Challenge Course Planning Guide
Preparing for Your Challenge Course Event

***To ensure a fun, safe, and successful Challenge Course experience, meet with your group prior to the event and discuss all of the items in this planning packet.

***All adult participants must complete and sign the “Adult Participant - Waiver Form” All minor participants, under age 18, must have their parent or legal guardian complete and sign the “Minor Participant - Waiver Form”. Bring a signed form for each participant to the course on the day of your program.

What to Expect from Your Challenge Course Experience

The program you will be participating in is a low and high initiative program. Initiatives are best defined as activities that teach. Many of the initiatives are designed so that participants must solve problems as they go. The facilitators will give instruction when needed but have been trained to let the participants figure things out on their own as much as possible.

The low initiatives are on the ground or low to the ground and are used to develop teamwork, decision-making, problem solving, communication, and leadership skills. The high initiatives require climbing up to elements that are high off the ground. These initiatives are geared towards personal growth, goal setting, self-accomplishment, and self-confidence. Participants need to come prepared to focus on these aspects.

On most of the high initiatives, participants are belayed by a facilitator on the ground, meaning the two are attached by a rope. When a participant is ready to come down, whenever that is (it is their choice) then the facilitator will slowly lower them to the ground. Everyone participating on the high initiatives course is required to wear climbing harnesses and helmets.

Physical Activity
The activities may require some bending, kneeling, and lifting. Participants should be in fair physical condition. All persons are strongly encouraged to participate, and we will accommodate those with disabilities to the best of our abilities. Please notify the program coordinator in advance of any special needs.

A Learning Experience
Your visit to the USU Challenge Course is more than just a fun activity; there is a purpose for your visit. The Staff will be asking questions throughout the activities, as well as tying goals and objectives in with the different activities. At the end of the program, we will talk as a group about the experiences and lessons learned.

Challenge by Choice
No one will be forced to participate in any of the activities. We believe in “Challenge by Choice.” Participants are encouraged to get out of their comfort zone and go one step further than they think they can go; however, the choice is up to them.
Policies & Guidelines

For your safety and the safety of all participants, these policies must be followed.

What to wear (and what not to wear):
Please understand, those who do not abide by the dress code will not be allowed to participate.

▪ Clothing should be loose, comfortable, casual, durable and able to get dirty. Shorts must be knee-length; shirts must have sleeves and cover the midriff.
▪ Shoes should be fully enclosed, flat heeled, comfortable and suitable for running & jumping.
▪ Shoelaces must be tied and double knotted.
▪ No slip-on shoes or sandals allowed.
▪ All jewelry will need to be removed prior to conducting high initiatives. This includes watches, bracelets, necklaces, rings, earrings, and face and body jewelry.
▪ Eyeglass wearers should take the necessary precautions to insure their glasses do not fall by removing the glasses or wearing a restraining strap.
▪ Participants should wear sunscreen and a brimmed hat for sun protection.
▪ Participants should bring a jacket or long sleeve shirt, as necessary, based on the possibility of inclement weather.

What to bring (and what not to bring):
▪ Each participant needs to bring their own water bottle, sunscreen, and brimmed hat.
▪ Because of the choking hazard, gum and candy are only allowed during break times.
▪ For safety considerations, no alcoholic beverages are allowed on the premises at any time.
▪ Neither participants nor any other person shall bring onto, or possess on University Challenge Course premises, any animals, pets, weapons, contraband, explosives, fireworks, candles, any flame device or any other controlled substances.

What you agree to:
▪ No horseplay will be tolerated. Safety is our number one concern.
▪ For health consideration of others and fire control concerns, no smoking is allowed on the premises at any time.
▪ Participants must comply with all state and federal laws while on USU Challenge Course property.
▪ Participants must abide by all policies regarding the use of the premises and follow all instructions of the Challenge Course Staff.
▪ All participants 18 years of age and over must complete and sign an “Informed Consent Form” prior to participating in any of the activities.
▪ All participants under 18 years of age must have a parent or legal guardian complete and sign “Informed Consent Form” prior to participating in any of the activities.
▪ The USU Challenge Course Staff, Utah State University, and the University Inn & Conference Center reserve the right to refuse service to anyone and to take such action as may be necessary in the event that any participant or the sponsoring group is in violation of any of the foregoing guidelines and expectations.
Goals & Objectives Worksheet

Name of Group: ___________________________ Date(s)/Times of Program: ___________________________

Your Name: ___________________________ Your role within this group: ___________________________

We will contact you to further discuss the upcoming program. Please complete the following:

Telephone: _________________________________________
(indicate number & good times to call)

Email: _____________________________________

The more specific you can be with this form, the better we will be able to customize your program.

Briefly describe the group:

What does this group do? ______________________________________________________________________

How long have you been formed? ______________________________________________________________________

How well do members know each other? ______________________________________________________________________

How often do you meet? ______________________________________________________________________

Describe typical interactions when working together? ______________________________________________________________________

State Specific Needs: Please consider and explain the specific needs of the group and/or individuals in the group. This will greatly assist us in designing a unique program for your group?

____________________________________________________________________________________

Check the four most important topics you would like to address during your program. For each topic checked, please elaborate on the back of this sheet. Include examples of what improvement would look like in the topic area(s)

- Cooperation
- Leadership/Followership
- Physical Challenge
- Creative Problem Solving
- Goal Setting
- Valuing Diversity
- Trust in self & others
- Quality
- Camaraderie
- Appropriate risk-taking
- Commitment/Effort
- Managing Differences
- Communication
- Mutual Support
- Fun
- Appropriate risk-taking
- Other: ______________________________

Did anyone assist you in choosing these topics? YES / NO

If so whom? ________________________________________________________________________________

Return this paperwork to:
Email: challengecourse@usu.edu  Mail: Aggie Recreation Center, 7005 Old Main Hill, UT 84322-7005

Challenge.usu.edu 1477 Canyon Road, Logan, UT 84322 435-797-5361
Please note: We cannot address specific religious topics; however, we can address values and certain beliefs. If you have questions about this, please feel free to call so we may discuss the topic.
The USU Challenge Course is located at 1477 Canyon Road, Logan, Utah. It is approximately 5 minutes from the USU campus and downtown Logan.

Driving Directions - From Logan’s Main Street
- Go East on Center Street (towards the nearest mountains)
- Continue on Center through the light at 100 East, and go down a small hill
- At the bottom of the hill turn left onto Canyon Road
- Continue east on Canyon Road, go through the four-way stop
- From the four-way stop go 1.1 miles, you will see the USU Challenge Course sign on your left
- Take the gravel road on your left
- Follow this gravel road past the “No Trespassing” sign and take the hairpin turn to the right in front of the house
- This road will take you to the Challenge Course parking area

Driving Directions - From Utah State University
- Go East on 400 North (to the Mouth of Logan Canyon)
- You will drive past the Forest Service Station on your right and down the steep hill
- At the bottom of the hill, turn right onto Canyon Road (before you cross the bridge)
- Continue West on Canyon Road and drive around First Dam (heading West)
- Once past the Dam itself go past the Water Lab Building (on your left) and follow Canyon Road for less than ¼ mile.
- You will see the Challenge Course sign on your right (hairpin turn right onto gravel road)
- Follow this gravel road past the “No Trespassing” sign and take the hairpin turn to the right in front of the house
Group Check List

This check list is for your use. Do not return this page to us.

Prior to Your Challenge Course Event:

☐ SERVICE AGREEMENT – Signed & sent back

☐ DEPOSIT PAYMENT – Call 435-797-5361 to pay with credit card or mail check

☐ PLANNING PACKET – Read through and discussed with all participants

☐ CONSENT FORMS – Handed out to participants

☐ CONSENT FORMS – Signed and collected by leader

3 Days Prior to Event:

☐ GUARANTEED NUMBERS – Given to the Scheduling Coordinator

☐ FINAL PAYMENT – Payment complete with Scheduling Coordinator

Day of Your Challenge Course Event:

☐ Signed Consent Forms – in hand

☐ Final Payment by Check – in hand (Only if you have arranged with the Scheduling Coordinator to pay on the course instead of three days in advance as stated in your contract.)

☐ Water Bottles – each participant to bring their own

☐ Sun Screen – for all participants to use