

Challenge Program Guide

Leadership & Team Development

"Coming together is a beginning. Keeping together is progress. Working together is success."
- Henry Ford

Overview & Philosophy:

The experiences offered by Georgia State Challenge Program are based on Experiential Education principles. Experiential Education is a learning process that places participants in a unique setting with purposeful problem-solving activities that require full engagement. Through synthesis and reflection, participants examine pre-existing behaviors in a new light and explore new skills and strengths.

Our facilitators plan and develop programs full of activities that create opportunities for team and individual learning in a safe environment. Through meaningful debriefing and discussion times we can transfer back these learning experiences to the personal, professional, and academic lives of participants.

We design programs based on the needs and goals of each individual group. Activities are designed to strengthen team cohesiveness, communication, trust, interpersonal relationships, and problem-solving skills. Individuals also have an opportunity to build their self-awareness and confidence.

Programs Offered:

Depending on the needs/goals of your group, and what you're looking to accomplish the Georgia State Challenge Program offers a wide range of programs ranging from 2 to 8 hours in length in the following formats:

Initiative Activities: *No climbing involved – 2 to 4+ hour programs.*

Initiative activities can be conducted on the grounds of Indian Creek (lawn) or virtually anywhere, including indoor meeting spaces across campus & Atlanta depending on the size of group and activity to be performed. These activities may or may not involve props such as balls, traffic cones, creative supplies, rubber chickens, stuffed animals, etc., and can be facilitated with 2 to 100+ participants.

These are fun, cooperative, challenging games in which the group is confronted with a specific problem to solve. The games demonstrate and teach leadership skills to group members, as well as demonstrate a process of thinking about experiences that helps the group bond and grow.

Low Ropes Elements: *Take place on the ground or only a few feet above the ground – 2 to 7 hour programs.*

The term "Low Ropes" is universally used to describe a variety of programming that utilizes fixed or portable structures or props less than 3 feet from the ground. A permanently established low ropes course (available at Indian Creek) consists of fixed structures made of wood and/or cable. Low ropes elements are often chosen by the Lead Facilitator to achieve certain outcomes either specified by the group or perceived by the Facilitator.

Low rope elements can present tests of physical strength, critical thinking, body control, agility, balance, and flexibility, and invite participants to confront such emotional issues as the fear of falling, the fear of failure, and the fear of losing control.

High Ropes Elements: *Climbing involved wearing harnesses with lanyard attached to a cable – 4 to 7-hour programs.*

The permanently established high ropes course at Indian Creek consists of fixed structures made of wood and cable, elevated up to 52 feet off the ground. Our Team Enrichment Challenge Course is designed for both group and individual challenges, and is built to mimic some of the same movements and challenges seen in the low ropes course; with the added element of being suspended high in the air.

High ropes courses will challenge oneself personally and as a member of a team. Through the course groups can expect to strengthen relationships by creating trusting bonds, improve communication skills, and continue team building through cooperation and encouragement while also having an incredible amount of FUN!

* Completion of several Initiative Activities is required for groups wanting to use the High Ropes Course and will be built into the program.

Fees and Policies

Mini Fee Sheet

More programs options and pricing available; email challengeprogram@gsu.edu for details

Programs	2-Hour Initiatives	Half Day Low Ropes	Full Day Low/High Ropes
Georgia State ATL campus students	\$8	\$10	\$30
Georgia State Faculty/Staff	\$15	\$20	\$40
Georgia State Perimeter campus students	\$15	\$20	\$40

*Lunch may be added to Half/Full Day programs for an extra \$5 per person; custom catering extra

Reservations

- A minimum payment equaling 10 participants is required for any Challenge Program; smaller groups are still encouraged to use our services.
- Programs must be scheduled through the Challenge Program Coordinator at least 4 weeks in advance.
- For the benefit of the group experience, all participants are expected to stay for the duration of the event and participants are not allowed to come after the program has started. We encourage participants to plan accordingly for the times the program has been scheduled.

Payment Schedule

- Payment for the event is required 10 days in advance.
- Payment is made in the form of cash, check, credit, and Panther Cash or GSU internal account transfers with the appropriate SpeedType. Checks are made out to GSU Recreational Services. Receipts are provided upon request.

Postponement Fees

- A group may change the date of their event at no cost up to 10 days prior to their scheduled event.
- Any postponement within 10 days to 24 hours of the event will incur an additional 25% rebooking fee added to their total. For example, if a group has been charged \$200, they will be charged an additional \$50 for their new date. Postponements are not allowed within 24 hours of event start time and payment will be forfeited.

Cancellation Policy

- Reservations may be cancelled up to 10 days in advance for a full refund.
- Any decrease in confirmed participant numbers within 10 days of the event will not be refunded.

Group Contact

- After filling out a reservation request, the event requestor will be contacted by the Challenge Program Coordinator, Indian Creek Coordinator, or Challenge Program GA within 2 business days.
- Program planning will occur via email and phone to maximize your group experience; an in-person meeting may also be requested.
- Five days prior to the event, you will receive an email detailing client policies, what to expect on your event day, and any final payment information if necessary.
- The group contact is responsible for ensuring that the group is properly informed and ready for the day's events. This includes distributing all information to parents, participants, and other key members that need to be informed of the program requirements.

Clothing & Equipment

- All jewelry **MUST** be removed prior to participation; please leave jewelry at home.
- Participants must wear appropriate athletic clothing and close-toed athletic shoes.
- Climbing equipment used will be provided by Georgia State University; personal equipment will not be permitted.
- Groups will be permitted to store small bags or items at the Event site, but the Challenge Program cannot accommodate large objects or expensive items such as laptops, duffel bags, etc. These items should not be brought to any Challenge Program event, nor left in a vehicle where security cannot be guaranteed.
- No phones are to be taken onto high ropes elements unless secured in a zipped pocket.

Release of Liability Waivers

- Each participant must sign an Assumption of Risk & Waiver of Liability Agreement prior to participating in a challenge event.
- If any participants are under the age of 18, a parent or legal guardian must sign this form.
- **Minimum age to participate on the high ropes course is 13 years of age, and at least 115 pounds.**

Severe Weather

- The Challenge Program tries its best to continue in all types of weather, including rain, snow, and cold, which alone are not considered unsafe. However, in cases of extreme weather such as lightning, thunderstorms, or excessive cold, we reserve the right to cancel, postpone, or continue the event indoors. Weather conditions are variables we cannot control. Cancellations based on weather will be made only by the Challenge Program Staff.
- If an event must be cancelled due to severe weather, every effort will be made to reschedule the event. If rescheduling is not possible, a full refund will be given.
- If bad weather prevents the group from participating in high elements as requested that day, if possible, the facilitation staff will keep the group engaged in team building or low ropes activities for the remainder of the day. A partial refund to reflect the difference of pricing in a program with low ropes only will be given for such a change, as the safety and comfort of the participant's drives that liability decision.