



Goal Sheet



Eagle's Nest Adventure Center

Organization	Leader accompanying group	Contact Number
City	Ages or Grades	Date visiting center

Please describe your group for us. (Are you a religious group, teachers, students, a work group, newly formed, at risk, struggle working together...)

Tell us why you are bringing your group to share in a adventure program.

We find that working in groups of 10 to 20 to be the most productive, however if you would like to have smaller groups we will do our best to accommodate, do you feel that you want the split into smaller groups for this experience? If so how many? (example: Grade levels, Office Departments, different program areas...)

Are there any physical limitations with any of your group members?

What goals would you like to see addressed during your ropes experience? (Example: Problem solving skills, improve communication, sharing leadership responsibility, getting the group better acquainted...)

If your group walks away from this experience learning or remembering one thing, you hope it would be...

****Please return this goal sheet along with your deposit and contract A.S.A.P.****

Eagle's Nest Adventure Center N7891 US Hwy 12 Elkhorn, WI 53121

Office 262-742-2352 Cell 262-949-2284 FAX 888-2484551

www.Lutherdale.org David@Lutherdale.org

What can you expect?

Low Ropes

The Low Ropes Challenge Course consists of Warm-ups, ice-breakers, teambuilding & trust building activities, and group initiatives designed to have participants work and think together. This program includes the use of our Low Ropes Challenge Course a series of elements constructed of beams, cables, ropes and resources secured to trees. Low Ropes helps foster a stronger foundation within newly formed groups or groups that desire to increase a closer knit community. Low ropes are tailored to the physical ability of your group. Lutherdale highly recommends groups to participate in Low Ropes before High Ropes.

High Ropes

Just completed in 2010, the High Ropes Course is a great new way to push yourself and reach new heights. Participants are cheered on as they maneuver across cables, ropes, and swings while group members become coaches encouraging fellow climbers to reach personal goals set at the beginning of each element. The High Ropes program also features the "Leap of Faith", a hair-raising attempt to jump from a pole and ring a cowbell suspended 36 feet in the air. The High Ropes Course also includes several team based elements, where the participant at height is dependent on a partner or a group on the ground to complete the task.

Climbing Tower

Our 3 sided 40ft. climbing tower will teach many lifetime skills such as goal setting, perseverance, teamwork, and encouraging others. In addition, the feeling of accomplishment is instrumental in building self-confidence. Participants will have two options after completing a climb: 1) descend safely down. 2) Zip-line 400ft. off the top of the tower. Climbers will be taught climbing techniques, equipment use, and commands.

Is the ropes course safe?

Yes! Statistically speaking, it is safer to participate in a ropes course experience than it is to ride in a car or play soccer. All of our equipment can hold at least 5000 lb and is inspected regularly.

If the ropes course is so safe, why do I have to sign a waiver?

We require waivers for insurance and tax purposes.

What should I wear?

Wear loose, comfortable, casual clothing that covers you and allows you to move around and clothes that could possibly get wet or dirty. T-shirts, long pants or long shorts are all great choices. You should also bring layers. Supportive, closed toe shoes are required. Tennis shoes are recommended. Flip-flops and sandals are not appropriate and will not be allowed.

Is there a height, weight or age restriction?

We suggest that participants are a minimum of 48" tall for the ropes courses and zip line and that participants have the ability to utilize the safety equipment and navigate the courses independently. If you can fit safely into one of our harnesses, you can participate in the program. Those under 18 must fill out a "Health and Consent form" and have it signed by their parent or legal guardian. These forms are due on the day of the program and must be turned in to be allowed on the course. Please contact us with questions about groups with younger participants.

Can the rope courses operate in the rain?

The ropes course can still be fun while it is raining. However, there will be a delay for thunderstorms and high winds. Call before you travel to confirm the operating schedule if you have a concern.

Do I need to be in top physical shape?

The experiential education at the Ropes Course can be physically challenging, but you do not need to be in top physical shape to participate. Please inform the Ropes Course Coordinator if you or any participants have any medical/physical restrictions before participating in the Ropes Course activities.

What should I bring/not bring?

Bring: weather-appropriate items: jacket, sunscreen, water bottle, sunglasses, a camera, a hat and a good attitude toward having some fun and learning. It is better to have it and not need it than to need it and not have it.

Do not bring: Some things to leave at home or in the car include: gum, candy, jewelry and valuables. Rings, necklaces and earrings can be lost, broken and/or pose a hazard to you or a fellow participant.