

Challenge Course Program

Leadership & Team Development

“Tell me and I will forget. Show me and I may remember. Involve me and I will understand.”
Chinese Proverb

Overview and Philosophy

Our Challenge Course programs are based on **Experiential Education** principles. Experiential Education is a learning process that places participants in a unique setting with purposeful problem-solving activities that require full engagement. Through synthesis and reflection, participants examine pre-existing behaviors in a new light and explore new found skills and strengths.

Our facilitators plan and develop activities to create opportunities for team and individual learning in an emotional and safe challenging environment. Through meaningful debriefing and discussion times we try to transfer back these learning experiences to the personal, professional, and academic lives of participants.

We design your program based on group needs and goals. Activities can be tailored to strengthen group cohesiveness, communication, trust, group processing, interpersonal relationships, individual members' self-awareness and confidence level. Through our activities, groups are being socially, mentally, physically, and environmentally challenged in a positive and fun environment.

Customized Programs

Depending on group size, goals, and expectations we offer a wide range of programs from 2 to 9 hours long in the following three formats:



Low Elements

No climbing involved - 2 to 7 hour long programs. It focuses on the group as a whole by presenting problem-solving scenarios that require and develop teamwork, trust, leadership, and communication skills. The group finds success through working together and depending upon the member's strengths.

High Elements

25 to 40 feet high - 4 to 5 hour long programs. It focuses on individual and small group achievements by providing the opportunity to push oneself both physically and mentally through controlled risk-taking situations. The group is also challenged to provide



support and encouragement in order to create the type of environment that will assist individuals in accomplishing their goals. Completion of a Low Element within the same academic semester is required to make a reservation for High Elements.



Full Day – Low & Highs Elements

7 to 9 hour long programs.

This is the ultimate program if you are looking for a complete teambuilding experience combining the benefits of low and high elements programs.

Please find more information about program times depending on group size on the “Reservation Request Form” at <http://rwc.sdes.ucf.edu/reservations/challenge-course>

Fees and Policies

Programs	Half Day Low Elements	Half Day High Elements	Full Day Low and Highs
Students/SGA Agencies	Free	Free	Free
University Departments	\$10/person	\$15/person	\$20/person
Non-Profit	\$15/person	\$25/person	\$35/person
Corporate	\$25/person	\$35/person	\$50/person

Program up to 5 hours are considered half day long.

Groups desiring a program for 2 hours will still be charged the Half Day rate.

Reservations

- A minimum of 8 participants is required for any Challenge Course Program.
- Reservation requests must be made at least 21 business days prior to the day of the event, or by special request pending approval by Assistant Director of Outdoor Adventure.
- For the benefit of the group experience, participants are expected to stay for the whole extension of the program. Participants are not allowed to come after the program has already started. We encourage participants to plan accordingly for the times the program has been scheduled.
- Reservations for the high elements are only accepted after a low element program is completed and within the same academic semester.
- Failure to arrive on the day of the program and/or having less than 85% of the final participant count will result in a fee of \$100.00 charged to the organization or group contact.
- On the day of the program, participants exceeding the number stipulated on the contract by the group contact will not be allowed to participate.
- In order to receive the student rate, all members of the group must be current UCF students.

Cancellation Fees

- A \$50.00 processing fee will be in effect for all cancellations.
- A full refund minus the \$50.00 processing fee may be obtained if your group cancels at least one week prior to the scheduled program date.
- Student groups confirming less than 85% within one week of program date will be charged a fee of \$50.
- Groups who cancel within one week of the date will not receive a refund.
- Student groups with 3 cancellation fees will be placed on hold for future reservations until meeting with Outdoor Adventure Assistant Director or his/her designee.

Group Contact

- The group contact must be present during the challenge course program for the full extent.
- An in-person meeting must be scheduled between the group contact and the Head Facilitator staff assigned to group at least 5 business days before the program date.
- The purpose of the meeting is to maximize your group experience by defining goals and expectations and signing the contract.
- Failure to schedule and meet before the program will result in the cancellation of the program.
- A final participant count must be provided at least 5 business days before the program date.
- The group contact will be contacted by the Head Facilitator through the e-mail provided on the reservation request.

- When a high elements program is scheduled on a different date other than the low elements program (within the same semester) the group contact person must remain the same and two different meetings will be scheduled for each program with the Head Facilitator.

Group Contact (continuation)

- The group contact is responsible for ensuring that the group is properly informed and ready for the day's events. This includes distributing all pertinent information to participants and other key members that need to be informed of the program requirements.

Clothing and Equipment

- All jewelry of any kind **MUST** be removed to participate.
- Participants must wear appropriate athletic clothing (no jeans) and closed tennis shoes (hard-soled, closed-toed shoes **ONLY**).
- Members of the group cannot use personal climbing equipment and must use the gear provided by the UCF Challenge Course.

Release of Liability and Medical Forms

- Completion of both the Release of Liability and Medical Information Forms are required for participation in any Challenge Course event.
- NON UCF student participant under the age of 18 must have Medical Information Form and Release Liability Form signed by a parent or legal guardian.
- UCF student participants under the age of 18 **DON'T NEED** forms signed by parent or legal guardian.
- Minimum age required to participate at any Challenge Course Program is 16 years of age (including lows and highs elements).
- These forms can be found at <http://www.rec.ucf.edu> under Outdoor Adventure.

Severe Weather

- Weather conditions are variables we can't control. Cancellations based on weather will be made only by the RWC Staff.
- If a Challenge Course program must be cancelled due to severe weather conditions, every effort will be made to reschedule the event. If the program cannot be rescheduled because RWC Challenge Course reasons a full refund will be issued.
- A program that is 75% complete will be considered a full program and will not be rescheduled.