

ADVENTURE ROPES

LESSON PLAN



WOLF RIDGE™
ENVIRONMENTAL LEARNING CENTER

ADVENTURE ROPES



CLASS DESCRIPTION: A Group Building Class

Each of the two Wolf Ridge adventure ropes courses (Skyview and Ridgetop) consist of six events separated by towers, roughly 25-30 ft. off the ground. Students will traverse the course while attached to safety lines. Students can use their ropes course experiences as metaphors for their everyday lives.

INSTRUCTOR NOTE: *To conduct the ropes course, Wolf Ridge requires one trained instructor and three additional adult supervisors. (18 years or older)*

For classes of twelve students or fewer, Wolf Ridge requires only two additional adult supervisors. Road Scholar groups require two Wolf Ridge instructors.

Total time: 3 hours (two hours outdoors)

Audience: 6-20 students, 4th grade through adult

Activity level: moderate

Travel: 1 1/2 mile

Total uphill travel: 250 feet

GUIDING QUESTION

What can we learn about ourselves and each other by doing challenging activities?

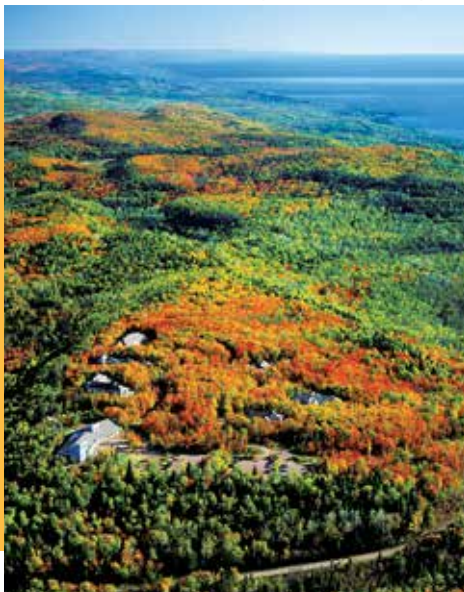
CONCEPTS

1. Challenges provide opportunities for learning and growth.
2. Safe ropes course experiences require the use of safety equipment and proper training.
3. Problem solving, decision making, self awareness, and risk assessment are skills which empower us to reach our goals.
4. Understanding and respecting others enables people to work together effectively as a community.
5. Skills used to overcome a specific challenge can be applied to many situations.

OUTCOMES

Upon completion of the Adventure Ropes class students will be able to:

1. Set goals for an individually successful ropes course experience, and identify potential challenges to those goals.
2. Understand the ropes course rules and proper use of safety equipment.
3. Recognize personal strengths, abilities, and limitations, as well as those of others.
4. Actively participate in ropes course experiences, such as attempting the course, acting as a ground partner, and assisting adult supervisors.
5. Understand that the ropes course experiences can apply to everyday life challenges.



Our mission is to develop a citizenry that has the knowledge, skills, motivation and commitment to act together for a quality environment.

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Wolf Ridge Environmental Learning Center and the USDA are equal opportunity providers and employers.



Equipment

Harness Cabinet

- Robertson guide harnesses
- 14 yellow ponytails with snaphooks
- 14 blue ponytails with snaphooks
- 14 red ponytails with snaphooks
- 1 retrieval rope for zip line pulley
- first aid kit
- bag of blindfolds, cup, ball
- P.A.L. stuff sack for helping participants (at skyview only)
- rescue rigs for emergency lowering
- pliers

Ed. Building Kit Room

- Red Adjuncts bag with adjustable chest harnesses, full body harnesses, 1 set short ponytails with pulleys

Appendices

- Glossary
- Additional Information
 1. General
 2. Participants with Different Abilities
 3. Class Size of 6 or Less
- References
- Sources
- Class Sheets
- Spiral Learning Sheet
- Planning Outline

Set-up (15 min.)

- Classroom/class prep description
- Safety Management

I. Introduction (15 min.)

- A. Course Tour
- B. Adult Supervisor Meeting
- C. Opening Debrief

II. What Do We Need to Stay Safe on the Course? (30 min.)

- A. Course Construction
- B. Harness
- C. Ponytails
- D. Responsibilities
- E. Course Demonstrations

III. What Can We Learn by Doing Challenging Things? (120 min.)

- A. Getting Started
- B. Encouragement
- C. Hesitant Students
- D. Help from an Adult
- E. Experiencing the course again

IV. What Do We Do With Our Experience? (15 min.)

- A. Processing the Experience

Clean-up (10 min.)