

Ridgecrest Challenge Course FAQs

- 1. What is Adventure Recreation?** Adventure Recreation is recreation with a purpose. Participants have fun while learning and growing from experiences that are out of the norm.
- 2. What is a Challenge Course?** A Challenge Course is a series of exciting activities (challenges, initiatives and trust activities) led by a facilitator to stretch individuals or groups out of their comfort zones both physically and mentally.
- 3. What age groups are appropriate for the Challenge Course?** Generally anyone from 10yrs old and up.
- 4. Will my group be in any danger?** There is often a high degree of perceived risk. However, the combination of our highly trained staff and technical safety gear with cooperating participants makes the actual risk extremely low.
- 5. Is it important that we arrive on time for the welcome and safety briefing?**
YES, this helps insure a timely start and the correct usage of equipment by participants. It is also very important for group dynamic that everyone starts together. Anyone missing the safety briefing may lose the opportunity to participate.
- 6. What should we wear?** Everyone will need comfortable shoes, and clothing that is appropriate for the weather and the setting. You may want to be prepared for the possibility of cool and/or wet weather. Even in warm weather, because of the shade at our course location the temperature can feel cool.
- 7. Do we need to bring anything?** It would be wise to bring water, and if you want snacks are ok too. You may also want to bring cameras, sunglasses, hats
- 8. Where do I find the challenge course?** Before your event, you will be contacted by the lead facilitator about meeting location.
- 9. Is there any place to go to the restroom?** There is no restroom at the course. Please take care of those needs prior to our meeting.
- 10. If we forget our forms can we just fill out more when we arrive?** Only adults and minors accompanied by a parent or guardian can complete a new form. By policy, it is impossible for Ridgecrest to allow minors to participate without a form signed by their parent or legal guardian.
- 11. How is the Ridgecrest Adventure Recreation staff qualified to meet the needs of my group?** Seasonal staff is trained in element facilitation and safety. Frequent rescue training is practiced by the staff to prepare them for any emergency. Adventure Recreation manager Ed Barnes holds a degree in Outdoor Recreation and has over 15 yrs experience in the field.
- 12. Is it important for my group to stay until everyone in the group is finished?**
YES, it is imperative to the Challenge Course experience that the facilitator is allowed to debrief the group, and help them assimilate the lessons they have learned.