

UCLA CHALLENGE COURSE:

Ground-based + high-ropes teambuilding

What participants should expect

You and your group are headed to the UCLA Challenge Course for a ground-based and high-ropes teambuilding program! Through a series of ice-breakers, group games, and team challenges, your group will have the opportunity to strengthen your connections, share a positive experience, and intentionally reflect on what kind of team or community you are and want to be. Activities may incorporate low-ropes structures (i.e. balancing beams, wooden platforms, suspended cables), or props (i.e. traffic cones, balls, or even a rubber chicken). Teamwork, communication strategies, and creative problem-solving will all be put to work throughout these ground-based teambuilding initiatives. While many activities have a physical component to them, physical strength and fitness are not a basis for achieving success in our programs. After building trust in the team through these ground-based activities, the group will have the opportunity to climb our two signature team-belayed climbs: The Leap of Faith and the High V. Our staff of enthusiastic facilitators will teach the group how to hold the ropes, belaying from the ground for their teammates as they attempt these climbing challenges. We'll wrap things up with a reflective debrief at the end of the program, celebrating the group and honoring their new shared experience.

Suggested Items to Wear & Bring

1. Refillable water bottle
2. Sun protection, such as a hat, sunglasses, and sunscreen
3. Athletic shoes that are close-toed, close-heeled, and have a sturdy sole
4. Personal snacks (i.e. granola bar, apple)
5. Clothing:
 - a. Something you can easily move in and are okay with possibly getting dirty
 - b. Pants are recommended instead of shorts, even in warm weather, as this provides better skin protection from things like sun burn, scrapes, bug bites, etc.
 - c. Layers to adapt to cooler temperatures, wind, or precipitation

COVID-19 Mitigation Practices

As information and guidance is constantly changing, we encourage everyone to check current guidance from the [Los Angeles County Department of Public Health](#) and [UCLA](#) a few days prior to your scheduled program. Included below are our current measures, which are subject to change.

1. In order to access the facility, everyone must show their clearance certificate from the [UCLA COVID-19 Symptom Monitoring and Vaccination Verification System](#). This may be displayed on a phone.
2. For your convenience, we will provide hand washing stations, hand sanitizer, and disposable masks for your use during the program.

Understand

1. **Participation is voluntary.** Staff will present group games, activities, and initiatives. You choose if and how you want to participate. In most, if not all, activities there are options for adaptations and differing degrees of participation. The choice is yours.
2. **Challenge courses and related activities are inherently risky.** The staff are trained in and prioritize risk management. However, you are in charge of your own safety. Challenge course activities, whether on/near the ground or involving climbing, are inherently risky. It is possible to get hurt. Risks include mild injuries (i.e. splinters, scrapes, bruises), moderate injuries (broken bones), severe/life-altering injuries (paralysis, blindness), and even death. Activities can evoke strong emotional and physiological responses. You must follow all staff instructions, choose the

level of participation that you are comfortable with, and plan an active role in managing your personal safety.

3. **All participants must sign a waiver prior to participating.** Printed waivers will be provided to you at the start of your program. Please read and sign the waiver when asked to do so. All minors must have an parent or guardian sign the waiver for them. A copy of the waiver that will be provided the day of the program is attached to this document.

Location

The Challenge Course is located inside the Sunset Canyon Recreation Center (SCRC), at 111 Easton Drive, Los Angeles, CA 90095.

FAQ

“Challenge course...” Is that like an obstacle course?

Nope. No racing across hurdles, crawling under barbed wire, or shimmying up ropes here. The UCLA Challenge Course is an outdoor facility for adventurous play, experiential education, and team/community building. Think more “summer camp” and less “boot camp.”

I have an injury, medical condition, special need, or accommodation. Can I still participate?

Injuries and medical conditions: You should consult your medical care provider for guidance on what kinds of activities you should or should not participate in, and make your choices accordingly.

Special needs and accommodations: The challenge course staff aim to make your experience as accessible and inclusive as possible. They can modify activities, provide varying options for participation, and otherwise plan a series of activities that accommodate a given special need. Advance notice is most helpful. The person making the reservation can provide the challenge course staff with special need details during the reservation process, or you may email challenge@recreation.ucla.edu to share and discuss directly.

Questions?

Please direct any questions or concerns to challenge@recreation.ucla.edu.

A promotional graphic for the UCLA Challenge Course. At the top, the text "UCLA CHALLENGE COURSE" is displayed in a large, white, sans-serif font against a background of a forest. Below the title, there are three octagonal images showing participants engaged in different activities: the first shows a group of people on a ground-based teambuilding exercise; the second shows a person climbing a high rope structure; the third shows a group of people participating in a full-day immersive ground-based activity. Below each image is a label for the program: "THREE-HOUR GROUND BASED TEAMBUILDING", "HALF-DAY GROUND BASED + HIGH ROPES", and "FULL-DAY IMMERSIVE GROUND BASED + HIGH ROPES". In the bottom left corner, the UCLA Rec Outdoor Adventures logo is visible. In the bottom right corner, a line of text reads: "To request your program, visit: recreation.ucla.edu/challengecourse".

UCLA CHALLENGE COURSE

THREE-HOUR
GROUND BASED TEAMBUILDING

HALF-DAY
GROUND BASED + HIGH ROPES

FULL-DAY
IMMERSIVE GROUND BASED
+ HIGH ROPES

 **UCLAREC**
OUTDOOR ADVENTURES

To request your program, visit: recreation.ucla.edu/challengecourse

UCLA CHALLENGE COURSE

Location, parking, and arrival information

Location

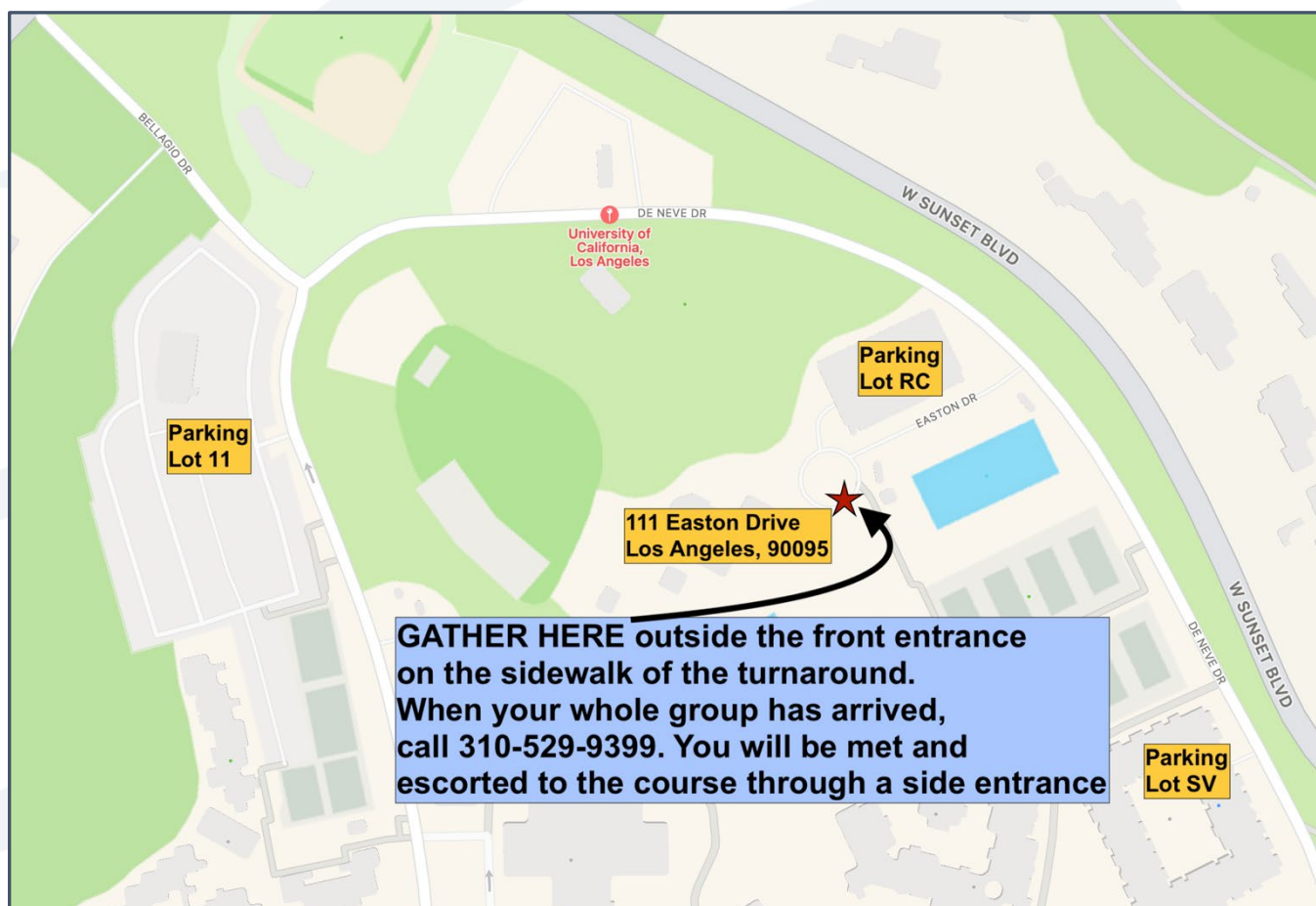
The Challenge Course is located inside Sunset Canyon Recreation Center (SCRC) at 111 Easton Drive, Los Angeles, CA 90095

Entering the facility

Gather your group outside the front entrance to SCRC. When your group has arrived, please call the Challenge Course Manager at 310-529-9399 to let them know you are here. A staff person will come greet you shortly and escort you to the Challenge Course via a private side entrance.

Parking

Parking lot RC (Rec Center) is immediately adjacent to SCRC. Parking lots 11 and SV are a short walk from SCRC. Visitors may purchase day passes from the self-service pay stations. For details on parking rates, please visit [UCLA Transportation's Visitor Parking page](#). For students, staff, and faculty with monthly or quarterly parking passes, consult your parking privileges for cross-parking information. This information can be found on the [campus parking website](#).



University of California, Los Angeles

Waiver of Liability, Assumption of Risk, and Indemnity Agreement

Waiver: In return for being permitted to participate in the following activity or program ("The Activity"), including any associated use of the premises, facilities, staff, equipment, transportation, and services of the University, I, for myself, heirs, personal representatives, and assigns, **do hereby release, waive, discharge, and promise not to sue** The Regents of the University of California, its directors, officers, employees, and agents ("The University"), from liability **from any and all claims, including the negligence of The University**, resulting in personal injury (including death), accidents, or illnesses, and property loss, in connection with my participation in the Activity and any use of University premises and facilities.

Description of Activity or Program: Challenge course program

Assumption of Risks: Participation in the activity carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injury or illness, including contraction of COVID-19, the disease caused by SARS-CoV-2 (including any variants). The specific risks associated with any activity will vary, and may include 1) minor injuries such as scratches, bruises, and sprains, to 2) major injuries such as eye injury, joint or bone injuries, heart attacks, and concussions, to 3) catastrophic injuries such as paralysis and death, and 4) contraction of COVID-19 which can cause serious illness or death to the participant and others.

Indemnification and Hold Harmless: I also agree to indemnify and hold The University harmless from any and all claims, actions, suits, procedures, costs, expenses, damages and liabilities, including attorney's fees, arising out of my involvement in The Activity, and to reimburse it for any such expenses incurred.

Severability: I further agree that this Waiver of Liability, Assumption of Risk, and Indemnity Agreement is intended to be as broad and inclusive as permitted by law, and that if any portion is held invalid the remaining portions will continue to have full legal force and effect.

Governing Law and Jurisdiction: This Agreement shall be governed by the laws of the State of California, and any disputes arising out of or in connection with this Agreement shall be under the exclusive jurisdiction of the Courts of the State of California.

Acknowledgement of Understanding: I have read this Waiver of Liability, Assumption of Risk, and Indemnity Agreement, fully understand its terms, and **understand that I am giving up substantial rights, including my right to sue**. I understand that no precautions, restrictions, guidelines or practices will eliminate the risk of exposure to the virus that causes COVID-19. I confirm that I am signing the agreement freely and voluntarily, and **intend my signature to be a complete and unconditional release of all liability** to the greatest extent allowed by law.

Participant Name (print)

Participant Signature

Date

I, the parent/legal guardian of the Participant hereby agree to the above on behalf of the Participant.

Parent/Guardian Name (print)

Signature

Date