

## Ropes Course Benefits?

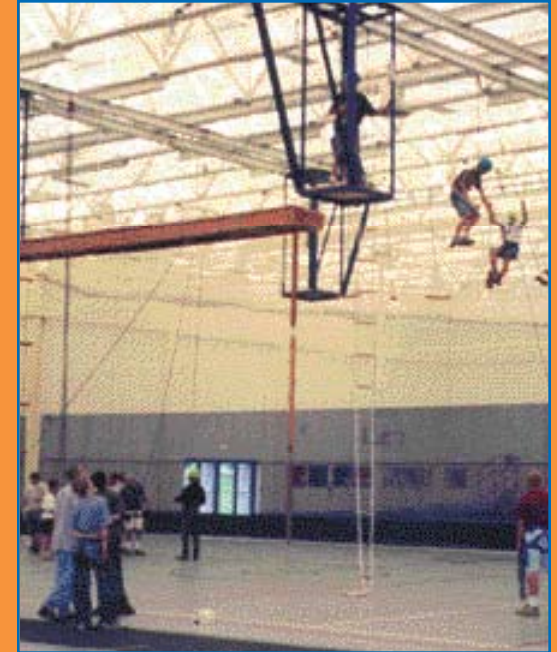
The atmosphere of the ropes course is a “Challenge by Choice.” There are no failures. For someone afraid of heights, simply climbing a foot or two up a ladder can be a major accomplishment and source of pride. Participants are encouraged to challenge themselves in both a physically and a mentally safe environment. We create an atmosphere that fosters the following:

- Team Building
- Cooperation
- Communication
- Self-discovery
- Commitment
- Problem Solving
- Personal and Group confidence
- Increase participant’s sense of personal achievement
- Increased mutual support within a group
- Develop increased level of agility and physical coordination
- Increase awareness of personal strengths and limitations
- Go beyond self-imposed boundaries



UW-Platteville Ropes and Challenge Initiatives Course  
Department of Health and Physical Education  
110 Williams Fieldhouse  
Platteville, WI 53818  
128-5-662514

# UW-Platteville



## Ropes and Challenge Initiatives Course

# Ropes and Challenge Initiatives Course

The Ropes and Challenge Initiatives Course is a blend of low and high activities presented in a prescribed sequence designed to take individuals and groups beyond their own expectations or perceived limits. The numerous low elements and the thirteen high elements suspended at a height of 18 feet from the ceiling can be experienced within the spacious Pioneer Activity Center (PAC) in Williams Fieldhouse.



## Who can use the Ropes and Challenge Initiatives Course?

Our ropes course is available to serve any group in the tri-state area, both community based and those here at UWP. Our low elements and half of the high elements are adaptable and accessible for individuals with special needs.



## Will this course meet your group's needs?

We structure each program to the individual and group needs of the client. For example, activities can focus on individual exploration, on group communication, teamwork, and trust. All sessions are designed and sequenced to meet the client's needs. A progression of acquaintance, de-inhibiting, problem solving, initiatives, and trust building activities are utilized for all groups. Utilizing the high elements is not always necessary to challenge the individual and group; activities are based on the comfort and needs of the group.

Low element activities are performed close to the ground and they gradually increase in difficulty and challenge so that the team can learn from its successes, building trust and confidence as obstacles are overcome.

High elements provide opportunities for participants to expand their comfort zones. We try to help individuals overcome their fears or barriers that may block personal development and achievement.



Group type	half day cost (<4 hrs)	Full day cost (>4 hrs)
UWP affiliated	\$10.00/person (\$100.00 minimum)	\$17.00/person (\$170.00 minimum)
Non-profit	\$15.00/person (\$150.00 minimum)	\$20.00/person (\$200.00 minimum)
Public	\$20.00/person (\$200.00 minimum)	\$25.00/person (\$250.00 minimum)

Groups can be scheduled during the school year on Fridays after 7 p.m. and on Saturdays and Sundays. Half-day sessions generally will not include time on the high rope elements, while full day sessions will, if requested.

For more information contact Scott Ringgenberg, Ropes Course Director, at (608) 342-1571 or email: [ringgens@uw-platt.edu](mailto:ringgens@uw-platt.edu)