

ROPES COURSE DESCRIPTION

WHAT IS IT?

Our course consists of both *high ropes* and *low ropes* elements. Think of Low Ropes in regards to cooperative team building and problem solving and/or cooperative obstacle courses whereas the high ropes is geared toward achieving personal goals such as, how high can I climb? Can I push myself off of this ledge on the zip line?

Both can be run either as a means of outdoor education, building communication or team skills, achieving or overcoming team or personal fears or obstacles - OR they can be ran strictly for recreation. The differences are in how we facilitate the events and guide the group through the course.

Whatever your goals, here is what exciting options our course has to offer:

HIGH ROPES COURSE

Includes one, some or all events listed below:

- **Dual Zip Lines:** 40 feet high, 315 ft long.
- **Rock Wall Climb:** Two rock walls, each with their own quirks. One with giant letters spelling out WMC and the other with a slight inverted section. Climb on!
- **Cargo Climb / Vertical Playpen:** Ever wanted to be on a pirate ship? This is Kansas, so we'll do our best. Climb the cargo net until you reach the first board, then use a combination giant ladder and rope holds to reach the next beam where you can climb the remaining obstacles on to the top beam and walk across!
- **Milk Crate Climb:** Stack milk crates while standing on them and see how high you can go until your tower comes toppling down!
- **Pamper Pole / Leap of Faith:** 30 feet high. Climb the pole and perch yourself on top, but don't stay long 'cause you're going to jump off and attempt to touch the floating objects on your way down!
- **Team Haul Swing:** 40-50 feet high. Harness in, grab a grope and let your team of peers hoist you up as high as you'd like to go before releasing your grip and soaring through the air.
- **Aerial Events:** Each event is an obstacle hovering 40 feet in the air. Connected by static belay systems, try not to hold onto your own rope as you challenge yourself to walk across: Raider's Bridge, Catwalk, Hanging Vines, Beam, and the Heebie Jeebie.

LOW ROPES COURSE

Our course consists of 10 stationary events plus the opportunity for team initiatives and group games on the ground. Steel cables, logs, ropes and boards may not look much attached to our trees, but the events will make you think and test your motor skills! Obstacles are 10 feet or less meaning no harnesses are required. Most are under 2 feet high. Events include balancing, climbing, lifting, spotting, swinging, and creative problem solving.

PLEASE NOTE THE FOLLOWING

- **Group Minimum:** Our site has a 10 person minimum (exceptions can be made for 8 people).
- **Large Groups:** Group's larger than 18 should plan on 2 separate time slots for ropes course.
 - Best Group size for low ropes: 10 - 14 people. If your group is bigger, we will break into teams.
- **Timing:**
 - Plan to spend at least two hours at the high ropes course. Less if your group is smaller and you are only doing one event. The more events, the longer the course takes, the more people, the longer the events take. Our most common combo is rockwall climb and zip line.
 - You can spend anywhere from one hour to a half a day on the low ropes course.

WHO CAN PARTICIPATE?

- Anyone can join in our courses! We have staff that will work to adapt the course to your needs.
- Please let us know if you have heart conditions, are pregnant, have ankle, back or joint problems or other need-to-know information for participating.
- Our harnesses can fit a wide range of body types as we have small - extra large. little or big, If you can fit into a harness, you can participate.
- Weight Limit: Insurance standards limit us to a weight of 250 lbs for our zip lines, swing, pamper pole and aerial events.

HOW MUCH DOES IT COST? - 8 person minimum

- 1 event = \$15 / person
- 2 events = \$20 / person
- 3 events = \$25 / person
- 4 events = \$30 / person
- 5 or more events = \$35 / person
- Low Ropes Course = \$15 / person
- Low Ropes and High Ropes = \$45 / person

HOW DO I SIGN UP?

Contact us by e-mail or phone and let us know! Please note **we need at least 2 weeks notice** to ensure we have our facilitators on site for your event. Late or last minute additional participants may be charged a late fee. Everyone will be required to sign a waiver. We'll ask the following:

- What group is this for? / When?
- How many participants?
- Age range of participants?
- Recreation or Adventure Challenge / Group Goals?
- Which events were you hoping to try?
- How long do you wish to spend on the course?

ANYTHING ELSE?

- Wear good close-toed shoes for hiking / climbing.
- No alcohol or drug use before or during the events.
- Bring a water bottle.
- Wear sunblock / bug spray.
- Weight limit 250 lbs. Cannot participate in high ropes events (wearing harness) if pregnant.
- The more accurate group and event scheduling information you can provide us in advance, the smoother your time on the course will be!

FOR YOUR SAFETY

Participants must:

- Wear comfortable, flexible, close-toed shoes.
- Wear comfortable clothes. Avoid baggy clothing or layers when possible.
- Sign waivers for themselves or minors prior to participating
- Meet at the Course.
 - High ropes will meet at the picnic table and wait for the facilitator to begin
 - Low Ropes Course may meet at the Dining Hall patio or by the short platform N of the tower.
- Wear helmet when within 15 feet of tower or aerial events if in use

Participants should:

- Wear sunblock and bug spray
- Bring a water bottle
- Share any existing injuries or health concerns to our facilitators that may affect ability to participate

Participants must NOT:

- Participate if weighing over 250 lbs, pregnant, or have major heart conditions.
- Participate while under the influence of alcohol or drugs - you need to be alert!
- Participate if unable to fit into climbing harnesses safely
- Wear bike helmets instead of climbing helmets
- Tease or discourage other participants
- Enter the tower or climb an event without permission

Extra Course Tips! - Some course etiquette that will help you on the course!

Climbing Events

- A facilitator may ask to check your harness or helmet, even if you just had it checked.
- When climbing (or on belay) here are the commands you need to know.
 - Climber asks: "On belay?" - this is you checking to see if the instructor is awake.
 - Facilitator says: "Belay on" meaning, my equipment is set up and I'm paying attention.
 - Climber says: "Climbing" which means, because the facilitator was ready, let's do this
 - Facilitator says: CLIMB ON! - Do not attempt to climb until you hear those words. That's the official "okay" to begin.

Zipline

- When Zipping, you may climb up the stairs while waiting but **do not open the gate at the top!**
- Facilitator may double or triple check your carabiner out of habit and say "squeeze check."
- Commands to know:
 - Zip clear - is anyone in the way?
 - Clear! - Zip field is clear and ladder crew is paying attention.
 - Zipping - gonna zip any split second!
 - Zip on- do not go until you hear those magic words!
- Do not touch your carabiner.
- Do not go upside down like spider-man or stand while leaving the platform
- Help keep the events going by bringing the rope to and from the ladder crew.
- Help keep the events going by turning in your helmet and harness when you are done.
- Stay out of the zipline runways.
- "ROPE!" means "heads up I'm dropping something to the ground."
- Facilitators have a LOT to pay attention to in order to keep you safe, so it's up to you to be polite and TAKE TURNS on your own. Usually those who ask to go first, get to be helpers until everyone else has a chance to go :)

Challenge with Choice / Challenge by Choice

- This is a "Challenge With Choice" Course. This means everyone will participate to the best of their ability in their own way.
- It's encouraged to cheer, but do not coerce, count down, bribe, or become frustrated if others do things differently than you.
- Parents - we will not "just push them off of there" as each participant must climb or zip at their own will and they feel way better doing it on their own.
- We are going to have SO MUCH FUN. So get out there and

CLIMB ON!