

What can you expect?

The Low Ropes Challenge Course at Camp Vanasek consists of warm-up activities, teambuilding and trust building activities, and group initiatives designed to have participants work and think together. This program includes the use of Camp Vanasek's Low Ropes Challenge Course, a series of elements constructed of beams, cables, ropes and resources secured into trees and poles. Low ropes activities help foster a stronger foundation within newly formed groups or groups that desire to increase a closer-knit community. Low ropes experiences are tailored to the physical abilities of your group.

Is it safe?

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

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

The waivers are for insurance and tax purposes.

What should I wear?

Supportive, **closed toe-shoes are required**. Tennis shoes are recommended. Flip flops and sandals are not appropriate and will not be allowed.

Wear loose, comfortable casual clothing that covers you and allows you to move around and can possibly get wet or dirty. You should also bring layers as when you start moving around you can shed warmer layers.

Is there a height, weight, age restriction?

No. The course was designed with all people in mind. Groups with students under age 10 should contact the camp for special information. Forms and waivers must be signed by all participants and participants under age 18 must have forms sign by legal guardian/parent.

Can the rope course be operated in the rain?

The challenge course can be operated in the rain; however, there will be a delay for thunderstorms and high winds. Call before you travel to confirm operating schedules if you have a concern.

Do I need to be in top physical shape?

The experience at the ropes course can be challenging physically, but you do not need to be in top physical shape to participate. Please inform Camp Vanasek if you or any participants have any medical/physical restrictions before participating in the Challenge Course.

What should I bring/not bring?

Bring: weather appropriate items: jacket, sunscreen, water bottle, bug spray, sunglasses, a hat, camera, 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 you can leave at home or in the car include: gum, candy, jewelry and valuables. Rings, necklaces, earrings can be lost, broken and can pose a hazard to you or your fellow participants.