



FAU Ropes Challenge Course

The Nuts and Bolts on What to Expect During Your Program

Many times we have groups come to the course without a clear set of goals. This is no problem. Other times we have groups that come to the course with a set of goals, but a different set of expectations for how the day will look. We hope the following we help you understand some of the decisions made by our facilitators, in conjunction with your group contact, to create your day. Please note a program may include all or just some of the following things, and that requests for specific agendas should be communicated well in advance.

Energizers and Ice-Breakers

Many people come to the course a bit hesitant about the day. What to expect? Am I able to do everything? I don't really know my group well outside of work, school, etc. One reason we spend time at the beginning of a program having the group "play" is that it helps people warm up their brains as well as start to let down some of their protective walls. The walls we place up to protect ourselves can be a hindrance to growth. So, enjoy being a bit silly. If you pay close attention, you'll start to notice you are learning here too. It's kinda like when your mom hid veggies in your favorite dish!

Portable and Low Elements

This is the meat of the day for the majority of our groups. Low elements and initiatives are intrinsically designed to help groups work on leadership, communication, problem-solving, and team work. Our job as facilitators is to help you group get beyond those buzzwords and get you talking about how *your group* operates and ways to improve on both strengths and weaknesses within *your group*. It's hard to say how long a certain element will take a group. The same element or initiative may take 10 minutes for one group and 45 minutes for another.

Groups who really want to work on team-development and all the "buzzwords" that go with it should expect to spend the majority of their program doing these elements.

High Elements

Whether you come with trepidation or excitement, most people have the high elements in their minds when they are coming to a program. While these certainly have worth, please keep in mind that most high elements focus more on individual achievement. Yes, we can still work on team goals such as support and encouragement. If your group has shown an appropriate level of consistency, you'll even have the facilitator allow you to be your group member's rope team as they climb. We understand that many groups expect to have at least one climb during their program. Please keep in mind that the average time per climber is about 10 minutes. We have no way of knowing if your members will all climb quickly. In fact, those people who take 15+ minutes to climb may get the most out of the elements.

Half-Day or Full-Day?

With the above information, you may be asking yourself how long of a program you need to accomplish your goals. A full-day obviously allows more time to go through elements, but perhaps you only have the time and budget for a half-day program. Please take the time to discuss with the Challenge Course staff on your expectations and vision for your group. All our facilitators are trained in their roles and go through continual professional development throughout the year. If you are unsure about how to reach your goals, feel free to discuss with them prior to the program. We are happy to put you in touch with the lead facilitator for your program.