

EDINBORO UNIVERSITY ROPES COURSE REQUEST FORM

Organization/Group: _____

Applicant's Name: _____

Mailing Address: _____

Phone Number: _____

Date(s) Requested: _____

Purpose/Usage: _____

No. of people _____ Start time: _____ am/pm

End time: _____ am/pm

Please understand that we will do our best to finish at the time indicated, but due to the nature of the Low/High Ropes experience we cannot guarantee that we will end exactly at the time specified.

Low Ropes Elements Requested (Check all that apply)

Please refer to the back of this sheet for a brief description of each element.

- | | |
|---|--------------------------------------|
| Nitro Crossing <input type="checkbox"/> | Mohawk Walk <input type="checkbox"/> |
| Wild Woozy <input type="checkbox"/> | Whale Watch <input type="checkbox"/> |
| All Aboard <input type="checkbox"/> | Trust Fall <input type="checkbox"/> |
| Floating Islands <input type="checkbox"/> | |

High Ropes Elements (Check all that apply)

Please refer to the back of this sheet for a brief description of each element.

- | | |
|--------------------------------------|--|
| Giant Swing <input type="checkbox"/> | Leap of Faith <input type="checkbox"/> |
| Come Along <input type="checkbox"/> | Horizontal Ladder <input type="checkbox"/> |
| Zipline <input type="checkbox"/> | |

Contact Information: For more information about the ropes course please contact Dave Goodwill at 814-732-1455 or dgoodwill@edinboro.edu.

FOOD REQUEST:

Box lunches are provided as part of your fee. If you do not want box lunches please check the box below.

Not requesting lunches

Choices for sandwiches: (Please put the number of each next to the choice)

Roast Beef _____	Turkey _____
Ham _____	Vegitarian _____

Other dietary concerns: _____

Lunches contain: Sandwich, Apple, Cookies, Chips, Pickle and bottled water.

Please take a few moments to tell us about your group, this will help us create the best possible experience and learning environment for your group:

Goals (what would you like to accomplish):

Length of time as a group (are you brand new to one another or have you been associated for some time):

Ability of group (On a scale of 1-10, rate your groups physical ability. One being low ability and ten as high ability. Many of our elements require lifting, catching or balancing.)

Finally please indicate any other concerns or questions you may have for us:

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Low Ropes Elements

NITRO CROSSING is a rope swing. The team uses it to cross a "bottomless chasm." Each member must get across without knocking off the "trip wires" or "falling into the chasm." Different attachments and scenarios can be used on the rope to make this an inclusive and challenging element for all ages and abilities.



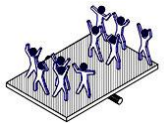
MOHAWK WALK is a cable installed between 4 - 6 zigzagging trees 12"- 18" above the ground. The objective of this element is for the group or parts of the group to join hands, forming a human chain, and attempt to walk from one end of the cable to the other. This element can be used in a variety of ways with or without balancing assistance.



WILD WOOLZY are cables installed between 3 trees in a narrow "V" about 12" from the ground. The objective is for two people, each on a separate cable, starting at the narrow end of the "V", to stand facing each other. They must support each other as they walk towards the wide end of the "V" without falling. An alternate method for this element is to have people cross each of the three cables using ropes attached to the trees.



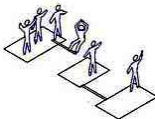
WHALE WATCH is designed to help strengthen community through challenge, cooperation and communication. The entire group must find balance on the giant seesaw. To increase the challenge, they must switch sides or move around a circle or all dismount without the platform touching the ground.



TRUST FALL really does demonstrate the importance of trusting one another. It is a platform about 4' off the ground. From a standing position on the platform, a team member falls into the arms of 8 teammates. It sounds simple, but it is one of the most mentally challenging elements we have.



ISLANDS consists of two larger raised wooden platforms with a smaller platform in the middle. The platforms are about 7 feet apart. The task is to get the whole group from one large platform to the other large platform via the small platform using two board that by themselves aren't quite long enough. No jumping! And if anyone touches the ground, they may have to start again.



ALL ABOARD requires the entire group to stand with both feet on a 2' x 2' (ft.) wooden platform and remain off the ground for a minimum duration of 5 seconds or one song chorus.

High Ropes Elements

GIANT SWING: The participant is attached to a cable that is pulled up by their team to the height of their choice. When ready, they release the cord and swing. This element is a lot of fun and gets the whole group involved in the climber's experience.

LEAP OF FAITH: The participant is dressed in a parachute harness and hooked to safety lines called 'belays'. They then climb a pole. At the top they climb onto a platform. If the person is able to stand on the platform, they turn to face a piece of rope hanging from the cable above them, which is adjusted just seemingly out of reach. They then jump for the rope and if successful at grabbing it, let go and are immediately caught by their safety lines and lowered to the ground.

HORIZONTAL LADDER: This is a great activity for balance and self confidence. Participant walks across the horizontal ladder ideally without the aid of their safety lines. This event shows how fear affects our perception. Participants who could easily cross a bridge at ground level suddenly are hesitant and nervous, or even paralyzed when that same structure is 30' higher. At the end of the element participants will be on the Zipline Platform and ready for a fun ride down.

COMMANDO CRAWL: This element requires the participant to begin on the ground and pull themselves hand over hand up towards the trees. As they reach the end of the element they must pull themselves up onto a platform, from which they can transfer to the Horizontal Ladder.

ZIPLINE: This element can be one of the most exciting elements of a ropes course. Screaming through the trees or over the ground at up to 45 mile per hour is exhilarating and builds self-esteem and confidence. The participant climbs to a platform. After being hooked into the zip line safety system, they jump off! Once they catch their breath, they find the earth hurling by them.