

What Is A Challenge Ropes Course

A challenge ropes course is a progression of activities, initiative problems, challenges and trust activities that help develop both within a group and individually:

- Cooperation
- Goal Setting
- Leadership
- Increased Self-Confidence
- Faith
- Trust

At first glance, a challenge ropes course, with all of its cables, ropes, nets, logs, and telephone poles looks like an obstacle course. But, unlike an obstacle course its elements are not used for physical conditioning or competition with others.

Our course, which has been in operation since 1988, is a blend of both low and high elements, presented in a prescribed sequence, designed to integrate the following goals:

- Increased confidence & self-esteem
- Increased mutual support within a group
- Developing decision making abilities, leadership and trust
- Fostering appreciation and respect for differences in a group
- Practicing goal setting and problem solving
- Relating Christian principles to the ropes course experience and to life

Ropes Course Policy

In keeping with the mission of Black Rock Retreat, instructors are encouraged to share their faith in God as it relates to the Ropes Course when they are debriefing an element. The Ropes Course is intended to create an open discussion of belief in which both participants and instructors share in a non-threatening environment. Instructors also are encouraged to pray for safety with each group before starting the course during which participants are invited, but not obligated to participate.



Take On The CHALLENGE ROPES COURSE



Black Rock Retreat is located about 30 minutes from downtown Lancaster, 90 minutes from Philadelphia, and 90 minutes from Baltimore.



Contact us at:

Black Rock Retreat

Attn: Ropes Course Director

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Quarryville, Pa 17566

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www.blackrockretreat.com



Black Rock Retreat

Low Course Elements

Low ropes course elements involve group participation in which everyone is needed to achieve a goal. Only through unified teamwork can the group succeed and move on to the next element. As group members work together, they develop trust, caring, decisiveness, determination, cooperation and communication.



High Course Elements

These elements are 25 feet or more above the ground, providing an individual challenge where a person must overcome fear, doubt, self-consciousness, and preconceived notions of failure. High ropes course elements are belayed by our trained facilitators to ensure the safety of the participant.

Groups of 26 or more will have the opportunity to use the static circuit of our twin level course. To begin these elements, the group works together to lift each participant to this upper level. Once there, the participant goes through a series of elements, transferring their own belay system along the way.



If your group has 25 or fewer participants, you will be participating on our dynamically belayed elements, which may include: the lower elements on the twin level course, the climbing wall, or the zip line, as well as some other elements.

Positive qualities that high elements develop are trust, concentration, commitment, a sense of accomplishment and confidence. Debriefing discussions center on trust in God and the value of encouraging one another.

Who May Participate?

The challenge ropes course is perfect for

- School Groups
- Christian Organizations
- Youth Groups
- Families
- Boards
- Clubs
- Universities
- Sports Teams
- Businesses
- Leadership Teams

The greatest benefits of the challenge course experience are realized with persons who are in adolescence or beyond. Therefore, participants must be in sixth grade or above, or age 12 through adult.

Minimum group size of 8 participants.

