



The Team Development Center strives to:

TEAM DEVELOPMENT CENTER

- * Provide engaging environments that foster self discovery and explore team development
- * Provide appropriate levels of challenge for a wide range of participants
- * Provide opportunities that help to create a sense of team and community where all involved feel valued and appreciated
- * Focus on safety issues in a proactive manner

What will we be doing?

Every program has been crafted to meet the needs of your team.

Activities may include trust building, group problem solving initiatives, and low and high ropes elements. Each group (approx. 10-15 people) will be led by a trained facilitator through a progression of activities. Some activities may include running, lifting, being lifted, spotting others and climbing to heights. As a participants, you may experience different challenges including physical, mental, social and emotional challenges. Our programs are active, so being rested and well fed will help you to have the best possible experience.

Challenge by Choice®

Our facilitation approach is called *Challenge by Choice®*. This philosophy allows people to make appropriate choices regarding participation in the activities based on the understanding of the benefits gained, risks involved and fitness level. Facilitators will be aware of participation in the group and encourage participation to move beyond perceived limitations. The intent is to create a supportive environment in which accepting challenges is encouraged and risk is monitored and managed.

RISKS

In any outdoor adventure experience there are real risks involved. Efforts are made to manage risks in a proactive manner. Trained and experienced facilitators will make every effort to minimize known exposures to risks associated with activities. Despite these efforts, risks are only reduced and never eliminated.



RESPONSIBILITY

While participating with the Team Development Center we will expect you to be responsible and conscious of safety for yourself and others. If an activity seems unsafe or if you are questioning your ability to participate safely, bring it to the attention of your facilitator.



WHAT TO WEAR/BRING

Please wear clothing that can get dirty!

Footwear: Closed-toe shoes! Athletic style shoes are best. Heavy boots, sandals, or flip flops are not allowed for safety reasons.

Pants/Shorts: Pants should be comfortably loose to allow for movement. Shorts should be of modest length.

Shirts/Jackets: Wear what is comfortable. Layering is recommended in cooler temperatures.

Hat: A baseball hat is recommended for sun protection, and a warm hat for cooler weather.

Rain gear: Our programs can be safely implemented in rainy weather, and it often adds to the experience. Unless there is severe weather, come dressed ready to be outside!

Sun block: This is an optional item, but recommended.

Water bottle: Water and cups will be provided on course, but water bottles are recommended as they are much more durable than our cups.

Completed Health Form and Waiver: Please fill these forms out before your program to save time.

Seasonal needs may include:

Summer: Lightweight, loose cotton clothing, baseball hat.

Spring and fall: Bring an extra layer for cool mornings, but be prepared for hot afternoons.

Winter: Although temperatures may not be extremely cold, keep in mind you will be outside all day, and many layers of warm clothing is recommended. Hats and gloves are encouraged!

Please leave these at home!

Tobacco (use of any kind is prohibited by the USNWC)

Cell phones/pagers (these can be distractions during your program time)

Sunglasses (eye contact is important for trust; let us know if you have a health issue)

Knives/multi-tools (these are not necessary for your survival today!)

Jewelry (can get caught in ropes equipment and injure you or others)

Food and drinks (can be provided by USNWC by request)

Personal climbing gear

We will collect these items at the beginning of your program for safekeeping if you do not want to leave them in your car.

DIRECTIONS to USNWC:

From I-85 North OR South

- From I-85, take I-485 North (Inner Loop) and follow directions below

• From I-485 North (Inner Loop)

- Take Exit 12, Moores Chapel Road
- Follow signs for WEST Moores Chapel Road
- Turn right on Rhyne Road
- Turn left on Belmeade Road
- Follow Belmeade for one mile
- Turn left on Whitewater Center Parkway
- Follow Whitewater Parkway for one mile
- Turn right into the USNWC entrance

Where to park? After going through the parking booth, you will see the conference center with flags in front of it. Turn left into the parking lot and travel to almost the end of the lot. We will be meeting at the Adventure Pavilion, which is a brick, open-air shelter at the end of the parking lot on the right.

