



Low Challenge Elements



At Common Ground Adventures, we believe that many values cannot truly be taught, they must be learned exponentially. Our Low Challenge Elements are designed to provide groups with a fun, engaging, and challenging opportunity to experience Cooperation, Communication, Empathy, Trust, Determination, Creativity, Asset Management, Planning, Problem Solving, Patience, Selflessness, Leadership, Optimism, and Support. Groups that can embrace these values are rewarded with success on each challenge. Skilled facilitators can tailor the experience on each challenge to emphasize the values and skills that the group most needs to focus on.

We are glad to help your organization select components to design a course that targets the values and demographics that are most relevant to you. Enclosed below are a selection of our favorite elements. We have included information about the mental, physical, and emotional challenge levels of each element. Mental challenge refers to how much thought and problem solving is required to successfully complete the element. Light mental challenges often have fairly obvious solutions while intense challenges require significant collaborative problem solving. Physical challenge refers to the amount of strength and agility required to complete an element. Emotional challenge refers to the degree of stress, discomfort, and frustration participants may encounter. Some elements may put participants into very close proximity to each other while others require significant patience, these factors all have the potential to increase the emotional challenge of an element. Each of these elements can be run in a number of different ways and a skilled facilitator can alter the challenge level of most elements to suit the needs of each group of participants.



Team Building Elements

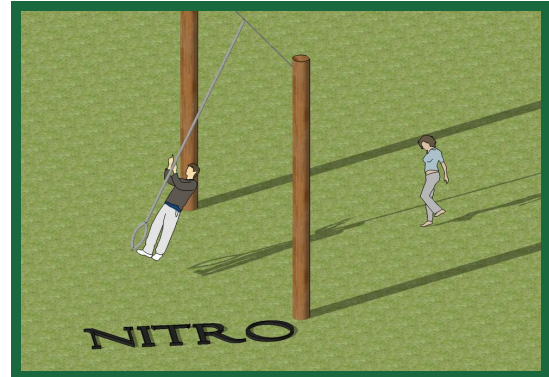
Nitro Crossing

Mental Challenge: Light to moderate

Physical Challenge: Moderate

Emotional Challenge: Light

Values: Cooperation, Determination, Problem Solving, Asset Management, Support



The Challenge: Your entire group must cross a sea of lava aided by nothing but a long rope swing and your wits. Additionally, the group must retrieve a container of liquid from the middle of the sea of lava without spilling a drop. (Note: lava not included.)

Bonus Objectives:

- The group is split in half. Each half must cross the sea of lava from opposite directions.
- There are designated landing zones on the far side of the sea. Each landing zone can only hold a certain number of people before it sinks into the lava.
- One (or more) group members can have access to a pair of “Magic Boots” that allow them to cross the lava by walking rather than swinging. The group must determine who gets to use the boots.



Adventure

Education

Experience

Discovery





Tarzan Baseball

Mental Challenge: Light to intense

Physical Challenge: Moderate to intense

Emotional Challenge: Light to moderate

Values: Cooperation, Determination, Problem Solving, Asset Management, Support, Selflessness

The Challenge: Load the bases without knocking anyone out! Each member of your group must round the bases before landing on one of the four bases. The game isn't over until all of the bases are fully loaded. This challenge is an-adrenaline fueled good time for all! It makes for a great progression for groups that have already completed the Nitro Crossing.



Bonus Objectives:

- The group starts out divided between the four bases. At the end of the game, everyone must be on the base immediately to the right of the base where they started.
- Each base must have a specific number of people on it.
- Team members are only allowed to swing on the rope once per game.





Islands

Mental Challenge: Light to moderate

Physical Challenge: Light

Emotional Challenge: Light

Values: Communication, Asset Management, Patience, Leadership

The Challenge: Take the ultimate team vacation. Your entire group must traverse through several islands in an archipelago. To help you on your island hopping journey, you get a pair of unevenly sized boards that can, with a bit of ingenuity make island-spanning bridges.



Bonus Objectives:

- Several members of the group must complete the challenge while blindfolded.
- All of the boards used for making bridges must also make it to the final island.



ZigZag

Mental Challenge: Light to moderate

Physical Challenge: Moderate

Emotional Challenge: Moderate

Values: Determination, Communication, Planning, Asset Management, Patience, Leadership

The Challenge: A series of small posts laid out in a ZigZag. Several differently sized boards. Each board will create a bridge between the posts, but which boards go between which posts? Who has the strength to move the boards? Who has the agility to walk across the narrow beams? Who will create a plan to get the group across the posts to the far side? This challenge is a good progression from Islands.

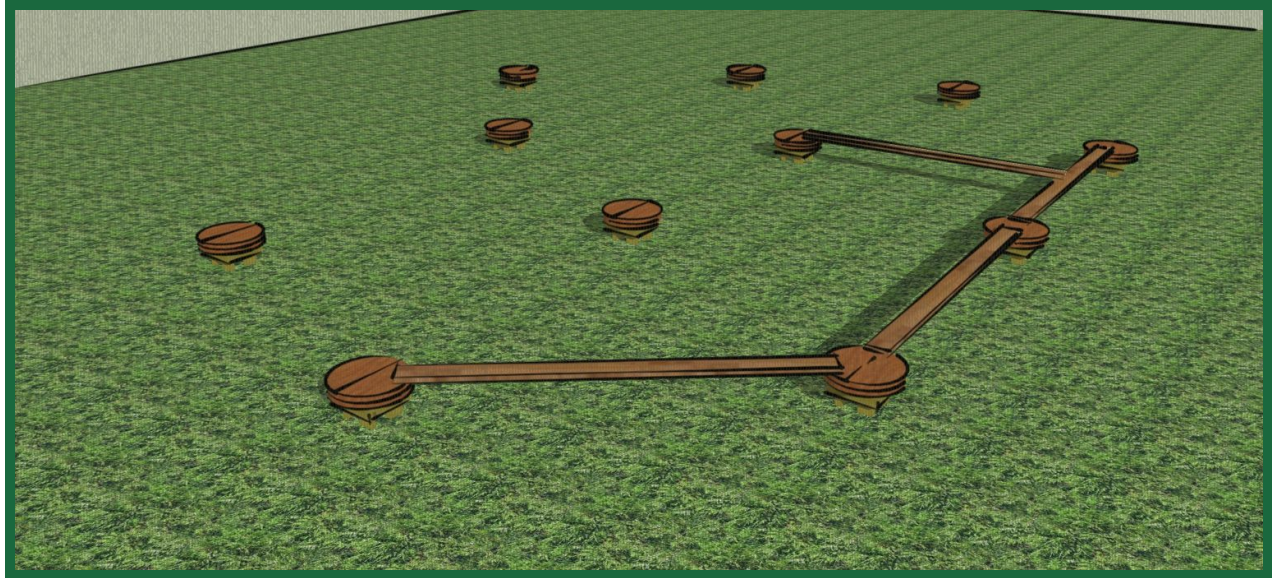
Bonus Objectives:

- Each person who enters may not exit until the person who entered after them has exited.





Island Meuse



Mental Challenge: Intense

Physical Challenge: Light

Emotional Challenge: Moderate

Values: Cooperation, Creativity, Determination, Planning, Problem Solving, Patience, Optimism, Support, Leadership

The Challenge: This challenge is the ultimate progression from Islands and ZigZag. A series of tiny islands spread out in a seemingly random pattern. One platform is the entry platform and another is the exit. Several boards of even length are provided to the group to use as bridges, but the bridges will not span between all islands. The group must find the correct route from the start to the end, but it is not as simple as it seems! There is no complete route that can be made by simply laying boards from one island to the next, truly creative thinking is required.

Bonus Objectives:

- Nobody may exit from the final platform until everybody has entered the Island Meuse.
- All of the boards must also be recovered.
- Several members of the group are blindfolded.





Spider's Web

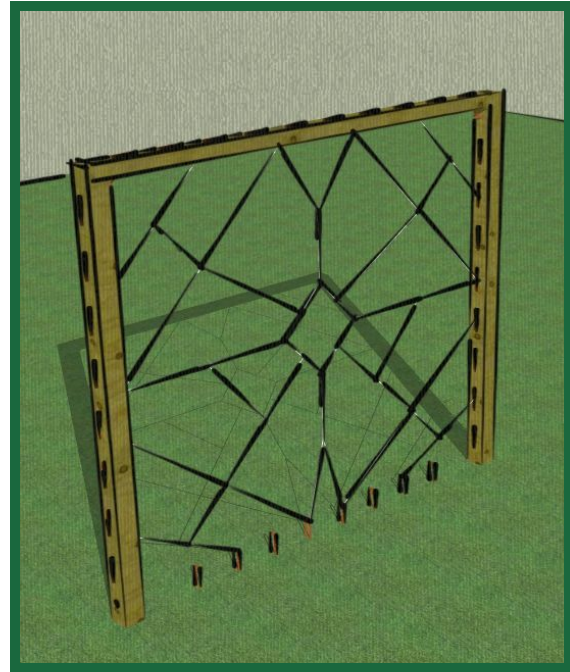
Mental Challenge: Light to intense

Physical Challenge: Moderate

Emotional Challenge: Light to moderate

Values: Communication, Empathy, Planning, Selflessness, Support

The Challenge: To escape the spider's cave, your group must cross through its web. Each space can only be used by a single person. Every member of your group must assess their own strengths to pick the best space to utilize. Some members of the team may have to be lifted and passed through. Be careful! The slightest accidental touch of the web will call the spider's attention.



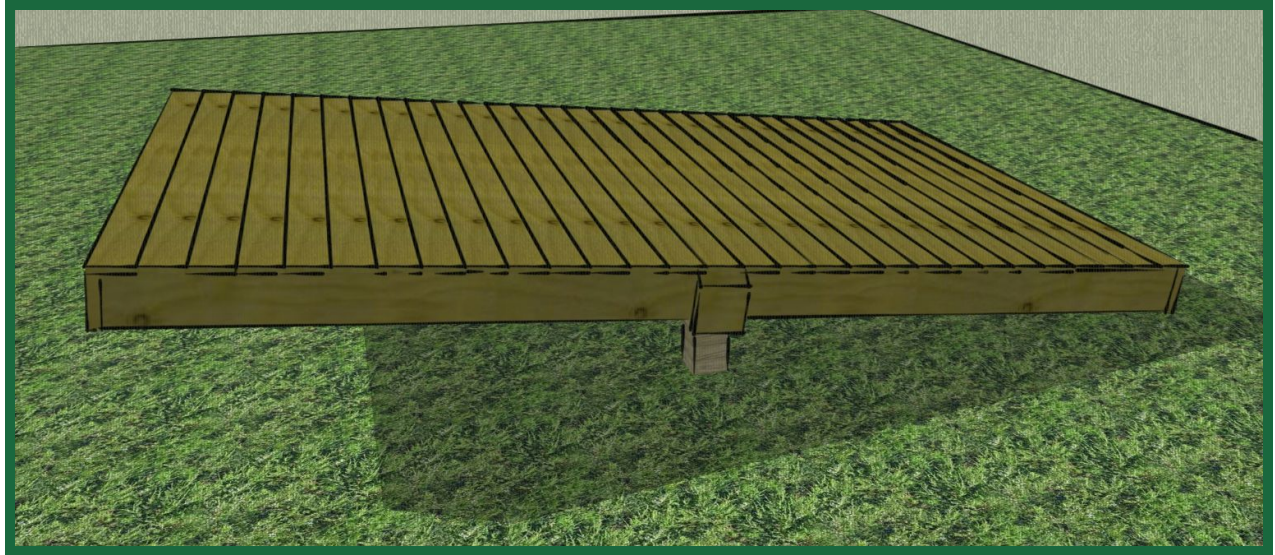
Bonus Objectives:

- Several of the easier spaces are off limits from the beginning of the game.
- Absolutely no part of any person may pass through a space that another person is using or has already used.
- Rather than passing people through the web, the group attempts to wind a rope through each space of the web without touching any part of the web with the rope. This requires creativity and patience.





Whale Watch



Mental Challenge: Light to moderate

Physical Challenge: Light

Emotional Challenge: Light to moderate

Values: Communication, Empathy, Trust, Leadership, Problem Solving, Patience

The Challenge: Find balance with your teammates... literally! The Whale Watch is a massive teeter-totter. Your entire group must enter the platform and put it into perfect balance with both ends off the ground and keep it there for 30 seconds.

Bonus Objectives:

- The first two people who enter the platform must balance it. As each additional member of the team enters, the platform must remain balanced.
- Each member of the group needs to make their way to one of the far edges of the platform while keeping the entire platform balanced.
- 2/3s of the group needs to stand on one side of the platform with 1/3 of the group on the other side.
- Only people who have not entered the platform yet are allowed to communicate verbally.
- The entire challenge must be completed silently.





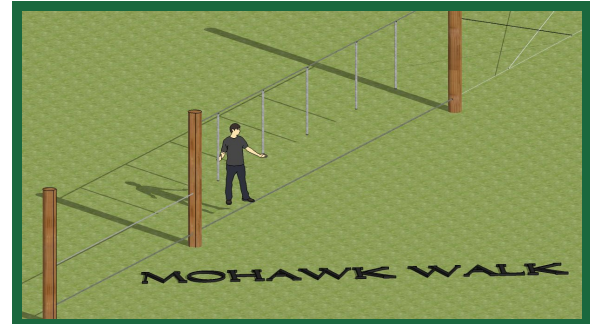
Mohawk Walk

Mental Challenge: Light

Physical Challenge: Moderate

Emotional Challenge: Moderate to intense

Values: Trust, Cooperation, Determination, Optimism, Support



The Challenge: Traverse a series of low steel cables without touching the ground. On some sections of cable, your group will have hanging ropes or long tethered ropes to use for support. On other sections, the group will not be able to use anything but each other for balance.

Bonus Challenges

- When a members of the group step off of the element, they may not re-enter the element until every other member of the group has done so.

Wild Woozy

Mental Challenge: Light to moderate

Physical Challenge: Moderate

Emotional Challenge: Light

Values: Communication, Trust, Support

The Challenge: Two steel cables strung in a "V" shape. Two members of the group step onto the cables at the peak of the "V". Each person stands on their own cable. While using each other, and only each other, for support the pair attempts to move as far down the "V" as possible while the cables get farther and farther apart. Successful teams learn that you can achieve far more when you lean on your partner (giving) rather than pulling on them (taking).





Trolleys

Mental Challenge: Light

Physical Challenge: Moderate

Emotional Challenge: Moderate

Values: Communication, Determination, Patience, Leadership, Support

The Challenge: This classic team building challenge tasks your group with moving a set distance while remaining balanced atop a set of trolleys. Each and every step requires careful communication and coordination.



Bonus Objectives:

- Only one person in the group is allowed to speak. A skilled facilitator can pick a quieter member of the group and give them a chance to be a leader.
- The course involves sharp turns or other difficult obstacles.
- Two separate groups attempt to complete the challenge side by side. This presents groups with an opportunity to explore competition vs. cooperation.

All Aboard

Mental Challenge: Light to moderate

Physical Challenge: Light

Emotional Challenge: Moderate

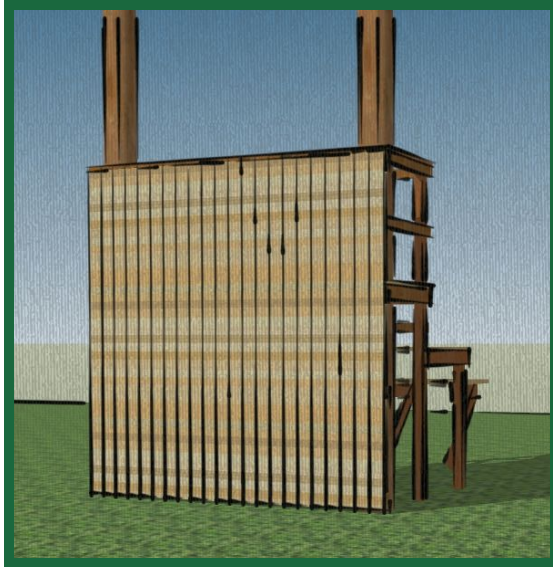
Values: Creativity, Support, Patience

The Challenge: Fit your entire group onto a tiny platform. This will require creative thinking and a comfort with the rest of your team. Once you think you've got it, you may find that the platform has become even smaller than you initially thought!





Team Wall



Mental Challenge: Light to moderate

Physical Challenge: Intense

Emotional Challenge: Moderate

Values: Cooperation, Empathy, Trust, Determination, Asset Management, Problem Solving, Selflessness, Support

The Challenge: Get your entire group up and over the wall. Once a member of your group has reached the platform on the far side of the wall, they can help two more people over before climbing down to help the remainder of the group on the ground.

Bonus Objectives:

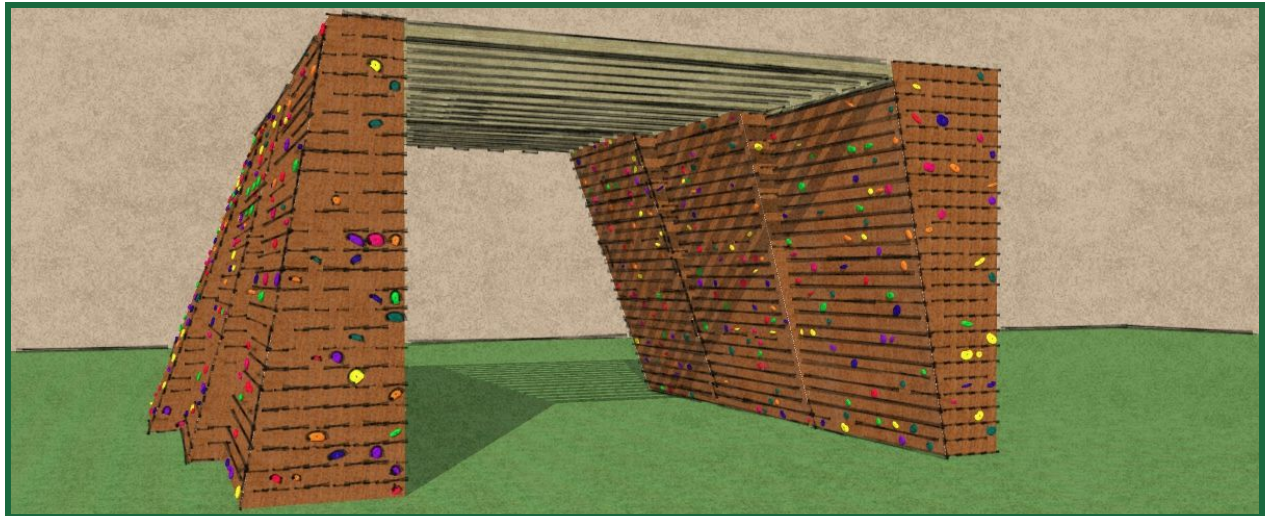
- After coming back down from the top platform, group members cannot provide physical assistance to any other members of the group.





Adventure Components

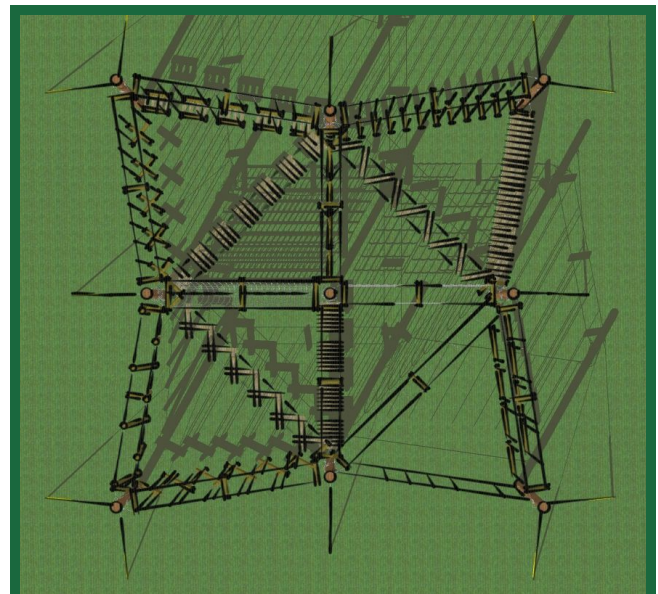
Bouldering Walls



Our Bouldering Walls provide a fun way to experience climbing without the additional training and safety equipment that Climbing Towers require. We build our walls to your organizations needs. We can build basic playground style walls for amateur climbers or advanced walls with angled features for advanced level climbers. Our bouldering structures can be built with full roofs, shade cloth, or inverted climbing surfaces.

Low Adventure Elements

Low Adventure Elements provide much of the physical challenge and excitement of a High Ropes Course at a fraction of the cost and without the need to leave the ground. These elements are ideal as warm-up elements leading into a true High Ropes experience or for younger participants who are not prepared for the full mental challenge of a High Ropes Course.



Adventure

Education

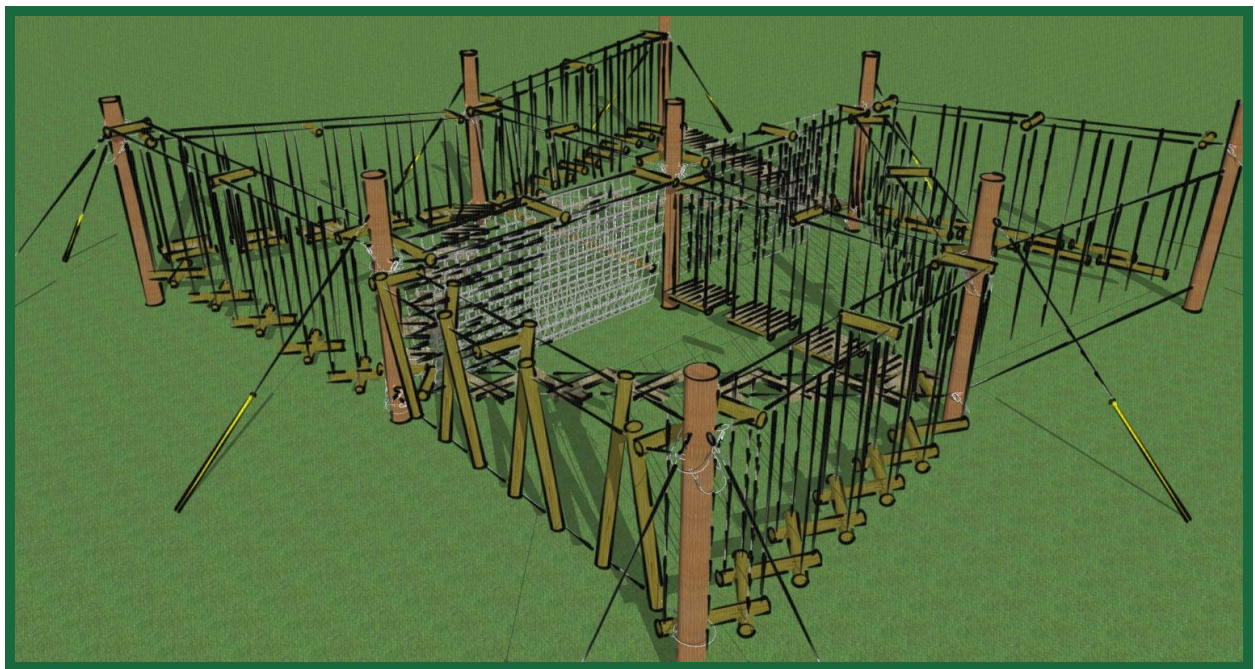
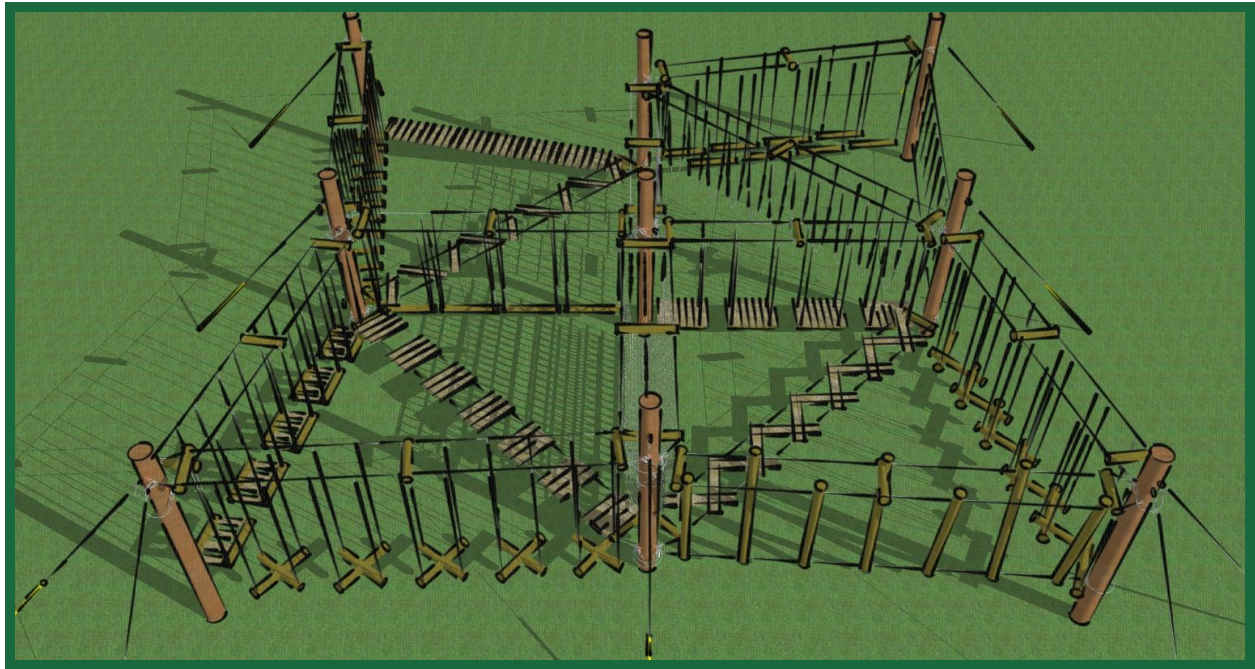
Experience

Discovery





[Click here to check out our Low Adventure Course Video!](#)



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Course Layout

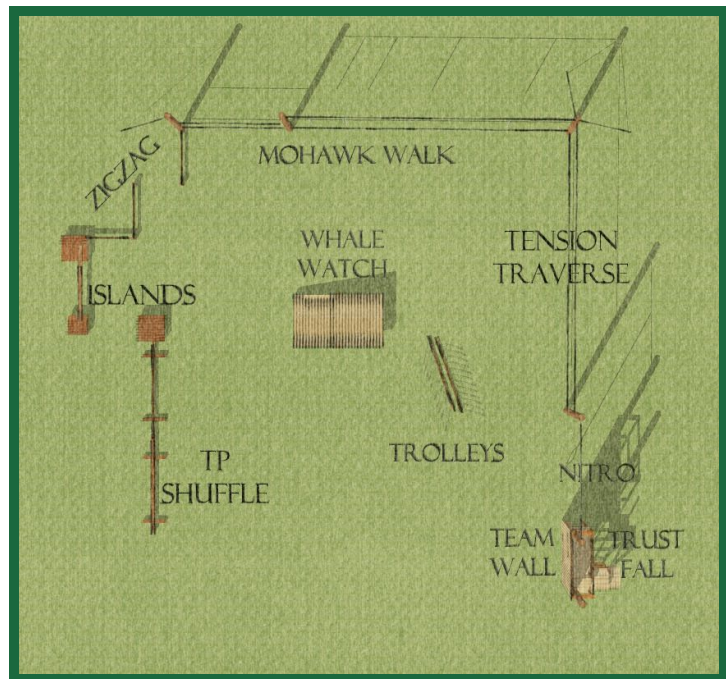
Your location, property, clientele, and the goals of your program will all have a major impact on the overall layout of your course. We will work closely with you to identify the best configuration and location on your property for your new course.

In some cases, a Low Challenge Course may be spread out in multiple spaces around your property. This is preferable for facilities that host large groups or multiple groups at the same time. Spreading out elements gives each group a sense of privacy and increased focus.

If you do not host multiple simultaneous groups or if your groups need maximum cohesion, you may prefer a more densely clustered course. Placing all of the elements near each other makes it easy for facilitators to sequence one element into another, maintaining group focus and engagement. It also allows each group to engage more easily with other groups that are out on the course, this can provide many opportunities for support between groups.

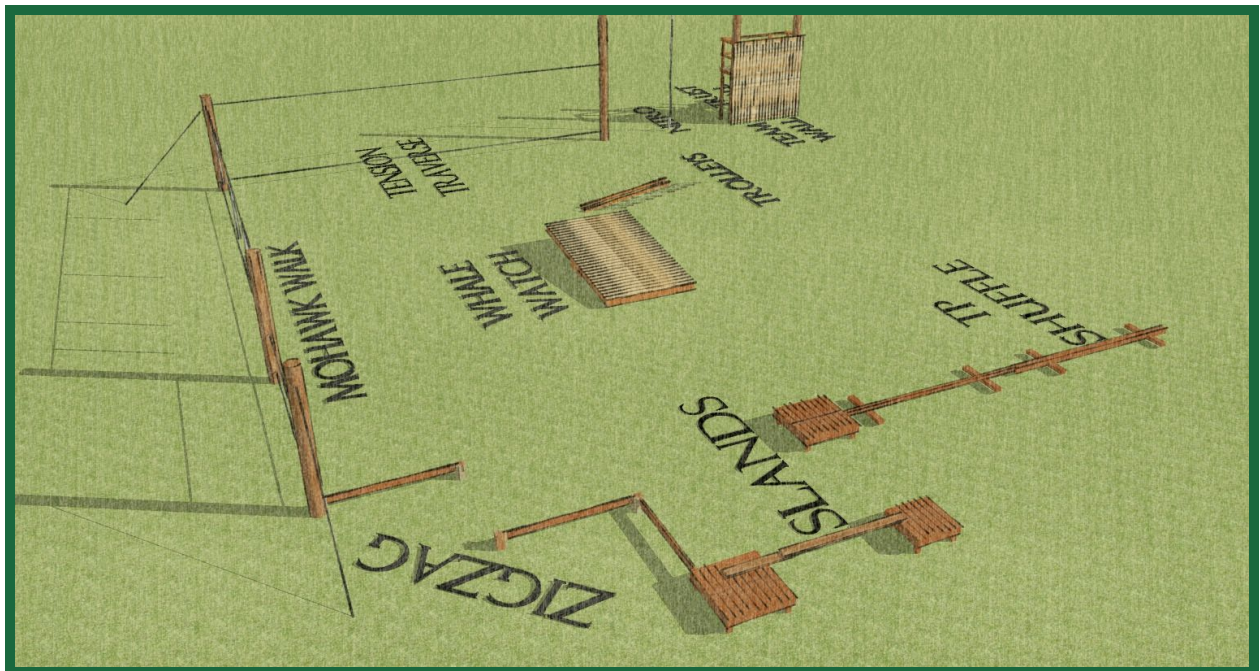
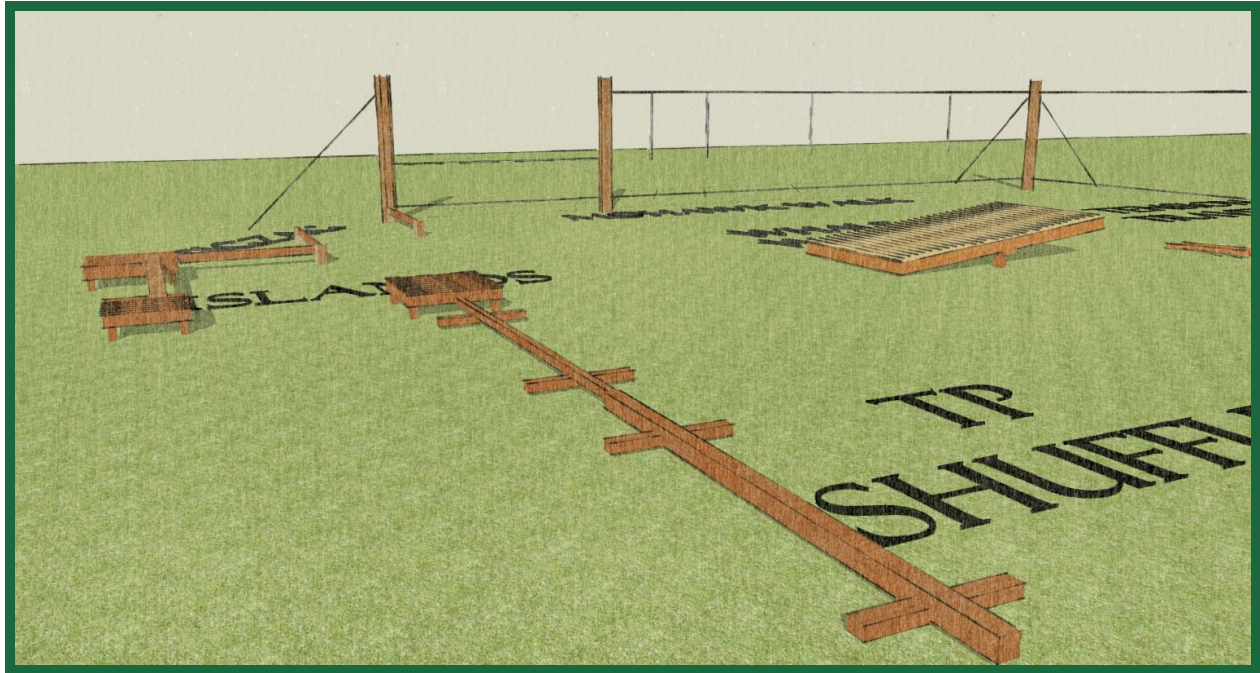
Circuit Course

The Circuit Course is our preferred method of building a densely clustered Low Challenge Course. It allows us to fit a large number of elements into a very small footprint while improving participant engagement. The elements are designed to directly and physically sequence into the next element. This is a great way to engage advanced groups during long programs. It also creates a sense of cohesion through a groups experience. Included you will find some images of our sequence course. Like all of our services, we can build your circuit course to your specifications with a focus on the elements that you need with a footprint customized for your location.





[Click here to check out our Circuit Course Overview Video!](#)



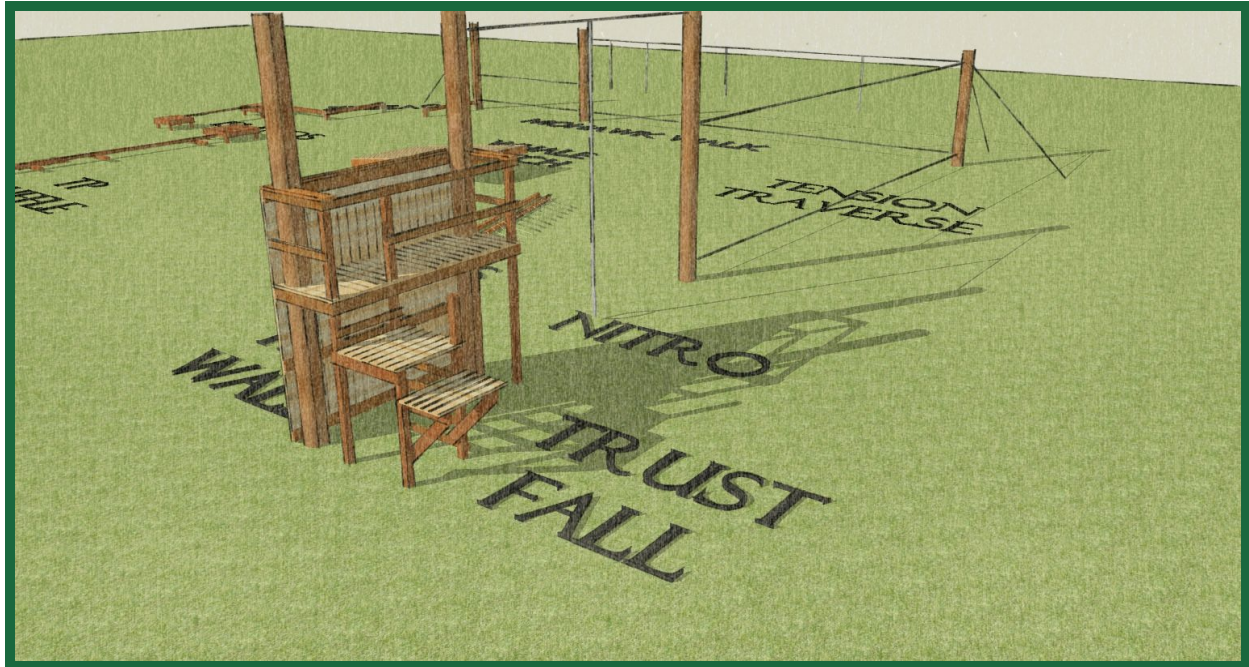
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