



MAKING THE MOST OF YOUR LOW ROPES COURSE

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WHAT IS A LOW ROPES COURSE?

Adventure activities that take place close to the ground are commonly called low ropes – whether or not there are any ropes or cables involved. These activities have been designed to be used as structured experiences that are supervised by trained personnel and where various spotting techniques are used to prevent injury in the event of a fall.





ROPES COURSE IS JUST A TOOL!

- Do you have a ropes course or an adventure program?

Purposefully exposes individuals to novel and uncertain tasks that provide the right balance of challenge and mastery

Experience is actively engaging and often fun

Goal is to generate positive outcomes that will transfer to participants' daily lives

ADVENTURE- BASED LEARNING



EFFECTIVE ADVENTURE PROGRAM



- Curriculum & Content
- Intentional Program Design
- Leadership & Facilitation





LET'S DO SOME THINGS...





CURRICULUM & CONTENT

- A clear purpose?
- Is the ropes course intentionally used to meet camp objectives?
- Is the low course seen as a resource for camp groups (i.e. community building)





INTENTIONAL PROGRAM DESIGN

- Timeframe & Schedule
- Sequencing & Progression
- Group Size & Demographics
- Specific Activity Selection
- Equipment & Resources



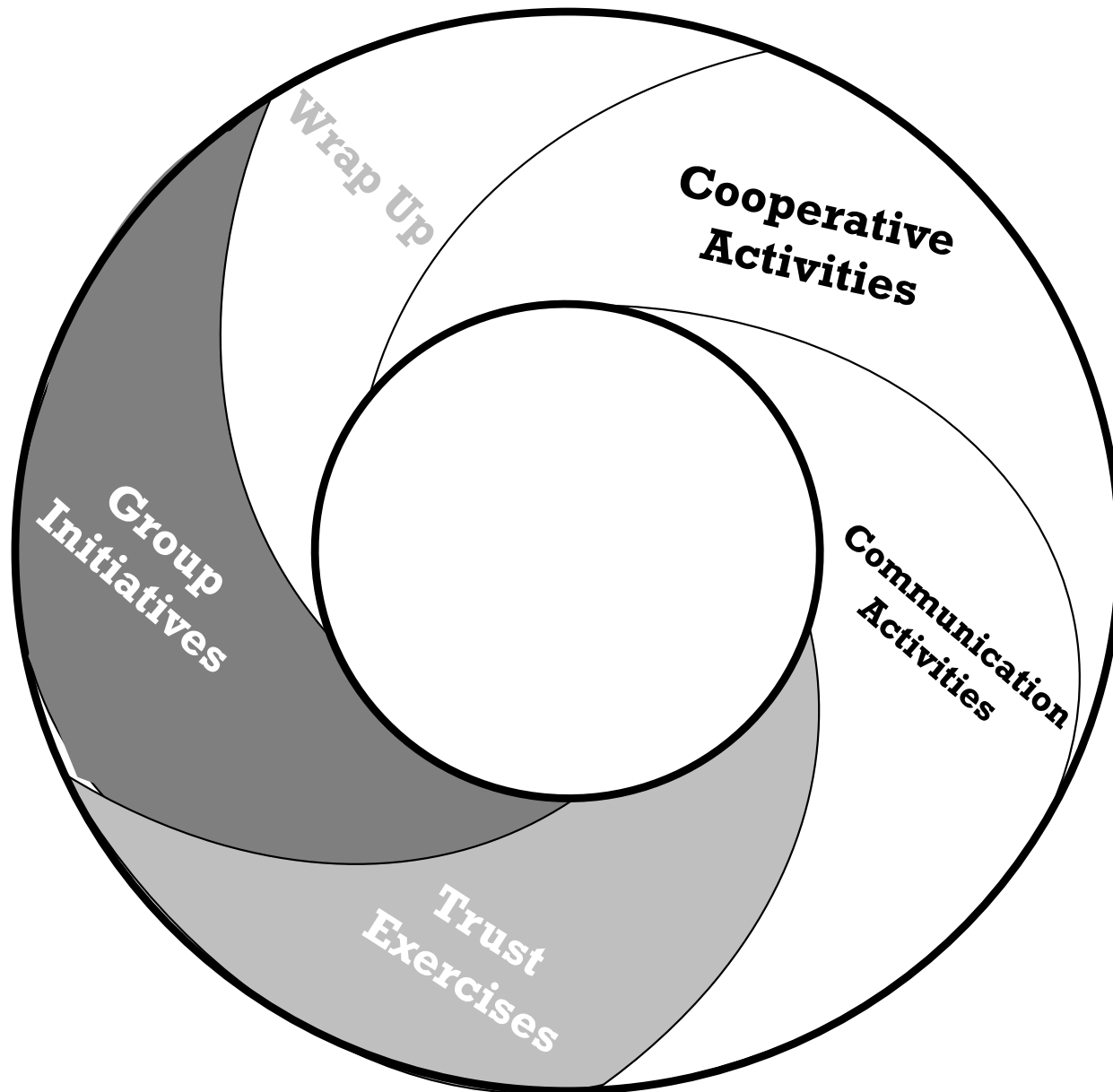


INTENTIONAL SEQUENCING OF ACTIVITIES

- Right Activity.
- Right Group.
- Right Time.



SEQUENCING





LEADERSHIP & FACILITATION

- Are facilitators committed to the process?
- Are the activities designed & lead in a way to be fun and engaging?
- Is there flexibility & innovation?





Are staff trained in safety aspects?



Are staff trained in activity leadership?



Are staff trained in facilitation and debriefing?



Are staff free to experiment with a variety of ways to lead the activity?

TRAINED & EXPERIENCED STAFF





ESSENTIAL INGREDIENTS FOR A GREAT LOW ROPES PROGRAM



Clear Why?



Seen as a resource or tool at camp



Adequate Time



Compelling & Fun



Progression, sequencing & scaffolding



Commitment to Facilitating the Process



Flexible & Innovative



Trained & Experienced Staff





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