

## **Lyon College Highland Challenge Course Frequently Asked Questions:**

### **Q: How much time will a program require?**

Program time is based upon the group dynamics, the group size, and what goals the group would like to achieve. Each program can be tailored to almost any time schedule. Outdoor challenge courses typically last between 2 and 6 hours, with an average time of four hours. Any high or low rope element programming must be at least 2 hours long. Teambuilding initiatives must be at least 1 hour long.

### **Q: Where is your course located?**

The Highland Adventure Challenge Course is directly across from the street from Derby and behind the LEAP house.

### **Q: What should we bring?**

Water and a water bottle. Sunscreen. Medications (such as an inhaler or epi-pen) Signed Waiver/Liability Forms. An open mind and positive attitude!

### **Q: What should we wear?**

Dress to be active and comfortable according to predicted weather conditions. If it is warm enough, shorts are fine, otherwise, casual pants are good. Boots are not necessary, tennis shoes work well, but sandals are not acceptable. In cooler weather, it is best to dress in layers so you can be comfortable as the day may grow warmer. It is always good to have a rain coat handy.

### **Q: Are there any restrictions for ages or group sizes?**

LEAP staff are able to work with both large groups and small but groups must have at least 8 participants. If your group has more than 15-20 participants we will need to split into smaller sub-groups. Participants must be able to fit in harnesses in order to complete high elements and must weigh between 75-250 pounds. More information can be found on our Essential Eligibility Criteria. (Coming soon)

### **Q: What facilities or amenities are available?**

With our outdoor challenge course water and restrooms are readily available. Bathrooms are inside the Becknell Gymnasium or the LEAP house. Water will be provided in the form of a water gat but cups will not be provided. Please bring your own water bottles/cups.

### **Q: What sort of things will our group learn?**

We can custom design any program to meet the specific goals or needs for your group. Areas of focus include developing leadership skills, building trust within the group, developing more effective communication skills, problem solving, conflict resolution and team building overall.

### **Q: What about risk?**

Managing risk is the first concern at LEAP. Instructors are trained to take groups through the course in nothing but currently accepted experiential education techniques. All youth programs will be supervised by adults while on the course, and all participants are trained in effective spotting techniques before performing on the course. LEAP has always gone by the “challenge by choice” philosophy which means participants are not required to do anything they do not feel comfortable doing. Additionally,

LEAP has a very thorough risk management plan in place for all activities on the Highland Adventure Course.

**Q: What are the qualifications of the staff?**

LEAP staff primarily consists of qualified and well-trained Lyon College students as well as the LEAP Director. After a competitive hiring process, students are trained in First Aid and CPR, facilitation techniques, risk management skills, and all technical aspects of challenge course operations. Ongoing skill practice and in-service training sessions are required throughout the school year. Students working with LEAP have a variety of backgrounds and career goals, all of which complement our experiential learning work and build students' skills for future endeavors.

**Q: How much does it cost?**

Prices vary on activity, time, and number of participants. Check out our pricing guide to see more.

**Q: What if I need to cancel?**

Programs go rain or shine. On rare occasions we cancel due to severe weather. If you find that a cancellation may be in order, please try to consider all possible alternatives. If it becomes a necessity, LEAP is happy to reschedule for another time. If you cancel or decrease your numbers:

- At least 30 days before your program: 100% refund
- Less than 30 days before your program: 50% refund
- Less than 7 days before the program: No refund
- On rare occasions we cancel due to severe weather. You may reschedule or receive a full refund.