enable you to have fun and learn more!
3. Our course is located in the woods in South Burlington. People use the trails around our course for walking. Please do not bring any valuables out to the course. We do not assume responsibility for items left on our course.
4. We understand the need to be connected, but we ask for the duration of the day at the course to keep the phones away. We hope that this will help to create a positive, comfortable, and safe environment for all our participants.
5. Let us know in advance of any medical condition or disability requirements/accommodations to help us tailor the program to everyone's needs.

We look forward to seeing you on the course!