

# Camp Manatawny Challenge Course

## *Sample Agenda*

Providing all the interaction and outdoor excitement of the High Ropes Course, the Low Ropes Course is a great alternative for groups who wish to stay on the ground or close to the ground on ropes, cables, and planks. The challenges call upon every team member to participate, presenting opportunities for self-discovery and team growth.

### ***Introduction***

The facilitator begins by going through rules, guidelines, timing, safety, etc. and determining why the group is participating in the program. Together, they set individual and team goals for the day.

### ***Stretching and Warm-Ups***

The facilitator leads the group through partner stretches and has the group practice "spotting" other team members. Team members increase their comfort level with physical challenges, working in close proximity and direct communication.

### ***Trust Sequence***

Learn the proper ways to "spot" a partner, and to "spot" as part of a group. This will be important later for safe completion of some of the challenges. It's important immediately to get the group comfortable working together closely.



### ***Begin Low Ropes Challenges***

Teams have time to complete three or four of the low challenges; each element taking approximately thirty minutes depending on the group's ability. A brief discussion about concepts like leadership, organization of roles, and team dynamics follow each activity.

### ***Group Discussion***

Entire group is brought together to share their experience on the ropes course. Participants are asked to share what they learned or affirmed about themselves or their team, and how they can apply these learning's back at the work environment.