



**NORTHERN
ARIZONA
UNIVERSITY**

NAU Outdoors Challenge Course
PO Box 5773
Flagstaff, AZ 86011
928-523-5010
www.nau.edu/outdoors/challenge

FAQ's

What to know in preparation for the Challenge Course

What is a Challenge Course?

A challenge course is a series of obstacles constructed of rope, cable, wood, or simple portable items such as stuffed toys, hula hoops, or tarps. The challenge course is designed to help groups work more effectively together by solving the obstacles and problems chosen by the challenge course facilitator. Both mental and physical challenges are selected based on the goals and abilities of the group.

What should I wear?

Participants should dress for the weather and bring an extra layer in case of weather changes. During **warm weather** we suggest light loose pants, (shorts are allowed, but expose you to scrapes) light shirt and a windbreaker or water-resistant jacket. For **cold weather**, add a hat, gloves, warm pants and shirt, warm jacket and layers of outer clothing. Please wear sneakers or hiking boots on the Challenge course. **Open toed shoes or sandals are not allowed on the Course.** Please, no large belt buckles jewelry, watches, knives, radios, chewing gum or anything that could interfere with your participation. Long hair should be tied up or secured back.

What should I bring?

Most importantly, be sure each participant has previously submitted or brings with them day of the Medical History and Informed Consent form. NO ONE WILL BE ABLE TO PARTICIPATE without a completed form. Minors (younger than 18) need a parent or guardian's approval to participate on the Challenge Course. Both the parent and the participant must sign and initial the forms in **ALL DESIGNATED PLACES.** Please have the forms completed before the Course, and if possible returned to our offices for review. We will have extra forms on site for latecomers.

Be sure to dress for the weather, wear closed toed shoes, bring a water bottle to save on waste from disposable cups, and a camera to document the fun.

How safe is the Challenge Course?

Both the low and high challenge courses are staffed by highly trained facilitators, and challenge courses have an excellent safety record. The courses and all equipment are inspected on a monthly basis by our staff, and annually by an outside inspector. Statistically, there is a greater risk of being injured in an automobile than by participating in a challenge program.

Do I need to be a super athlete to participate?

No. The low challenge course is primarily made up of activities that require a low level of movement or fast walking. The low course activities that require more physical ability are selectively used based on the specific goals of the group. The high course requires some degree of physical exertion; however you may choose your level of participation. The NAU challenge course is Universally Designed to be accessible for individuals of all physical ability levels.

What if I don't feel comfortable participating in a particular activity?

The Challenge Program philosophy regarding participation is "challenge by choice". We provide you with all of the information you need to decide if you want to participate in a given activity. Even if you choose not to participate in a specific activity, we encourage participation in any meaningful way. Complete non-participation is discouraged as it detracts from the experience for the entire group.