



9039 Sligo Creek Parkway
#602 Parkside Plaza
Silver Spring, MD 20901
(240) 603-4150

erig@go-adventuresports.com
www.go-adventuresports.com

ROPES Challenge

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.

- *Games* are activities that serve as icebreakers - encouraging participants to relax, act silly, and remove some of the barriers that normally keep individuals from cooperating with one another. Games 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.
- *Trust Activities* 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, Swinging Bridges, Tire Traverse, Islands in the Sky, Nitro Swing, Flying Squirrel.



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

10:00 am – group warm-up games

10:15 am – name games and deinhbitizers

10:30 am – group initiatives – speed ball, group puzzle, mine field, etc..

11:00 am – trust activities/initiatives – octopus arms, trust run, object retrieval, etc...

11:45 am – LUNCH

12:30 pm – high elements – climbing wall, islands in the sky, tire traverse, etc...

3:00 pm – final challenge – mouse traps

3:45 pm – 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.