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.”
-Sophacles, 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 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 course, please bring lunch 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, flip flops, five finger shoes, crocs, and boat shoes are not allowed on the course.
- Dangling Jewelry
- 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

Where do I go?

Programs are normally scheduled at the University Park TEAM Challenge Course. (See the pink L-shaped box on the map). **You can access the TEAM challenge course via Turner Ashby Lane or Devon Ave.** Also, 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.

The Address for UPARK is: 1090 Devon Lane, Harrisonburg, VA 22801 (the blue balloon). The course is located at UPARK at the top of the hill by the disk golf course.