

What is the Ropes Course Facility?

The ropes course facility is a series of high and low ropes challenge activities, requiring groups and individuals to overcome social, mental, and physical obstacles in their pursuit of achievement and adventure.

Ropes Course Participation Provides Each Individual an Opportunity to:

- team build
- trust build
- practice communication skills
- develop problem-solving skills
- concentrate on goal setting
- build self-esteem and confidence
- create group unity
- create a sense of connection and involvement
- learn to overcome obstacles



Challenge

The Experience of your Life

Selah High School Ropes Course
801 North First Street; 697-0800 ext. 828



*"True test of character lies
in the perseverance of challenge."*

--Anonymous

Last modified, May 2, 2001

We Challenge You...

The Selah High School (SHS) Associated Student Body (ASB) invites YOU to participate in challenge obstacles at their high and low ropes course facility.



"The ropes course facility was designed so individuals could be given the opportunity to learn to work together, as well as identify their own personal ability to accomplish any task, no matter how great the challenge."

*-Michelle McCartney,
SHS ASB Advisor*

Who Can Use the Ropes Course?

Anyone can use our facilities. We are open to non-profit organizations, businesses, and student organizations. We design programs to meet your group's goals.

What About Safety?

Safety is our top priority. We have qualified staff, specially trained by national ropes course personnel, to facilitate all sessions.

What is the Cost?

The cost is minimal with special rates for non-profit organizations.

Typical costs are \$10.00 per person for low and high activities; \$5.00 per person for low elements; \$15.00 per hour for each facilitator.

The facilitator ratios are determined by group size and elements.



What Obstacles Does the Course Offer?

The SHS Ropes Course offers a range of high and low ropes activities as well as warm-up and debriefing experiences. Each experience is designed to meet the goals of the individual group.

For More Information...

Take the challenge today! Selah High School would love to host your group as it participates in ropes activities.

If interested in participating on the ropes course, contact Michelle McCartney at:

801 N. 1st Street
Selah, WA 98942
509-697-0700; extension 828
Fax: 509-697-0811