



UC SAN DIEGO RECREATION OUTBACK ADVENTURES



Welcome to the UCSD Challenge Course!

The UCSD Challenge course has 3 main elements: ground based challenges, Team Odyssey Course and the Leap of Faith. Our ground based challenges do not involve technical equipment, heights or climbing. The Odyssey Course and Leap of Faith both involve ropes, safety gear and climbing. Depending on what your group organizer has chosen, you may be doing one, two or all three of these elements.



Your program is designed to foster teambuilding and personal growth through a progression of experiential activities that target some or all of the following: community building, goal setting, healthy risk taking, personal & group awareness, communication skills, leadership development, creative problem solving, and of course FUN. Our unique facility and talented staff help foster a low risk environment and encourage individuals to define their own limits within the guiding principles of *challenge by choice*. The UCSD Challenge Course is accessible to people of with a wide variety of physical abilities.

A few things you need to know about the day

- Participants must be at least 10 years of age to participate.
- The minimum weight requirement on our zip line is 75lbs. Lighter participants can climb down our cargo nets to return to the ground.
- All participants must complete a liability waiver and a medical history form prior to participation. Minors must have the form signed by a parent/guardian. Links to both can be found at <http://recreation.ucsd.edu/outback-adventures/challenge-course/booking-&-forms.html>.
- No one is required to climb. We encourage everyone to challenge themselves on and off the ground in a way that is appropriate for them. We will be there to guide you through this experience.
- Your physical, mental and emotional safety is our primary concern.
- There will be extra water to refill your bottles.
- If possible, please use the restroom before your program. A portable toilet is located a short walk away.
- You will spend the entire program outside (sun protection is necessary)!



Programs that include the Odyssey Course and/or the Leap of Faith

- You will be wearing a climbing harness, helmet and attached to a safety system.
- Every climbing system we use has multiple backups.
- We have an excellent safety record.
- Participants work together in groups of ~8 on the high Odyssey course. Each group travels with a trained facilitator.
- A zip line is an optional exit from the Odyssey Course or may be experienced on its own.
- No one is required to climb.



What to wear for all programs:

- Wear athletic shoes, closed-toe shoes only (no sandals, open toes or heels). **People without proper footwear will not be allowed to participate.**
- Long pants are recommended, especially for Odyssey Course / Leap programs.
- Shorts OK, but no short shorts.
- Wear shirts that go below your waist. No mini t-shirts or tank tops. For Odyssey/Leap programs, you will be in a harness and be more comfortable in a longer shirt.
- Sweatshirt or other jackets. Weather on coast can get foggy and chilly any time year. It can also get quite chilly on the Odyssey Course.

- Rain / wind jacket (if the weather is questionable).
- No dangling jewelry (including earrings) or rings; leave your valuables at home.

Other essentials

- Sunglasses
- Sunscreen
- Hat
- Water bottle
- An open mind



If you have any questions, please contact:

UCSD Challenge Course Office

Phone: (858) 822-3558

Email: teamchallenge@ucsd.edu