

Participant Information Guide

Team Empowerment with Adventure for Madison (TEAM) UREC Adventure Program

“One must learn by doing the thing; though you think you know it, you have no certainty until you try.”

-Sophocles, 400 BC

What is a TEAM program?

TEAM programs are designed for groups to come together in a positive yet challenging environment for personal and group growth. Your program will be designed based on the pre-program assessment turned in by your group organizer and may include but not limited to: ground initiatives, games, low challenge course elements, and high challenge course elements.

What is expected of me as a participant?

As a participant you will be asked to come prepared to play an active role in your group's experience. Playing an active role means:

- 1) Committing to the Full Value Contract. *The Full Value Contract asks for the following commitments and presumes specific expectations for all group members and facilitators.*
 - a) Working together to achieve individual and group goals.
 - b) Challenge by Choice - adhering to certain physical, mental, and emotional safety guidelines.
 - c) Giving and receiving honest feedback.
 - d) Increasing awareness of any devaluing or discounting of oneself or others and to make a direct conscious effort to confront and work toward changing this behavior.
- 2) To have FUN! You will be amazed at what laughing can accomplish.
- 3) To stretch yourself beyond your perceived limits.
- 4) To develop your team and leadership skills.



What is the role of my TEAM facilitator?

Your TEAM facilitator is responsible for ensuring a fun, supportive, and intentional learning environment. The use of the Full Value Contract is a tool for the facilitator and group to ensure that environment

What do I do before my program?

1. Eat a healthy breakfast or lunch before the arriving at your program. You will need all the **energy** you can get!
2. If you are attending a full day program, please bring lunch and snacks or make sure there will be food provided for you by your group. **(WE DO NOT PROVIDE FOOD)**
3. Check the weather on the day of your course, and prepare accordingly.

What do I bring and wear?

Necessary Items:

- Appropriate attire for physical activity
 - Dress for the weather
- Close-toed athletic shoes
- Inhaler/ EPI Pen (if necessary)

Please bring with you:

- Water Bottle
- Bug Repellant/Sunscreen
- Hat/Sunglasses

Optional Items:

- Camera
- Snacks
- Rain Jacket (check weather)

What do I *NOT* bring or wear?

Unacceptable Items:

- Shirts with offensive messages
- Short Shorts as it not comfortable while wearing a harness
- **Open toed shoes (including CHACOS), flip flops, five finger shoes, crocs, and boat shoes are not allowed on the course.**
- Dangling Jewelry, bulky watches, rings
- Gum
- Tobacco and Alcohol products

Not Necessary Items: (leave these at home, in your room, or in the car if you can)

- Electronic devices, ie MP3 players, tablets, etc
- Cell phones
- Wallets/Purses
- Valuables

COVID related things to know prior to coming to an in-person TEAM program:

1. Do not come to the program if you are sick or experiencing any symptoms of covid-19, a cold, or the flu.
2. Bring your own mask(s). (OPTIONAL)
3. Hand Sanitizer will be available throughout the day. (You can also bring your own hand sanitizer).
4. We **STRONGLY** suggest you bring your own water, at minimum your own bottle or cup.
5. We will have 5 gallon water refill stations for water refills only.

Where do I go?

Programs are normally scheduled at the University Park TEAM Challenge Course. (See the pink L-shaped box on the map). Many TEAM programs can be “relocated” to a site of your preference. Check with your group leader to find out the location of your program.

For Drop off or Busses: Use the address 1081 Turner Ashby Lane, there is a turnaround at the top.

For Parking: use the address 1090 Devon Lane, Harrisonburg, VA 22801 it leads you to the blue balloon (the Gatehouse) then turn left in the round about to drive past the Gatehouse up to the U2 parking lots on your left.

