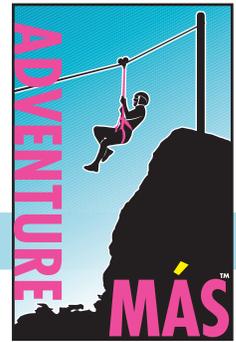


# Training and Workshop Descriptions



Adventure Más offers a variety of learning opportunities for organizations using experiential activities so that users can effectively manage and implement their ropes challenge course in a fun, challenging environment. A brief description of each training/workshop is listed below.

As you read the descriptions, please keep in mind that most courses are designed around the principles of experiential education and emphasize facilitation skills used in activities or groups. These training programs are designed to build the best foundation utilizing ropes challenge courses and/or experiential education for groups.

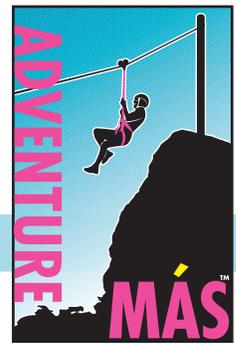
**Ropes Challenge Course Facilitator, Low Elements, Level I and Level II:** This 40-hour course focuses on the basic technical skills required for low elements. Topics covered will include new games, initiative activities, equipment care and maintenance, spotting, safety/risk-management, and facilitation and processing of activities. Training will include a written examination and a skills assessment. Individuals will receive a verbal and written appraisal about their participation in the training. Level II focuses on more advanced topics. Upon the successful conclusion of the workshop, with the skill-based evaluation, participants will receive a certificate of completion.

**Ropes Challenge Course Facilitator, High Elements, Level I and Level II:** This 40-hour course focuses on the basic technical skills required for high elements. Topics covered will include knot knowledge and tying, proper ladder set-ups, spotting techniques, use of cable grab systems and crab claws for climbing and set-ups, belaying on high elements and participant procedure, pumper pole use, safety/risk-management, and facilitation and processing of high element activities. Training will include a written examination and a skills assessment. Individuals will receive a verbal and written appraisal about their participation in the training. Level II focuses on more advanced topics. Upon the successful conclusion of the workshop, with the skill-based evaluation, participants will receive a certificate of completion.

**Ropes Challenge Course Processing Workshop:** This one-day workshop provides an introduction or review for challenge course or adventure-based instructors. This training is necessary and essential for instructors who facilitate adventure-based activities. One of the key concepts of this training includes reflecting upon the activity and the effective facilitation of this process. The two main models covered will include the theoretical basis of adventure-based activities and group facilitation skills. These topics are history of adventure-based activities, philosophy of experiential education, ethics of adventure-based activities, experiential education cycle, contracting for behavior and goals, responsibility and roles of the facilitator and the group, self challenge, use of metaphors, group leadership skills, knowledge of group development stages, use of emotional rescue, and leading groups in ropes challenge course and adventure-based activities. Individuals will receive a verbal and written appraisal about their participation in the training. Upon the successful conclusion of the workshop, with the skill-based evaluation, participants will receive a skills review certificate of completion for their record.

**Observation and Supervision/Evaluation of Staff and Program Activities:** If you would like your staff or program to have a formal evaluation on ropes challenge course programming, please let us know. We will perform an assessment using several different evaluation tools and a written report will be furnished.

# Training and Workshop Descriptions - p 2



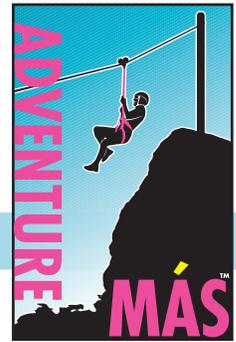
**Ropes Challenge Course Facilitator for Giant Swing Elements:** This one-day course focuses on the basic technical skills required to manage and successfully program the giant swing element. Topics covered will include giant swing set-up techniques, giant swing use, participant take-off techniques, participant's dismount and ladder management, equipment care and maintenance, safety and accident prevention, and facilitation and processing of activities. Training will include a written examination and a skills assessment. Individuals will receive a verbal and written appraisal about their participation in the training. Upon the successful conclusion of the workshop, with the skill-based evaluation, participants will receive a certificate of completion.

**Ropes Challenge Course Facilitator for Zip Line Elements:** This one-day course focuses on the basic technical skills required to manage and successfully program the zip line element. Historically the zip line element has produced the most deaths on the ropes course. Thus, this element needs focused attention and training. Topics covered will include zip line set-up techniques, zip line use, participant take-off techniques, participant's dismount and ladder management, equipment care and maintenance, safety and accident prevention, and facilitation and processing of activities. Training will include a written examination and a skills assessment. Individuals will receive a verbal and written appraisal about their participation in the training. Upon the successful conclusion of the workshop, with the skill-based evaluation, participants will receive a certificate of completion.

**Ropes Challenge Course Facilitator for Indoor/Outdoor Climbing or Bouldering Wall:** This one-day course focuses on the basic technical skills required for managing your bouldering wall and climbing wall elements. Topics covered will include knot knowledge and tying, proper climbing lane set-ups, spotting techniques, climbing holds set-ups, belaying and participant procedure, games and initiatives to use on the bouldering and climbing wall, safety/risk-management, and facilitation and processing of climbing wall activities. Training will include a written examination and a skills assessment. Individuals will receive a verbal and written appraisal about their participation in the training. Upon the successful conclusion of the workshop, with the skill-based evaluation, participants will receive a certificate of completion.

**Ropes Challenge Course Manager/Administrator/Director:** The workshop is available to experienced facilitators/practitioners who have been in the industry for some time and who possess the educational, technical and personal skills/competencies for low and high ropes challenge course elements; and who have demonstrated skills in leadership, supervision and management on a ropes challenge course. This two-day workshop focuses on the more advanced technical skills required for both low and high elements for ropes challenge course instructors or course operators. This training is necessary for instructors who are senior instructors or challenge course directors. This workshop will focus on the advanced technical and group facilitation skills used in programming, managing and operating a ropes challenge course. Topics covered will include establishing and application of ongoing risk-management procedures, techniques of using and teaching spotting and belaying more effectively, competent utilization of sequencing, challenge course managers' responsibilities, teaching the knowledge of experiential education theory, ethics, experiential learning cycle, and group development stages, supervising, training, and assessing of peers and staff, assessing participants' needs in advance of programming, directing site logistics, operating and instructing in the safe maintenance of the challenge course hardware and equipment, and using case studies to examine various problems unique to ropes challenge courses. Individuals will receive a verbal and written appraisal about their participation in the training. Upon the successful conclusion of the workshop, with the skill-based evaluation, participants will receive a skills review certificate of completion for their record.

# Training and Workshop Descriptions - p 3



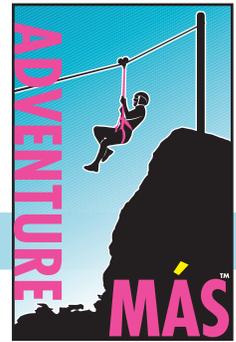
**Ropes Challenge Course Risk-Management Review Training:** This two-day, on-site workshop is designed for individuals responsible for the management of a ropes challenge course facility. Participants will learn a variety of skills, which include reviewing potential staff qualifications, hiring, training, evaluating and paying your staff. You will also learn how to design, price and market your programs. In addition you will learn the quality control skills to conduct in-house inspections, assess risk, handle accidents and close calls as well as formulate an emergency action plan. Other topics discussed include assessing your insurance needs, and safeguarding your business through proper documentation and strict adherence to operational guidelines and procedures. Finally, you will be taught proper care and maintenance of your facility and equipment. Follow-up support is available after training. Each participant will receive a comprehensive manual, which includes policies and procedures. The administrator/director certification encompasses more advanced topics and issues related to being an administrator/director so you could successfully supervise your ropes course manager and staff.

**Ropes Challenge Course Recertification/Skills Verification:** This one-day workshop provides an annual review for previously trained ropes challenge course instructors. This training is necessary for maintaining and updating technical skills required for both low and high elements. Topics covered will include set-up techniques, spotting, belaying, safety and accident prevention. Training will include a written examination and a skills assessment. Individuals will receive a verbal and written appraisal about their participation in the training. Upon the successful conclusion of the workshop with the evaluation, participants will receive a skills review certificate of completion for their record.

**Ropes Challenge Course Rescue Workshop:** This one-day course provides challenge course facilitators the opportunity to learn and practice advanced rescue techniques and provides an annual review for ropes challenge course facilitators. This training is necessary for maintaining and updating technical skills required to perform rescue procedures on the high elements, zip line and staples. Topics covered will include what is a rescue situation, when to do rescue, application of ongoing risk-management, and managing fear on the challenge course. Training will include a written examination and a skills assessment. Individuals will receive a verbal and written appraisal about their participation in the training. Upon the successful conclusion of the workshop with the evaluation, participants will receive a skills review certificate of completion for their record.

**The Use of Emotional Rescue on a Ropes Challenge Course:** This one-day course focuses on the basic facilitation skills required to maintain emotional safety on a ropes course for previously trained challenge course instructors. Emotional rescue is: 1. Rescue from the psychological process of being where the group is not. 2. Rescue from an anxiety/fear condition. Topics covered in this workshop are procedures to manage the fear of participants and increase their physiological and psychological safety. This workshop will go beyond the stock self challenge philosophy, and specify processes that will expand facilitators' understanding of fear and the utilization of emotional rescue to avert technical rescues. Training will include a written examination and a skills assessment. Individuals will receive a verbal and written appraisal about their participation in the training. Upon the successful conclusion of the workshop with the evaluation, participants will receive a skills review certificate of completion for their record.

# Training and Workshop Descriptions - p 4



**Ropes Challenge Course Inspection and Maintenance:** This one-day course provides challenge course facilitators the basic knowledge needed to recognize unsafe conditions on a ropes challenge course and perform basic maintenance. Topics include inspection techniques, equipment and hardware maintenance, climbing techniques used in maintaining the high course, design criteria information, reducing the impact of falls through mulch, tools used for challenge course maintenance, and various problems unique to challenge courses upkeep. Individuals will receive a verbal and written appraisal about their participation in the training. Upon the successful conclusion of the workshop with the evaluation, participants will receive a skills review certificate of completion for their record.

**Advanced Initiatives/Games Activities Workshop:** This one-day course is designed for adventure-based professionals wanting to learn and develop more complex initiatives for use in their programming (i.e., different ways of doing an element; the zip line used to drop objects on targets). Many of these initiatives may be used to develop two to four hour activities. Individuals will receive a verbal and written appraisal about their participation in the training. Upon the successful conclusion of the workshop with the evaluation, participants will receive a skills review certificate of completion for their record.

**Initiatives/Games Activities Workshop for Children Ages 6 to10:** This one-day course is for experiential educators who want to increase their abilities to design activities and programs for this latency age population. This age group is often left out of challenge course programming. In this workshop, you will learn and practice games and activities that are appropriate for this age group. Individuals will receive a verbal and written appraisal about their participation in the training. Upon the successful conclusion of the workshop with the evaluation, participants will receive a skills review certificate of completion for their record.

**Specialized Programming for Specific Groups:** We can offer workshops for specific groups focusing on the challenge course programming skills necessary for dependable and quality workshops with their populations served. Special population groups include adult education, training and development, counseling, public schools, youth at risk, chemical and addiction, and juvenile probation. Training can be tailored for all specific groups mentioned above.

**Large Group Games Training and Large Games Festivals:** Please visit Play Olé for more information. Play Olé is a division of Adventure Más