



# Ropes Course

## Program Description

**ADVENTURE**  
ASSOCIATES  
(800)-987-5582

Adventure Associates' clients choose our ropes course events because they appreciate the difference between recreational activities and truly facilitated team building programs.

### A Ropes Course Near You

As a national company, we have the resources to lead a ropes course in your region. Just let us know where you are and we can provide details about the challenges and suggest the best site to match your group's interest, fitness level and location.

### What is a Ropes Course Challenge?

The combination of Low and High Ropes Courses enable participants to grow at both the team and individual levels by exploring leadership and communication concepts, problem-solving, and coaching. The Low Ropes Course focuses on collaboration; the challenges call upon every member of the team to participate, and they present unending opportunities for self-discovery and team growth.

The High Ropes Course emphasizes risk-taking, trust, and coaching. The challenges enable participants to expand their comfort zones—sometimes dramatically—and recognize fears that may block personal achievement. Each moment is rich with discoveries, whether a person is climbing, encouraging a teammate or holding their belay line.

### Benefits

- Integrates an enjoyable activity to break up a multi-day meeting or celebrates success.
- Demonstrates the importance of teamwork.
- Increases trust by supporting each other and sharing ideas.
- Strengthens company-client relationships.

### Blend with Corporate Training

The support and cooperation gained on the Low Ropes Course transfers effectively to the High Ropes Course; combine these experiences with one of our corporate training modules such as [Strengths Performance](#) or [Problem-solving for Teams](#).

### Nuts & Bolts

- Outdoor
- 4.5 hours–full–day
- Team size of 12; group size of up to 100
- Medium to high fitness suggested
- Site specific: permanent ropes course





# Ropes Course

Sample Agenda

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## Introduction and Overview

The facilitator reviews the group's expectations, guidelines, timing, safety, etc. before working with the team to set individual and group goals for the day. Participants are asked to explore what they would like to accomplish through this experience. (approximately 10 minutes)

## Warm-ups

We begin with entertaining warm-up activities designed to set the tone of teamwork and enjoyment for the day. (approximately 15 minutes)

## Group Spotting Practice

Learn the proper ways to "spot" a partner, and to "spot" as part of a group. These exercises provide the skills required for safe completion of some of the challenges. (approximately 15 minutes)

## Low Ropes Challenges

The facilitator varies the order of low ropes challenges depending on the group energy and cohesion. Teams complete three to five of the challenges as each element requires between 20 - 40 minutes. The facilitator leads a brief discussion after each challenge to reinforce the concepts that apply back in the work environment. (approximately 2 hours 50 minutes)



## Break or Lunch (30-60 minutes)

## High Ropes Challenges

Our Challenge-by-Choice philosophy enables every participant to experience their own success in the context of their own aspirations. Climbing and belaying techniques are covered thoroughly.

## Debrief

The entire group is brought together to share their experiences on the ropes course. Participants are asked to share what they learned or reaffirmed about themselves or their team, and how they can apply these learnings back to the work environment. (approximately 15 minutes)

## Program Complete

7-8 hours programs depending on the size of your group

## Variation on the Sample Agenda

### Half-Day Agenda

If your group only has 3-4 hours, you can participate in an Adventure Challenge Low Ropes Course. A Low Ropes course can be just as memorable as a High Ropes course, as it focuses on team support, coaching and trust.

### Extended Half-Day Agenda

If you have a small group of 15-20 or fewer, then you can complete both High and Low challenges during this 4.5 hour Adventure Challenge Ropes Course team building adventure (scheduled in the morning or afternoon)



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## Sample Low Ropes Challenges

**Double Trouble**—Two participants, starting at opposite ends of a cable, attempt to cross a 30-foot long cable strung between two trees; the cable is about two feet off of the ground. The other team members spot the climbers as they make their way across the cable.

**Bridge Is Out**—The entire team must devise a way to get the group from one platform (about one foot off the ground) to another platform located about 20 feet away using just two boards. This initiative highlights the groups' problem-solving abilities, communication skills and response in a crisis.

**Stretcher (Low V)**—This activity requires two people to work together very closely in order to move from the narrow end of a "V-shaped" cable to the wide end about 15 feet away. Partners must rely on each other and adjust their strategy on the fly to successfully complete this element.

**The Web**—The whole team must get through a human-sized vertical web without touching any strands. This challenge requires a great deal of trust and start-to-finish planning to be successful.

## Sample High Ropes Challenges

**The Perch**—One team member climbs to the top of a 30 foot tree where he/she attempts to stand up on top of the tree and jump for a trapeze bar hanging about three feet away.

**Stretcher**—Just like on the low element of the same name, this activity requires people to work together closely to move from the narrow end of a V-shaped cable to the wide end about 15 feet away—50 feet in the air.



**The Beam**—Participants climb to a wide beam that is inclined (about 35 feet up) and walk across its length (approximately 20 feet). For those wishing for a greater challenge, they can walk backwards on the beam or attempt the walk blindfolded.

**Multi-Vine**—Participants climb a tree and then begin to walk across a cable, using long ropes suspended from a top wire. The participant starts with one rope, walks as far as the rope will allow him or her, then reaches for the next rope, continuing in this fashion until they reach the end.

**Zipline**—What a rush to ride from a platform high in a tree back down to ground level. (approximately 3-3.5 hours)

\*Sample challenges may not be available at all sites.