



Participant Workshop Info & Checklist

This information is provided to introduce you to the benefits, challenges, and responsibilities associated with participation in UC Irvine's Team Up! Program. Please read the following carefully:

What is adventure education?

Adventure education is the purposeful use of activities in which there are real and perceived risks and where the outcome is influenced by the participants. The Team Up! program is founded upon the idea of learning by doing, and its purpose is to give people opportunities to develop awareness and skills that lead to personal and group achievement.

What will I be doing?

Some workshops may take place in an outdoor setting, which can present some inherent dangers. Adventure activities can be physically demanding and may include running, jumping, being lifted, and lifting or spotting others. The workshops can be mentally, socially, and emotionally challenging as well. The workshop curriculums vary but may contain components from a combination of some or all of the following experiential education areas: Ice-Breakers, Energizers, and Team Building and Problem Solving initiatives.

Do I have choices while at the Challenge Course?

Your Team Up! facilitators will make every reasonable effort to teach the associated skills and safety procedures which help to create a supportive environment in which accepting challenges is encouraged. Your responsibility is to make appropriate choices regarding your participation in the activities, based on your understanding of the benefits to be gained, risks involved, and your personal health. For the high ropes course, there are 2 limiting factors to participation:

- 1) Participants will be taught how to self-rescue on our ground school course, and they must be able to perform this action to gain access to our high ropes course. This will be determined by the Team Up staff.
- 2) Our zip line has a weight limit of 250lbs, so any persons over that weight will need to inform their assigned staff member and exit our course via cargo net.

What are some of the risks?

Taking risks in a supportive and safe atmosphere is vital to experiential education. Safety is the number one priority while participating in challenging activities. Ultimately you will decide upon your own level of risk taking utilizing the challenge by choice philosophy. Risks taken may be physical, emotional, social, or a combination. By taking risks, we learn more about ourselves and our interactions with others. Team Up! programs strive to provide a safe environment in which to explore these challenges, however participation is ultimately at your own risk and your safety cannot be guaranteed.

Please follow these guidelines when preparing for your Team Up! program workshop:

- We will meet out beyond the tennis courts at the very obvious High Ropes course. (See Map)
- Dress comfortably (Shorts okay, but no short shorts) and be prepared for variable weather conditions.
- Wear good-fitting shoes with thick soles (the thicker the better)– no sandals or open toed shoes!
- Use sun protection or a hat
- Sunglasses are OK
- Bring a bottle for water that we provide, this supports our sustainability efforts on campus (less waste)
- Please bring snacks if needed
- Remove keys or other sharp objects from pockets
- Avoid wearing dangling jewelry
- Restrooms and water fountains are located in close proximity to the course
- Be prepared to challenge yourself and have fun!

All participants are required to read and sign the Waiver of Liability & Assumption of Risk agreement prior to participation. Please bring the completed waiver with you to the Program.