

## A VARIETY OF EXPERIENCES TO CHALLENGE YOUR BODY, MIND & SPIRIT

*The goal of the WCC Challenge Course is to encourage individual development, team building and leadership development through experiential learning in the natural environment of our wooded course that includes both low and high elements.*

### LOW ROPES ELEMENTS

**PETER AND PAUL WALK:** Two participants walk diverging cables, while maintaining physical hand contact, to a point where they can no longer continue, or until they reach the end of the cables.

**FAITH SHUFFLE:** The group divides into equal numbers. Each group stands at one end of a telephone pole that is 18 inches off the ground, and must move simultaneously to the opposite end of the pole without touching the ground.



*Promote Teamwork*

**NARROW ROAD:** Participants attempt to walk a two-inch beam, suspended between trees, without dismounting or falling from the beam.

**SIN TRAP:** The group will pass each member through a pre-fabricated web without touching the web.

**CROSS BEARING:** Participants traverse two tautly strung, intersecting cables moving from one support tree to the other. The object is to move two connected teams from the starting point to the ending point without dismounting from the cable, which requires intersecting the two teams at the middle of the element.

**FAITH QUAKE:** Participants attempt to get all group members on a suspended, swinging log without anyone touching the ground.

**PAUL'S WALL:** Participants must get all group members up and over a 12-foot wall using only their physical bodies.

**PENTATEUCH TRAVERSE:** The group, as a whole, will traverse five separate sections of tautly strung cable.

**NOAH'S ARK:** The group will attempt to see how many group members they can balance on the platform, without piling on top of one another, and no one touching the ground.

**CROSSING JORDAN:** The entire team must cross the 30' area without touching the ground, using the provided boards and strategically placed platforms.

**BALANCED LIVING:** Participants attempt to balance a wooden platform, with neither end touching the ground, by moving their bodies around to create an equal distribution of weight.



*Enhance Cooperation*

**TRUST AND OBEY:** Participants mount a four-foot high platform and fall backwards into the arms of group members who are there to catch the participant.

**THE NARROW WAY:** The maze consists of ropes strung in and around a series of trees to form a single entry and exit. The group is led to the maze blindfolded and placed inside the ropes. The group must then find their way out without releasing the ropes.

**RED SEA CROSSING:** The group will attempt to get up and over a beam, suspended 8 feet high using only their physical bodies.

**GRIP OF GRACE:** Participants traverse a single cable with only a rope to grasp to help navigate the cable.

**HOLY GROUND:** A swing rope is suspended from a cable. The group must obtain the rope using any resources from within the group,, and swing across a designated area without touching the ground.



*Boost Esteem*

**MOUNTAIN TOP EXPERIENCE:** Participants work together to move their team members from one location to another using limited resources and overcoming limitations.

**BRIDGE TO LIFE:** Participants attempt to walk a bridge of rope loops from one end to the other while holding two cables which support the rope loops.

**A FRAME OF REFERENCE:** Participants help one individual to move an "A Frame" from point A to point B to encourage this person to reach goals he/she desires to accomplish.

### HIGH ROPES ELEMENTS

**BRIDGE OVER TROUBLE:** The participant will access a tree 16 feet high and walk across a bridge built with cables and board slats to reach the designated goal.



*Find Empowerment*

**MOVING ON UP TO THE DAMASCUS ROAD:** The participant will access a tree and mount an incline log moving up from 9 feet to 16 feet above the ground and then step down to another log 14 feet above the ground and traverse the log to another tree to dismount.

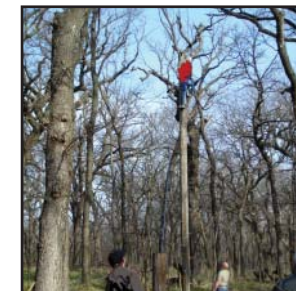
**FAITH AND FOCUS:** The participant will access a tree 16 feet high and walk across a cable while grasping several lengths of rope hanging from a cable above his/her head.

**JACOB'S LADDER:** A team of 2 work to climb the 30 foot ladder consisting of 8 foot long 4x4's suspended from cables that get progressively further apart the higher you go. Participants can only use their partner to help them climb to the next level.



*Develop Persistence*

**LEAP OF FAITH:** The participant will access a tree 16-foot high and stand on a small wooden platform. When ready, the individual will leap off the platform and attempt to touch a rope hanging several feet from the platform. The individual is lowered to the ground by a rope.



*Inspire Confidence*

**PINNACLE OF FAITH:** Participants climb a 30 foot pole and attempt to stand on the 10 inch diameter top. Once standing, they jump toward a trapeze bar located 8 feet away from the pole and attempt to grab the bar.

**VINE AND BRANCHES:** Participants climb 30 feet up to a series of ropes 4' apart with a knot at shoulder height and a single 12" board for your foot suspended from a cable. From the starting platform, you move to the first rope then continue from rope to rope across a 40' span.



## RISING TO NEW HEIGHTS TO REACH NEW GOALS

The tower elements of the Challenge Course are designed for you and your group to accomplish personal and team-building goals through safe and fun experiences designed to stretch you to new horizons.

### TOWER ELEMENTS

All participants are required to wear a harness and helmet and are given specific safety instructions to ensure their "adventure" is both safe and fun.

**CLIMBING TOWER:** Climbers will access a 29-foot climbing wall by climbing on rock-type pegs until they reach the top of the tower.



*Determination*

**RAPPELLING WALL:** From the top of the climbing wall, participants rappel down the side of the 29-foot structure.

**NEG WALL:** Participants will access a portion of the 29-foot climbing wall at a negative 10-degree angle.



*Challenge*

**ZIP LINE:** Participants will "zip" down a 400-foot cable from the top of the 29-foot tower.



*Fulfillment*



*Achievement*

**READY TO FLY:** A team of five helps one participant to quickly "fly" from the ground to a height of approximately 30 feet and then gently return to the ground.

*"The class with the low ropes was the best Management Class I have ever taken." ~ Leadership Conference Participant*



All activities on the Challenge Course are led by trained and qualified facilitators who will lead the participants through a progression of activities and elements to accomplish the goals as determined by those using the course. This is done through instructions, experiential learning and debriefing where feasible. All participants are given specific safety instructions to ensure every "adventure" is both safe and fun, and all participants are required to wear a harness and helmet on the high and tower elements. All elements operate on the "Challenge by Choice" principle and no one will be forced to go beyond his/her comfort level during the experience.



Take the Ohio Street Exit (# 253) off I-70 and go North. Turn left (West) at the Webster Conference Center sign just North of I-70. The gravel road will take you into Webster Conference Center.

The Challenge Course is an excellent resource for your church, family, corporation or civic organization for team building, solidarity and fun. The course is available April 1 through the weekend prior to Thanksgiving each year.

To experience firsthand the Challenge Course or any of the other beautiful components of Webster Conference Center, give us a call for information or to book your next conference.

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# Webster Conference Center Challenge Course



The Webster Conference Center Challenge Course is designed to meet your needs:

- Encourage solidarity
- Build unity
- Develop and strengthen leadership skills

Our goal is for your group to meet the outcomes you desire while having fun in a safe outdoor environment.