

Plan a Challenge Course Event with Us



UAZ outdoor Recreation thanks you for considering a challenge course for your next event. Here are a few things to keep in mind when planning your visit.

How to Prepare

For the safety of the participants, we ask that everyone wear closed-toed shoes. The challenge course involves mild activity, so you should wear comfortable clothing that is appropriate for a full range of body positions. Our challenge course is located outside, so participants should plan to bring water, sunscreen and snacks.

THREE-HOUR PROGRAM OVERVIEW

| | |
|-------------|---------------------------|
| 10 MINUTES | Staff introduction |
| 30 MINUTES | Warm-up activities |
| 130 MINUTES | High or low rope elements |
| 10 MINUTES | Event wrap-up |

All events are customizable depending on your group wants and needs.

The challenge course is open to all students, faculty and staff, as well as the general public. For pricing and reservations, email us at outdoorrec@arizona.edu or call at (520)621-8233.

What to Expect

We'll start with some "warm-up" games or activities that get your creativity, playful spirit and activity level up. Some games will also help you learn new things about your peers, such as hobbies, favorite foods and childhood experiences. We'll then move onto the rope course, working as a team to complete each element, although completion of each element is not often our main objective.

Facilitators will provide specific instructions for managing the risks of each activity. An activity may also be suspended at the discretion of the facilitator if safety becomes a concern.

What Not to Wear

Anything you don't want scratched, dented or dropped should be removed. We recommend removing hazardous accessories such as watches, glasses, scarves and any form of jewelry, dangling necklaces, earrings or rings as they can get caught and could cause injury.

Common Misconceptions

I'm not strong enough to participate.

Although some level of strength is required to complete some of the elements, working as a team lessens the demands of each individual participant's strength level.

I'll be forced to participate beyond my limits.

We will not pressure you to do something you don't want to do. We follow a philosophy of Challenge by Choice, which means it is up to the individual to choose the level of challenge they accept.



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