

Nanette McLain Challenge Course Opportunities

The Challenge Course is an adventure recreation program, which offers participants the opportunity to engage in a series of activities involving mental, physical and emotional risk-taking. It consists of problem-solving activities, games, initiatives, and a series of ropes, cables, and logs used to simulate challenges. The team building activities of the Challenge Course are available and participants may choose to progress beyond these activities, challenging themselves to progress from the low to the high elements of the course. The course involves planned sessions in which participants examine and share common reactions, insights and emotions such as joy, fear, fatigue and compassion. In the Challenge Course setting, participants can explore solutions in a non-threatening manner. Girl Scout Daisies cannot do Challenge Course Activities.

Half-day program: (3 hours) Team building games & activities, a wide variety of low course elements plus 1 or 2 high course events. Groups are responsible for their own lunch and snacks. (Minimum age 9)

Full-day program: (6 hours) Team building games & activities to include combination of several low course elements and individual challenges on the high course. Groups are responsible for their own lunch and snacks. (Minimum age 11)

*Actual elements and hours of participation will vary with each individual group.

Participants are never forced to participate in any part of the challenge course. They are, however, encouraged to challenge themselves beyond what they would normally do.

As a challenge course participant you will:

- Improve group skills in communication and leadership
- Develop trust and respect for individual differences
- Develop problem-solving abilities
- Improve group cohesion and teamwork
- Create a supportive environment
- Build confidence and increase self-esteem
- Experience personal accomplishment

PROGRAM FEES: (per participant)

Half-day program - \$15 per participant

Full-day program - \$30 per participant

A.M. program runs from 9:00 a.m. to noon.

P.M. program runs from 1:00 to 4:00 p.m.

The full day program runs approximately 9:00 a.m. to 4:00 p.m.

Nanette McLain Challenge Course: Group Reservation Form

Groups interested in participating in any Challenge Course program must submit this form to the Council Service Center with your Program Center Reservation at least one month prior to the month requested. Please see www.citrus-gs.org for the price structure; the minimum number of participants is 10.

Group Contact Name _____
 Address _____
 City _____ State _____ Zip Code _____
 Phone # Day _____ Evening _____ Cell _____
 E-mail _____ Ages of Participants _____

Please choose 1st and 2nd choices for dates your group would be interested in participating in Challenge Course activities. Be sure to check off which program you would like to participate in and desired area(s) of development. (You will be sent a confirmation and information packet with dates confirmed for participation.)

1st Choice date(s) _____ am pm 2nd Choice date(s) _____ am pm

Program Choice Availability is on a first-come, first-served basis. We will do our best to meet your needs.

of Participants

_____ Half-day program (minimum age 9) X \$ _____ each = \$ _____

- | | | |
|-------------------------|--|---|
| (Choose 3 goals) | Teamwork
Communication
Cooperation
Situation Analysis
Identifying strengths & Recognition of roles | Trust
Participation
Problem Solving
Leadership & cooperative relationships |
|-------------------------|--|---|

_____ Full-day program (minimum age 11) X \$ _____ each = \$ _____

- | | | |
|-------------------------|---|---|
| (Choose 4 goals) | Teamwork
Cooperation
Situation Analysis
Trust
Communication
Participation
Highest level of personal challenge | Problem Solving
Identification of personal limits
Identifying strengths & Role recognition
Leadership & cooperative relationships
Construction of supportive environment
Responsiveness to needs of others |
|-------------------------|---|---|

Past Challenge Course Experience

1. How long has this group been together? _____
2. Has the group completed Challenge Course low elements before? YES NO
 If YES, please list: _____
3. Has the group completed Challenge Course high elements before? YES NO
 If YES, please list: _____
4. Other comments or goals? _____

Cancellations: A written notice of cancellation must be received at least 10 business days (business days are Monday thru Thursday) for a full refund minus a \$3 processing fee. Cancellations made by GSCC will also be made with 10 business days; an option for re-scheduling will be given or a full refund.

Weather & Rain Cancellation: The program will be rescheduled if no more than 50% of the program has been delivered before being cancelled due to weather.

→ PLEASE NOTE: A Challenge Course Release Form (CP_76_v2a) must be signed for all participants prior to participation on the Challenge Course. Minors must have the form signed by a parent/guardian.