Welcome to Radford University’s Adventure Based Learning Experience (RU-ABLE)!

Please refer to your packet for the following information:

- Group Leader’s Guide
- Planning Questionnaire
- **Program Information for Participants** Sheet.
- RU-ABLE Evaluation
- Directions

Thank you for selecting RU-ABLE. We hope you enjoy your experience. If you have any questions, please contact me at 540-831-7721.

Sincerely,

Fred Pierson, MS  
Director, RCPT Experiential Learning Lab  
RU Department of Recreation Parks & Tourism  
jkpierson@radford.edu  
540-831-7721
Thank you for choosing RU-Adventure Based Learning Experiences for your team-building needs. Please complete the checklist to help prepare your group for their team-building experience.

If you have questions, please contact us at 540-831-7721.

TODAY

☐ Confirm your date by mailing non-refundable deposit (50% of total amount). Please refer to the enclosed invoice.

☐ Photocopy the enclosed Participant Information sheet and the Participant Release of Liability form. Distribute them to group leaders and participants. Each participant must bring a completed and signed form to participate.

☐ Review our Cancellation, Inclement Weather and Late Arrival Policies on the invoice.

BEFORE THE EXPERIENCE

☐ Please complete the Planning Questionnaire and return it to us ASAP.

☐ Review the Participant Information sheet with your group.

ON THE DAY OF THE EXPERIENCE

☐ Please check all Participant Release of Liability forms for appropriate signatures, and bring them with you.

☐ Please bring the remaining payment.

AFTER THE EXPERIENCE

☐ Please complete our evaluation.
Date: __________
Group Name: ___________________ Course Date: ___________________
Contact Person: _________________ Phone #: __________________ Email ____________________

Instructions: Have the group leader complete this questionnaire for us to design a team/relationship building program to best suit your goals and objectives.

1. Please describe your group (how long and how well do individuals know each other).

2. What are your expectations for the teams/ropes course?

3. Identify 3 strengths of your group and 3 areas that need improvement.
   1. ___________________
   2. ___________________
   3. ___________________

4. Describe some tasks or projects that require teamwork from your group.

5. How many people in your group have participated in a teams or ropes course experience before? Please describe their experience.

6. Does anyone your group require any special accommodations or assistance for participation in the course? (Please describe.)

Please return the following ways form to:

- RUABLE, PO Box 6963, Radford, VA 24142
- Email: jkpierson@radford.edu
- Fax to: 540-831-7719
**RU-Adventure Based Learning Experiences** is an important resource for schools, community groups, families, colleges/universities, sports teams and corporate businesses. The training facility provides a flexible and unique opportunity for your group to explore team and relationship building concepts. By completing a graduated series of activities in a supportive and fun atmosphere, group members are engaged in the physical, cognitive and social interactions as a group regardless of skill level and with physical, emotional and spiritual safety.

If your group is participating on the Teams Course, you and your group members will go on, under around or through a series of elements constructed from rope, wood or cable. These elements are ground level to 10 feet high.

If your group is participating on the outdoor Ropes Course, you and your group members will traverse a series of cables and ropes that are 30 feet above the ground. You will be outfitted with a climbing harness and helmet, and you will be clipped into a dynamic rope belay system.

If your group is participating on the indoor Ropes Course, you and your group members will ascend and traverse elements that are 20 feet above the gym floor. You will be outfitted with a climbing harness and helmet, and you will be clipped into a dynamic rope belay system.

Participation in all activities is based on the philosophy of “challenge by choice”. Participants are offered an opportunity to “stretch” beyond their perceived limits in an atmosphere of safety, support and respect to awaken a change in themselves and the group.

Highly trained facilitators design a safe, fun and enriching program that targets the personal and professional goals identified by each group. The activities are metaphors for what happens in your school, work or community environment. They provide a flexible vehicle for learning through experience.

Program activities include:

- **Orientation & Goal Setting**
  Safety and program guidelines are outlined. Participants share ownership by identifying personal and group goals.

- **Warm-ups & Cooperative Games**
  These activities provide an opportunity for group members to interact and establish an atmosphere of support and cooperation.

- **Full Value Contract**
  Group members create their own “rules of play” for their experience.

- **Problem Solving/Solution Forming Initiatives**
  An initiative is a clearly defined task that requires group cooperation and some physical effort to affect a solution. All of the activities engage the participant in the decision-making and teamwork process through communicating ideas, planning and implementation. During the process, participants have fun, develop a sense of camaraderie, and experience the effect of working together.

- **Trust and Support**
  These are essential for the group to achieve success as they participate in higher-level challenge activities. This series of activities provides an opportunity for group members to trust their physical and emotional safety to others.

- **Processing and Linking**
  Most activities include some processing/debriefing time for the group to reflect on the experience. Participants compare the activity with similar situations in their school, family, work or community setting. They explore patterns of interaction in relation to personal and professional effectiveness. Participants also consider ways to modify and enhance their behavior in relation to future actions.
GENERAL GOALS

RU-Adventure Based Learning Experiences is designed to enrich the emotional, physical and social well-being of the individual and the group through cooperative activities, initiatives and challenges. General goals include:

- Explore communication and interaction.
- Explore the decision-making, problem-solving/solution forming and team building skills.
- Create new bonds and increase the camaraderie among team members through involvement in a shared experience.
- Provide the opportunity for the group to identify and use the strengths and assets of each team member.
- Provide an experience that has the potential to increase motivation, personal initiative and self-confidence toward better leadership and team relations.
- Have Fun!

“None of us is as smart as all of us.”
Peter B. Grazer

GROUP PREPARATION

Your Facilitator will contact the group leader prior to your scheduled date to discuss the following.

- Group goals and objectives for the experience.
- Your group’s goals and objectives, diversity, strengths and vision.
- Emotional, physical or spiritual considerations that may effect your group’s safety or participation.

For your safety and comfort, we suggest the following:

1. Participants should not wear jewelry.
2. Dress for comfort and weather changes. Wear sturdy shoes (no sandals) and clothes that can get dirty.
3. In the summer, wear light colored clothing, sunglasses and a hat. Bring along sunscreen and bug spray.
4. In the fall, winter and early spring wear layers of clothing, hats and gloves.
5. Bring water and a snack.

Participant Release of Liability Form

Each participant must bring a completed Participant Release of Liability form in order to participate in teams or ropes course activities. Forms for participants under the age of 18 require the signature of a parent or guardian. Please complete both sides of the Participant Release of Liability form. Participation will be denied if the form is not signed.
Radford University (RU) Challenge Course Program
Assumption of Risk and Release of Liability

Please read this document carefully.

I, __________________________, am aware in signing this document for participation in RU’s Challenge Course program that certain elements of the program are physically, mentally, socially, and emotionally demanding. Furthermore, I understand that certain risks and dangers exist inherent in the activities in which I will be participating. The activities may include, but are not limited to, cooperative warm-ups, non-traditional group games, trust and problem-solving activities, and the low challenge course. The risks include, but are not limited to, loss or damage to personal property, injury or fatality due to inclement weather, slipping, falling, insect or animal bites, falling objects, or suffering any type of accident or illness on the activity site or while traveling to the activity site. I acknowledge that while the program and its staff will make every reasonable effort to supervise me, teach me proper techniques, and minimize exposure to known risks, all dangers (hazards and perils) associated with these activities cannot be foreseen. I have a personal duty and responsibility to learn and follow the safety standards, guidelines, and procedures established by my facilitators and will make them aware at any point during the activity in which I question my knowledge of the standards, guidelines, and procedures or my ability to participate.

I understand and assume all dangers (hazards and perils) and risks associated with these adventure program activities and waive all claims or causes of action arising from participation in RU’s Challenge Course program(s). I do hereby release all persons and agents from liability whether caused by all negligence, strict liability or otherwise, which I may ever have against Radford University and its agents. Furthermore, I give my consent to the facilitators or other medical personnel to treat me in an emergency situation. My signature on this document is also intended to bind my successors and heirs.

Participant Name (printed) ____________________________________________

Participant Signature __________________________ Date __________

Witness Signature __________________________ Date __________

Parent Guardian Signature (if under 18 years of age) __________________________

Image Consent Form

The signature to this form is verification of my consent of have recordings of audio or visual images (still pictures or video recordings) of myself and/or of the child as identified in the blank provided: __________________________. For children under the age of 18 years, the legal guardian must complete and sign this form. These recordings are being taken for the possible purposes of:
1. Publicity of programs at Radford University
2. Class use at Radford University
3. Presentations at conferences and workshops
4. Publications dealing with outdoor recreation and related topics

Participant Signature __________________________ Date __________
We are constantly growing and striving to improve the quality of our program. Your feedback is important in helping us to achieve this goal. Please rate each question. Additional comments are appreciated.

1. Facilitator structured the activities to meet the group’s goals and needs.  
   1  2  3  4  5

2. Obstacles and activities were challenging & appropriate for our group.  
   1  2  3  4  5

3. Facilitator demonstrated a high degree of safety consciousness.  
   1  2  3  4  5

4. Facilitator asked questions and encouraged comments that will help your group link the experience to daily life.  
   1  2  3  4  5

5. The group leader was provided enough information prior to the course to prepare our group for this experience.  
   1  2  3  4  5

6. The facilitator provided enough information in the orientation to prepare our group for the experience.  
   1  2  3  4  5

7. Please rate the condition and appearance of the facility.  
   1  2  3  4  5

8. I would recommend the Teams/Ropes Course to a friend or co-worker.  
   1  2  3  4  5

9. My overall satisfaction of the Teams/Ropes Course experience.  
   1  2  3  4  5

What did you like most about the Teams/Ropes Course experience? ____________________________________________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________

What suggestions or changes would you make? ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________

How will the Teams/Ropes Course be useful to you as an individual or to your group? ______________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
RU-ABLE is located at 6226 University Park Drive (RU Business Technology Park), just outside the Radford City limits, overlooking the New River.

**WE MEET AT THE PICNIC SHELTER!!**

**From I-81**
- Take exit 109 off of I-81.
- Take route I77 (Tyler Avenue) into Radford. Approximately four miles.
- Come to the fourth stop light near Radford University.
- Turn left onto East Main Street.
- Continue through four stoplights onto Main Street. As you approach the fifth stoplight, merge right onto Highway 11 and cross over Memorial Bridge. Get into the left lane on the bridge.
- Turn left onto University Park Drive (Radford University Business Technology Park). If you pass the McDonalds, you have gone too far.

**From Highway II (South)**
- Take Highway 11 towards Radford.
- When you enter Fairlawn (near Highway 114), merge into the right lane.
- Turn right onto University Park Drive (Radford University Business Technology Park).

**From Highway 460 (West)**
- Take Prices Fork exit (south) for approximately seven miles.
- At the stoplight, turn right onto route 114. Continue on Route 114 for approximately four-and-a-half miles.
- Turn left onto Route 11 and stay in the right lane.
- Turn right onto University Park Drive (Radford University Business Technology Park).

**WHEN YOU ENTER THE RU BUSINESS TECHNOLOGY PARK; FOLLOW THESE DIRECTIONS.**
- Follow the main road and turn right just before the tennis courts. Turn left at the T and go up a small hill to a parking lot with a picnic shelter. The picnic shelter is located on the back end of the property.