



WHO WE ARE

Camp Long WSUE-4H Challenge Low Course is a collaborative partnership involving Seattle Parks and Recreation, Washington State University Extension-4H, the Associated Recreation Council and its affiliate, the Camp Long Advisory Council.

Our facilitators are trained and certified in areas of experiential education and adventure programming and leading challenge activities. All facilitators are CPR/First Aid certified. You or your organization staff can become certified volunteer facilitators. Typical certification requirements include training on each of the elements, an apprenticeship and observed approval by a 4H Trainer. See our Facilitation Training materials for more information.

WHAT IS A CHALLENGE COURSE?

Challenge Course and Adventure programs are experiential in nature and comprise a series of outdoor activities, cooperative games, trust initiatives, and team building exercises. A challenge course is a combination of mental and physical challenges requiring groups to work as a team to accomplish goals. It includes physical elements involving logs, platforms, posts, ropes, and wires attached to trees or other structures used for team building and personal development. By removing people from their usual environment and placing them in a new, unique setting, a challenge course experience fosters shared learning, openness and cooperation.

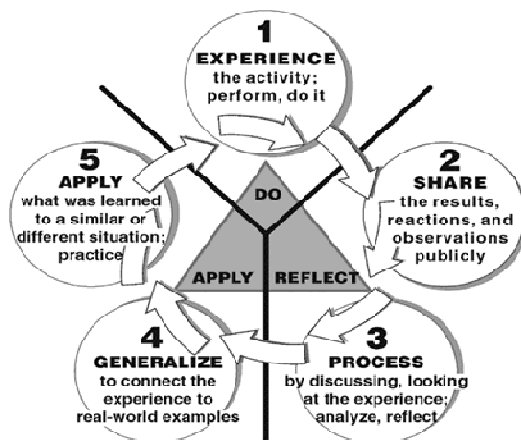
The 4-H Challenge program focuses on education and life skills development. Our programs are designed and sequenced to be more than just entertainment or recreation. They help participants learn new concepts, develop or enhance personal and interpersonal skills through meaningful and fun experiences. 4-H employs the ‘Challenge by Choice’ philosophy in all our adventure education programs, which includes helping participants develop an understanding of healthy risk taking and allowing the participants to measure their successes by their personal goals and aspirations.

EXPERIENTIAL LEARNING MODEL

The 4-H Challenge program focuses on education and life skills development. Our programs are designed and sequenced to be more than just entertainment or recreation. They help participants learn new concepts and develop or enhance personal and interpersonal skills through meaningful and fun experiences.

We believe that the most powerful method of learning is through the learning-by-doing approach, also known as experiential learning or adventure education. In its simplest form, the model has three major components: Do, Reflect, Apply.

Reference: Pfeiffer, J.W. & Jones, J.E. "Reference guide to Handbooks and Annuals, © 1983 John Wiley & Sons, Inc. reprinted with permission of John Wiley & sons, Inc.



PLANNING A PROGRAM

A day typically starts with introductions, name games, a health check, stretches, icebreakers, and energizers to prepare groups to engage in challenge initiatives. Then participants proceed through several of the course elements chosen in skill building succession. All activities are designed to help the group reach its individual and group goals. Our course can accommodate up to 60 participants if combined types of challenge activities are selected.



Low Challenge Course & Portable Activities

The low course challenge elements and portable activities are designed to help participants build communication, trust, and social/emotional competencies. All low course challenge initiatives occur either at ground level or less than 12 feet off the ground. Each element takes about one hour to complete, depending on group needs. A day on the low course ranges from 3-6 hours. Maximum 45 participants on the low course. The ratio of participant to facilitator is 15:1.

High Ropes Activities

High course elements have traditionally been used as a tool to challenge individuals physically and mentally. While this is a feature of any high course experience, strengthening relationships, coaching, team building and group cohesion can also be accomplished. High course programs are great for groups who know each other well and for groups who want to learn more about each other. The intention of each program is to encourage members to push past perceived personal limits. No one is ever coerced or required to do any challenge course element they choose not to do. We encourage groups to spend time working together in low ropes activities prior to a high ropes course experience. A minimum of 3 hours is required and group size to facilitator ratios are smaller.



High Challenge Elements: Two dazzling high elements, placed more than 35 feet off the ground, challenge an individual's personal goals. The Power Pole is a trapeze jump and the Vertical Play Pen is a dynamic moving team climbing area. Participants remain on a rope belay system the entire time, climbing up to the element, doing the activity, and being lowered to the ground after.

Hub and Spoke High Course: This is an individual experience with team support offered by other participants on the course. The goal is to make one's way around an elevated obstacle course involving elements strung between poles and platforms. Participants are attached to an upper wire via a belay cable, with ropes and carabineers for safety. If a slip occurs, the wire will catch them. Short zip lines help participants exit the course.

Most activities teach balance, coordination, self awareness, and concentration along with a great sense of confidence, positive view of self, and breaking beyond the barriers of perceived limits. These activities can parallel actual life experiences in a way that teaches individuals to face new challenges with a deeper understanding of how to cope with and triumph over adversity.



CAMP LONG WSUE-4H CHALLENGE COURSE

BENEFITS

The Camp Long WSUE-4H Low Challenge Course provides opportunities to discover leadership, cooperation, collaboration, support and fun among group participants. Groups will have the opportunity to improve team cohesiveness by working together on tasks. Our programs allow participants to learn to view obstacles as opportunities for growth. By engaging in the team building activities, participants will learn to:

Teamwork on Low and Portable Activities are designed to develop:

- Give and receive feedback in a supportive, non-judgmental fashion
- Practice good listening with an intent to understand
- Address feelings, attitudes, thoughts toward problems
- Collaborate and cooperate with other people
- Understand their roles and the impact of their leadership styles
- Learn the value of team identity and interdependence among groups
- Identify problems and create realistic solutions
- Understand the underlying principles of teamwork.

The High Ropes Course is designed to develop:

- Self-esteem
- Confidence
- Positive risk-taking
- Self awareness
- Confronting fears
- Exceeding self-imposed limitations.

PROGRAMS

Several activity levels are available in planning a program on the challenge course:

- Level 1: All activities will be at ground level,
- Level 2: All activities will be less than 12 *inches* off the ground,
- Level 3: All activities will be less than 15 *feet* off the ground, or
- Level 4: Activities will be more than 15 feet off the ground.

Portable Challenge	Low Challenge Course	High Challenge Course	Combination Programs
Activity levels: 1–2 <ul style="list-style-type: none"> • Cooperative activities that can be done indoors or outside • Three groups (45 participants) maximum • Physical and mental problem-solving • Indoor or outdoor • Our facilities or yours • Widest range of activities 	Activity levels: 1–3 <ul style="list-style-type: none"> • 13 element sites spread throughout park. • Three groups (45 participants) maximum • Physical and mental problem-solving • Heightened excitement and difficulty • Group skills development 	Activity level: 4 <ul style="list-style-type: none"> • Two stand alone elements and/or Hub And Spoke (20+ elements) • Groups of up to 15 with two facilitators • 17 to 40 feet above ground • State-of-the-art rope and harness belay systems • Personal development and group support focus • Some low or portable activities are necessary 	Activity levels: 1–4 <ul style="list-style-type: none"> • All program types can be combined to meet your goals • May include several sessions, days, and locations • Consider combining rock climbing, compass course, nature programs or overnight stay as a possibility



WASHINGTON STATE UNIVERSITY
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4-H Youth Development Program



CAMP LONG WSUE-4H CHALLENGE COURSE

PROGRAM AND RISK MANAGEMENT STANDARDS

While all challenge course elements have a certain amount of perceived risk, physical and emotional safety is always our top priority. Expertly trained facilitators, multiple safety systems, regular inspections and state-of-the-art equipment all combine to give participants the most exciting experience available.

The Camp Long WSUE-4H Challenge Course adheres to two philosophies that promote a physical and emotionally safe learning environment. The “challenge by choice” philosophy allows individuals to choose their level of participation without limiting their involvement and experiences. The “full value contract” philosophy is the group’s working agreement and is made among group participants, outlining positive individual and group behavior expectations necessary for learning. Group participants must share the responsibility for safety and follow all guidelines as set by the facilitator. These two philosophies are the basis for a physically and emotionally safe and enjoyable program.

For participants under the age of 18, an adult must accompany each group on the course. Participation by the accompanying adult is optional. Leaders, teachers or chaperones should be available to help the facilitator with the individuals in the group, if necessary, while at the same time allowing the facilitator to manage the group’s experience.

Failure to comply with the above program standards will result in the cancellation of the program. Before and during each team’s course program, facilitators will announce other guidelines relative to activities and initiatives. For more information, please call Ken Turner at 206-399-2205 or Email at keno.turner@seattle.gov

RATES

Program rates are based on 10-15 participants per group with a maximum of four groups on the course at one time.

Note: Any group bringing extra participants on the day of the program will be charged an additional \$20 per person that will be due that day, and must have a signed waiver before they will be allowed to participate. Program rates are also based on program design, length of program, and number of facilitators. The following are general programs and rates. Typically a group will pay for a facilitator unless they have a 4H trained facilitator on staff. Example: 15 people half day: \$125 + \$175= \$300. **Additional fees may apply for accommodating size of group and combination of programs.** More Facilitators are required on the high ropes activities.

Typical Fees:

Course Use Fee: **\$125 for half day groups up to 15 people**
 \$250 for full day (6 hours) up to 15 people

Facilitator Fees: **\$175/facilitator for half day groups up to 15 people**
 \$350 for full day (6 hours) up to 15 people

WAIVERS

Each participant, including accompanying staff members and/or parents, must complete and sign a waiver. Participants under the age of 18 must have a parent or legal guardian read, sign, and date the waiver. Waivers will be sent after registration materials have been received. **All participant waivers must be turned in on the day of the program. Participants without a signed waiver will not be allowed on the course, no exceptions.**

TO BOOK THE COURSE

Contact our front desk at 206-684-7434 and Complete a Registration Assessment Form. Allow at least 3 weeks for booking. Payment is due at booking unless other arrangements are made.