

WELCOME!



The primary purpose of a challenge course experience with Northwest Teambuilding is to provide opportunities to grow for individuals and groups. In order to make this environment the best it can be for all participants, staff, and chaperones, we ask that everyone on our course make some commitments before entering into the program:

- 1) **PLAY SAFE:** Everything that we do on a challenge course has an element of risk to it. Sometimes that may be a physical risk. Sometimes it might be an emotional risk or a social risk for yourself or a member of your group. The staff of Northwest Teambuilding will give you and the members of your group guidelines and rules to follow in order to minimize the different types of risk and set up a positive learning environment. We ask that everyone commits to following those rules and guidelines during their time with us.
- 2) **PLAY FAIR:** Playing fair means being an honest team member and being willing to be held accountable for your own actions. We understand that sometimes people would rather do things that feel important to them as an individual rather than thinking of their group first. We also understand that sometimes it's hard to hear feedback about your behavior (whether positive or negative) and respond appropriately. Playing fair means understanding boundaries and being honest about whether you have behaved appropriately. We ask that everyone comes into this experience committed to being fair and honest with themselves and the rest of their team.
- 3) **PLAY FULLY:** We want everyone to feel comfortable putting all of themselves into this experience. We want you to know that if these first two commitments are followed, that it makes it even easier to have fun with each other as a group. We ask that each person works to find the just right fit for themselves out on the challenge course. We want you to choose a role that you can commit to that allows you to be fully involved with your team the whole time. Sometimes that role looks different than you expect, but whatever you're comfortable contributing we want you to be 100% committed to being present and involved with building your team's experience.

We will talk about these ideas on the day of your trip. If you agree to commit to the ideas above, please sign below.

Group Name/Color/Number: _____

Participant Names & Signatures

1.	8.
2.	9.
3.	10.
4.	11.
5.	12.
6.	13.
7.	14.

YOUR GROUP'S GOALS

In order to get the most out of your time with Northwest Teambuilding, we ask that each group discuss, think about, and decide upon a few team goals. Your goals might change as you go through your day together, but setting some goals to get started will help get you off on the right foot!

Please discuss and choose two to four goals from the following list. If you're unsure of what something means, please ask your teacher.

Communicate effectively	Practice cooperation	Practice commitment	Build trust
Resolve conflicts	Have fun	Build confidence	Find Balance
Show support	Take appropriate risks	Manage change/new situations	Make decisions
Practice good timing	Respect your peers	Practice focusing	Build motivation
Practice trial and error	Be encouraging	Solve problems	Build consensus
Be accountable for your actions	Set appropriate goals	Make thorough plans	Share different opinions respectfully
Practice active listening	Celebrate successes	Give and receive feedback	Follow a plan

In order of importance, our team goals are:

1) _____

2) _____

3) _____

4) _____