



4-H Challenge

Dear Participants and Parents,

Let me be the first to welcome you to 4-H Challenge! We have arranged for some of our topnotch Challenge Facilitators to work with you. You may have heard about ropes courses before, but in case you haven't, let me explain what we're all about.

Simply put, a Challenge Ropes Course is an activity course that has low and high elements. In all these activities, safety is the primary concern. Each of our challenge facilitators has gone through extensive training on how to safely facilitate these activities.

Most groups spend their entire time on the low course. Groups that use the high course have normally already spent an entire day on the low course before moving to the high course. Ask your group leader which part of the course you will be using this time.

Low Ropes Course- On the low course, your group will be presented with several different activities that will require you to work together to successfully complete. Most of these activities will only be a few feet off the ground, but will require a combination of mental and physical skills to accomplish.

High Ropes Course- On the high course, you'll apply the skills you learned on the low course to work with your peers in a safe and supportive manner as you learn how to properly use the safety gear on the ground. Once you have mastered those skills, you will climb about 35 feet up into the trees and venture out onto various steel cables or logs to complete various other challenges.

Challenge By Choice- In all challenge course activities, we practice a policy of Challenge by Choice. Throughout the day it is up to the participant to choose to what degree they are going to challenge themselves. Although we encourage participants to expand their level of comfort, we always support them in choosing their own level of involvement.

Purpose- Our philosophy at 4-H Challenge is that a Challenge Course is more than just a recreational thrill ride, we believe that it is an educational tool that can help a group develop a wide variety of skills including trust, teambuilding, goal setting, appropriate risk taking, and communication skills to name just a few. Each experience on the course is as different as the groups that use it.

Participation- In order to participate, you must complete the green "Release & Consent/Medical History Form" and return it to your group leader. Please note that there are two sides of this form; both sides must be filled out completely before you arrive at the course. You will not be allowed to enter the course without a completed *Green Form*.

Evaluation- We are regularly evaluating the effectiveness of our program. As a participant in 4-H Challenge you may be asked to complete a short written survey. All survey responses will be anonymous, and you will not be identified in any way. If you have any objections to participating in such evaluations, please contact our office prior to arrival on the course. Youths are not required to participate and choosing not to will not affect your participation in this or future Extension programs. Please give your group leader or teacher a call if you have any questions.

We look forward to working with you and hope that your experience is everything that you hope.

Experiential Programs Coordinator
WSU Chelan-Douglas 4-H

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What to Bring

Clothing:

- Sturdy tennis shoes (no boots or sandals allowed).
- Pants (no shorts allowed).
- Layered Clothing– It is often cold in the morning and warmer as the day progress. Being able to add or remove layers will be most comfortable. (no crop tops, halter tops, or tank tops.)

Food:

- Lunch
- A morning and afternoon snack.
- Enough water for the entire day.

Medication:

- All medications must be cleared with the Challenge Leader at the beginning of the day.

We also recommended you bring:

- Small backpack for carrying your stuff
- Sunglasses
- Gloves (if doing the high course only)
- Insect repellent
- Sun block
- Chapstick or equivalent lip moisturizer or sun block for the lips.