Elements Teambuilding
Preparing for your Challenge Course Program

Elements Ropes Course and Teambuilding Program is a training program that uses a variety of initiatives and risk activities that focus on group development, risk taking, and problem solving.

What to Wear
We will spend the entire day outside so please be prepared for seasonal changes such as light rain, very hot, or very cold weather. Please wear loose fitting, comfortable clothes that are easy to move around in. All participants are required to wear closed toed shoes.

Each person must bring/wear:
- Closed toed shoes with backs (i.e. no clogs or flip flops)
- Refillable water bottle (we will provide a cooler of water to refill from)
- Appropriate clothing for the season (i.e. sun hat, rain jacket, winter jacket). Avoid very short shorts.
- Completed waiver and medical form

Optional/Recommended items:
- Camera
- Sunscreen
- Sunglasses
- Insect spray

Our Site
The Ropes Course is next to Kennedy Park on the east side of Madison, WI. The park offers large open spaces for activities and a pavilion for a sheltered area. Parking along the street is abundant. Portable toilets are maintained onsite for your convenience. Our site has no indoor space, no running water, nor electric outlets. Please plan ahead.

Our low ropes course is set in a shaded grove of pine trees however, our high ropes course is not shaded and can be quite hot in the summer and windy in the spring and fall. We do have high and low ropes activities that are universally accessible. Please let us know in advanced if anyone in your group will need additional accommodations.

Food & Water
We have water available for your group at our site, but each person will need to bring their own water bottle. You are welcome to bring additional beverages, lunch, snacks and other food. As our programming can be physically exerting, it is important to eat well before, during and after the program. Staying adequately hydrated is important as well. Alcohol is not allowed on our property.

Weather
Group should be prepared for the variety of weather that is typical in Southern Wisconsin (i.e. heat, cold, light rain). During severe weather (i.e. extreme heat or lightening) programming will be cancelled and rescheduled. The Elements Manager will contact your group to let you know of any cancellations.

Liability Waiver & Health History Form
All participants and observers need to bring a completed waiver and health form to participate in any MSCR Elements Program. These are available on our website, from our manager, and at the ropes course site.