



nextteams
the next step in team development

The Challenge Course at Butler School
15951 Germantown Road
Darnestown, MD 20874
(240) 603-4150
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www.go-adventures.com

ROPES Challenge

The ROPES Challenge is a series of individual and group activities designed to foster teambuilding, group cohesion, cooperation, leadership, problem-solving skills, communication skills, healthy risk-taking, and individual commitment.

- *Deinhibitizers* are activities that serve as icebreakers - encouraging participants to relax, and remove some of the barriers that normally keep individuals from cooperating with one another. Deinhibitizers are the simplest form of team challenge.
- *Initiatives* are activities that require group members to identify a problem, make a plan for solving that problem, and initiate their plan. These challenges foster communication, commitment to the group and leader/follower roles among the group members.
- *Low Elements* require significant commitment and communication from members of the group. Many activities bring participants off of the ground, calling for *spotters*, and other safety considerations.
- *High Elements* are generally an individual challenge that is set at a height (20 feet or more). Suggested *High Elements* include: Climbing Wall, Leap of Faith, Giant's Ladder, and more!



Sample Itinerary – (time can be changed to suit your program goals)

10:00 am – group warm-up deinhibitizers

10:15 am – small group icebreakers – name share

10:30 am – group initiatives – speed ball, group juggle, object retrieval, etc..

11:00 am – trust activities/initiatives – blind pairs walk, minefield, airlock...

12:00 pm – LUNCH

1:00 pm – high elements – giant ladder, leap of faith, etc...

3:00 pm – final challenge – pipeline challenge

3:45 pm – large group wind-down

4:00 pm – END

Between activities the group discusses how they are meeting their goals, improving communication skills, and developing teamwork. The activities we choose can be easily related back to “the real world” (work, family, friends, etc...). While all of the activities have an element of fun, there is also an element of growth.

Terms of Service –

GO-Adventures will provide facilitation and equipment for a *ROPES Challenge*.

Date: TBA

Location: The Challenge Course at Butler School – 15951 Germantown Road, Darnestown, MD 20874

Reservations: 50% deposit due to reserve your program date, with balance due on the day of the program.

Cancellation Policy: If making cancellation more than 14 days prior to the program date, full refund available. If making cancellation within 3 and 14 days of the program date, \$300 of deposit will be forfeited. Cancellation within 72 hours of the program date will forfeit your 50% deposit.

We require a 50% deposit to reserve your program date, and the final payment is due prior to the program. Should you require some other payment plan, please let me know prior to the program date.

Payment can be made via cash, check, money order, VISA, or MasterCard.

If making payment by check, please send to:

GO-AdventureSports
10203 Carson Place
Silver Spring, MD 20901

If you have any questions, please call (240) 603-4150 or e-mail: info@go-adventuresports.com

I look forward to hearing from you soon!

Eriq Powers

GO-Adventures

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