



ADVENTURE
CENTER
A Program of Crossroads For Youth

Dear Adventure Center Participant,

First and foremost, thank you for participating in the Adventure Center Program. We understand that it can be difficult to get excited about something that you may be unfamiliar with. We would like to give you some answers to the questions that we most commonly hear.

1) Will we be safe?

We at the Adventure Center do everything that we can to ensure safety. All of the facilitators that will work with the group have gone through the necessary training on how to keep a group safe on a challenge course. The ratio is approximately 1 facilitator to 12 participants.

2) What is a Challenge Course?

A challenge course is a series of problem solving initiatives that will encourage participants to think creatively, rely on team members, and grow in relationships throughout the course of the day.

3) What is a High Ropes Course?

A high ropes course is similar to a challenge course. The main difference between the two is that the high ropes course is approximately 26ft in the air. Everyone who participates in the high ropes course is given a safety brief in order to ensure that they know how to use all of the equipment including a harness, and the connections to the cables in the high ropes course.

4) What should we bring?

See the attached sheet for a list of clothes and other things to bring. For questions about meals please talk to the group leader.

5) What are the expectations of us at the Adventure Center?

At the Adventure Center we invite our clients to be involved in the group to whatever extent that they want to be. We operate on a philosophy of challenge by choice, which encourages you to step outside of your comfort zone so that real learning and growing can occur.

If you have any other questions please feel free to contact the Adventure Center. We are here to assure that you have a fun, successful, and safe experience while at the Adventure Center. Thank you for your time today.

Sincerely,

**Joshua Best
Adventure Center Coordinator
Crossroads For Youth**