**STAFF:** The EWU Challenge Course program is facilitated by a diverse group of staff, faculty, graduate and undergraduate students that have received training by EWU.

**TRAINING:** The EWU Challenge Course facilitator training curriculum closely follows the standards and guidelines developed by the Association for Challenge Course Technology (ACCT). A facilitator completing the full curriculum will have over 150 hours of challenge course training.

**PROGRAM DESIGN:** The EWU CC staff strives to build an understanding of each group’s developmental path, current issues/conflicts and group/individual goals before designing a program to fit their needs.

*The EWU Challenge Course incorporates the Project Adventure, Inc. concept of “Challenge by Choice” into our program philosophy.*
**Challenge Course Mission**

To increase alternative recreational and wellness experiences for a variety of groups and diverse populations through adventure-challenge opportunities.

Promote positive, healthy relationships, increase group functioning, and develop awareness of known and unknown group behaviors.

The EWU Challenge Course program also aims to create a positive and effective format to process these behaviors in order to meet the developmental needs and goals of each group.

**Challenge Course Opportunities**

**Group New Games**

Fun group activities that serve as an ice breaker and allow the group to cut loose and act goofy.

**Initiatives**

A challenge presented by the facilitator with no given solution. The group must work together in developing an effective plan to accomplish the task.

**Spotted/Trust Activities**

A sequence of activities that develop trust among the participants. Spotting techniques are taught by the facilitator to and carried out by the participants to aid in safety.

**Low Elements**

A series of un-belayed, spotted activities that address group or individual goals. The activities are performed on fixed cables, boards, ropes, or other hardware.

**High Elements**

A series of belayed activities fixed 25-40 feet high. The activities primarily focus on individual accomplishments but may involve pairs or groups.

**Program Options**

**Mini Course: 1-2 hours**

Group Games

Initiatives

**Team Course: 3-4 hours**

Group Games

Initiatives

Spotted/Trust

Low Elements

**High Course: 5 + hours**

Group Games

Initiatives

Spotted/Trust

Low and High Elements

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“The ropes course is the Swiss army knife of Outdoor Education.”

--Mike Stratton