

## University of Maine at Presque Isle Challenge Course

The UMPI Challenge Course consists of two distinct facilities located at separate locations on the university campus. The High Ropes Course is located west of Gentile Hall in a clearing near the bike path. The Low Ropes Course can be found south of the soccer field in a wooded area adjacent to the cross country running paths.

The High Ropes Course consists of four elements: a two line Burma Bridge, Cat Walk, Pirate's Crossing and a Vine Traverse.

### **Burma Bridge**

This element consists of one foot cable and two hand cables which form a bridge approximately 40 feet off the ground. The participant attempts to walk across the foot cable using the two hand lines for support. A horizontal belay cable runs approximately 10 feet above the foot cable

### **Cat Walk**

This element consists of a telephone pole supported horizontally between two vertical poles. The participant climbs up onto the horizontal log which is walked from one end to the other. A horizontal belay cable is approximately 10 feet above the horizontal pole.

### **Pirate's Crossing**

This element has one foot cable strung between two poles. The traverse is about 30 feet long. Two hand-lines [ one on each side of the traverse] run from the support poles to a position about two thirds of the way across the traverse where they are attached to the foot cable. These hand-lines form an X when viewed from the side of the element. A belay cable runs approximately 10 feet above the foot cable. The participant climbs to the element and attempts to use the hand lines to traverse the element.

### **Vine Traverse**

This element consists of a single foot cable with a series of ropes suspended from a head cable. Each rope [ or vine ] is purposefully positioned just beyond the average reach. The belay cable is 10 feet above the foot cable. The participant attempts to traverse the element using the vertical hand lines for support.

These elements are used to gain individual confidence and trust. Participants are belayed by a participant [ backed up by an instructor if necessary] which enhances team work and cooperation. At the completion of each element the participant is lowered to the ground

by the belayer. The High Elements employ Challenge By Choice in which participants control their level of commitment in each activity. Intermediate choices are used to move the participant toward the goal of completing the element.

The Low Ropes Course consists of six elements: a Wall, Wild Woosey, Porthole Passage, Spider Web, Multi-swing and Trust Fall.

### **Wall**

The Wall is an approximately 15 foot high wall. One side is smooth and the back side has a platform on which the participants stand. Staples provide access to the platform for both upward and downward movement. Starting on the smooth side, the task is to get the entire group over the wall.

### **Wild Woosey**

This element is a cable traverse. The cables are strung in the shape of a V [ using four anchor points] about 18 inches off the ground. Each side of the V is approximately 25 feet in length. The cables at the end of the element are approximately 10 feet apart. Two participants work together to traverse the element. Each person stands on a facing the other person. The pair begins on the narrow end of the V and attempts to move along the cables as far as possible by leaning on each other. Other members of the group assist by spotting.

### **Porthole Passage**

This element consists of a large tire strung between two trees. The participants attempt to pass one person at a time through the tire without touching the rim of the tire.

### **Spider Web**

The element consist of rope stretched between two trees [ 10 to 14 feet apart]. The web has 12 openings of various sizes. Participants attempt to pass the members of the group through the web without making contact with the web [ rope].

### **Multi-swing**

This element involves a rope hung from a horizontal cable. The group uses the rope to swing and cross over an off limits area. There are several variations to this activity

including Nitro crossing and All Aboard.

## Trust Fall

The Trust Fall platform is a small platform located four feet above the ground. Participants fall from the platform into the arms of spotters-catchers.

Low Ropes Course Elements involve "group" team building and cooperation. Problems are presented to the group and the group is challenged to solve the problem within the limits of the initiative problem and problem risk management.