



UNIVERSITY RECREATION

Contact Information

Day-of-Program Emergencies: 919-999-3982

Outdoor Adventures Office: 919-513-0072

OA Coordinator Office Phone: 919-513-1662

Email: recreation-teambuilding@ncsu.edu

Challenge Course Information and Rules

In preparing for the program, here are some things to consider:

Weather Conditions

The Challenge Course is located outside. Depending on the time of year of your program you need to come prepared to be in the current weather conditions for the duration of your program. On wet or rainy days we will generally continue with programming unless the weather becomes more severe, such as thunderstorms, then we will suspend programming until the weather clears up.

Attire

Clothing should be:

- **Loose, comfortable, and casual.**
- You will be moving and you may get dirty, wear clothing appropriate to meet these conditions.
- Wear clothing appropriate for the weather: shorts/t-shirt for summer, layers for cooler months.
- On wet or rainy days bring a rain jacket.

Shoes must be:

- **Closed toed. Sandals & flip-flops are not permitted.**
- Low heeled and comfortable, such as running shoes or sneakers.

Jewelry and watches:

- Are best left at home or in a safe place, as we ask that they be removed before beginning your team building/high ropes program.

Glasses and contact lens wearers:

- Take any precautions that you would normally take when participating in outdoor activities to protect your eyes and your eyewear.

Snacks, Drinks & Sunscreen

The Challenge Course will provide plenty of water, but you must **bring your own water bottle.**

Programs can be long, so you may also wish to bring snacks, either individually or as a group. The course is located in a wooded environment, but we recommend that you bring sunscreen.

Who May Participate?

The activities are designed for individuals of varying levels of physical fitness to participate. If you have any physical conditions that are of concern to you, please inform us prior to your program so that we may make appropriate accommodations for you. We may be reached at the email or phone listed above.

High Course Participation

If you are participating in a High Course program, for your safety, the following rules must be adhered to:

- The High Course can be physically demanding. Participants must be able to hold themselves in an upright seated position while suspended on the high course in a climbing harness.
- It is not recommended that participants who are pregnant participate on the High Course
- If "Ground School" is part of your pre-course participation the Challenge Course staff must see everyone successfully demonstrate their understanding / ability to transfer their lanyards, as well as get themselves back onto the foot cable if they fall off.
- If the Zipline is part of the program (which is the exit event for some programs), participants weighing over 250 pounds cannot ride the Zipline. We have an alternative exit method to accommodate those participants.

Staffing

The Challenge Course staff is highly trained and focused on providing for your teambuilding needs as well as your safety. For your safety please follow all of the instructions given by the staff. If needed they will be able to coach you on methods to complete a Challenge Course element. If staff witness participants being unsafe, or not following directions they have the authority to terminate a participants participation on the course.

Thank you for choosing the NC State Challenge Course for your team-building program, we look forward to working with you and your group!