

BYU-IDAHO OUTDOOR LEARNING CENTER WORKSHOPS

Initiative Course (Strongly encouraged for all groups)

This course consists of numerous activities which will challenge the thinking of those involved. There are various obstacles, tasks, and problems to solve; sometimes using equipment, while other times not being able to speak to one another. This is an excellent workshop for building teamwork, unity, trust, self esteem, communication, etc. (2 hours)

Canoeing

Under the direction of the staff, the participants will learn how to get in and out of a canoe, the various strokes, parts of the canoe, safety, water rescue, etc. Toward the end of the workshop, extra paddling time may allow an opportunity to be involved in a competition course. (2 hours)

Horseback Riding

The basic techniques will be covered which includes safety, grooming, bridling, saddling, mounting, and riding. When ready, the group will ride horses around the BYU-Idaho property. (2 hours – \$10 additional cost per person)

Black Powder Rifles

Starting from the time the lead is melted, the participants will learn the various steps from making the lead bullets to actually firing them. (2 hours)

Initiative Course #2

This is similar to Course #1 except there are different situations to solve, obstacles, problems, and equipment. (2 hours)

ROPES COURSES - *Please do not schedule all ropes courses for your workshops. Ropes Courses are designated by an asterisk *. Offer your participants a variety of activities.*

*Inclined/Horizontal Log

This is a high element ropes activity. The participants have the opportunity of walking up an inclined log. Upon reaching the top they step onto the horizontal log and walk across. The participants are then lowered to the ground using a belay system. Helmet, harness, and climbing ropes will be used. (2 hours)

*Climbing Tower (Climbing Tower and Zip Line can be combined for one (1) Workshop)

This high element ropes activity consists of climbing the face of a 35-foot high wall. The participant will learn climbing techniques to aid in their ascent. Helmet, harness, and climbing ropes will be used. (2 hours)

*Rappel Tower

This high element ropes activity consists of a free rappel of 40 feet from the top of the rappel tower. Helmet, harness, and climbing ropes will be used. All participants will be using a back-up belay system.

*Giant Swing

This element is another high ropes activity consisting of swinging from a height chosen by the participant. The highest point is 40 feet above the ground. This is a self-release system. Helmet, harness, and climbing ropes will be used. (2 hours)

*Zip Line (The Zip Line and Climbing Tower are combined for one (1) Workshop)

This high element ropes activity consists of zipping down a cable from the top of the zip tower. The participants will be clipped into a seat harness. Helmet, harness, and climbing ropes will be used. (2 hours)

*Power Pole

This is a high ropes activity which involve a great deal of commitment. Participants will have the challenge of climbing a vertical pole and standing on top; afterwards jumping out to touch a hanging tennis ball. Helmet, harness, and climbing ropes will be used. (2 hours)

*Jungle Gym

This is a high ropes activity where participants move from pole to pole across challenging and suspended cable bridges, traverses, ropes and walkways. Helmet, harness, and climbing ropes will be used. (2 hours)