

TRAC Program Participant Orientation

The purpose of this Orientation form is to provide you with information about:

- ❖ The concepts of Challenge by Choice and Full Value Contract.
- ❖ The activities in which you will be participating.
- ❖ To invite your questions regarding anything related to your participation.

Challenge by Choice

On the Ropes Course we utilize the Challenge by Choice concept. This means that you determine your level of participation in any event. You will not be forced to participate in any activity. We will encourage you to attempt the event, but the choice is yours. Making choices is an art we practice daily in all areas of life. Choosing not to participate in an event is part of our educational process. There are many levels of participation. One may decline to walk across the "balance beam" (traversing with a safety rope attached on a log 25 feet above the ground) yet still be an active and valuable participant by offering support from the ground.

Full Value Contract

Our commitment to all Ropes Course participants is to provide the most positive and comprehensive experience possible. In return, we request the following from each participant:

- ❖ Challenge yourself. Try to expand the boundaries of your "comfort zone." The activities on the Ropes Course challenge us to seek new ways to work together and solve problems. Through focused participation in these activities, participants will improve leadership and team building skills.
- ❖ Participate with quality and enthusiasm. You add to the quality of the experience for yourself and other participants by being fully involved at whatever level you choose.
- ❖ You will be provided with detailed information about the events in which you participate in. Please be attentive during all debriefings.
- ❖ Safety is our primary concern. Please follow all safety instructions. If safety becomes compromised at any time we will discontinue all activity.
- ❖ Please be honest with us about your physical limitations. You should report any past or current physical problems, and also discuss such limitations with us prior to an activity.
- ❖ Most importantly.....**HAVE FUN!!!**

Please ask

If you have questions regarding the activities and your participation, please ask us. Our goal is to deliver a safe, effective, and fun educational experience. All questions are valid. Your understanding will heighten your commitment to the program and the benefits you desire.

TEAM ROPES ADVENTURE CHALLENGE
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