

## Bond Park Challenge Course Frequently Asked Questions

### 1. What is the purpose of the course?

The Bond Park Challenge Course is an outdoor learning facility designed to stimulate teamwork, encourage cooperation, instill trust, and bolster confidence.

We offer a unique teambuilding and adventure experience. Unlike other tree top adventure courses and zip tours we are an experiential learning facility. We do more than just play.

We go beyond the average adventure course- we facilitate learning. We provide experiences and challenges for our participants to engage in. After completion, we reflect on group members' different experiences, perspectives, and outcomes, looking at lessons learned to apply to the "real" world.

### 2. Is it open to the public?

The course is available by reservation for groups of 8 or more.

### 3. Where is the course located?

The course is located in Fred G. Bond Metro Park near the Ropes Course Shelter.

### 4. Do I need a group to do the course?

In general, the course is for groups of 8 or more. Groups can be made of several families who want to try the course or other community and corporate groups. Individuals who wish to try the course may pre-register for the Ropes Challenge programs which are offered at various times throughout the year and advertised in our Program Guide under Outdoor Recreation.

### 5. What types of programs do you offer?

**Low Course-** Located on or near the ground, the low course is comprised of elements and initiatives that foster team building. Team building is a process that develops shared goals, interdependence, trust, commitment, and accountability. This process also strives to improve team members' problem-solving skills.

**High Course-** The high course is thirty-five feet off the ground. Groups such as sports teams, youth groups, corporate teams, and school group are invited to climb, balance, swing, zip, and challenge themselves while in the trees. The high course works on team-building from a different perspective. Watching peers take risks and push themselves beyond their comfort zone is rewarding, encouraging, and motivating. Team building takes on a more personal perspective with the high course. The high course is a learning playground for all ages focused more on overcoming fears, trust, and supporting and encouraging others. Harnesses, helmets, and other safety gear are provided. Trained facilitators walk each participant through putting on the harness, teach them how to safely use the equipment, and allow them to experience what it will be like prior to climbing onto the course.

**Low course with one high element-** This program incorporates the low course and one high element- the Leap of Faith or the Swing by Choice.

The Leap of Faith is a stand-alone high element. Participants climb a tree to a 40-foot-high platform using the ladder and footholds provided. Once on the platform, the objective is to leap off the platform to a rope hanging 5-10 feet in front of you. The group, still on the ground, then uses the ropes to catch and lower the jumping participant safely to the ground.

The Swing by Choice is also a stand-alone high element. A participant climbs a ladder to connect to the swing. Once connected the other members of the team pull the participant to a height of choice that does not to exceed 30 ft. Once the desired height is reached, pull the cord and swing on the largest swing Bond Park has to offer.

**Full Day-** This is a combination of the Low Course and the High Course. Typically programs begin in the morning with the low course and transition after lunch to the high course.

## **6. What is the difference between the low course and the high course?**

The low course is on or near the ground and focuses on teambuilding. By contrast, the high course is 35 feet up in the trees and tends to be more of an individual challenge with teambuilding changing to supporting and encouraging others.

## **7. How long do programs last?**

Half day programs are typically 4 hours. The low course programs can be scheduled for less time. The high course does require a full 4 hours. The low with one high event is 4-5 hours depending on the size of your group. . The full day program is 7-8 hours.

## **8. How old do I have to be?**

The course is open to participants 10 years and older.

## **9. What type of clothes should I wear?**

Clothing which allows you to move comfortably such athletic type wear is recommended. It is recommend you wear longer shorts or pants when participating in anything involving the high course or a high element. Dress for the weather. During cold weather it is recommend you dress in one more layer than you think you will need. Closed-toe shoes are required for participation.

## **10. What happens if it rains?**

Programs go forward in mild inclement weather (i.e. light rain, light wind and chilly weather) Groups have the option to reschedule your program or move inside (space permitting) if weather is uncooperative. We will discuss the weather with you as it gets closer to your schedule date if it looks like it is of concern. The Town of Cary reserves the right to cancel a program at any time due to weather or other circumstances.

## **11. How far in advance do I need to make a reservation?**

Reservations should be made no less than 3 weeks and no more than 6 months in advance.

## **12. What are the hours the course is open?**

Start and end times are discussed at the time of reservation to meet the needs of the groups. Typically programs are conducted between 8 a.m. and 5 p.m. Start and end times can vary depending on the need. Typical time slots for a half day program are 8 a.m. - noon, 9 a.m. - 1 p.m., 12-4 p.m. and 1-5 p.m.

### 13. What is the minimum group size? Maximum?

For all programs the minimum is 8 people. Maximum number depends on the type of program. Typically the max for the low course is 70. The max for the other programs is 30 people.

### 14. How do I make a reservation?

Call (919) 462-2970 or select '[Request a Program](#)' and complete the on-line request form to make a reservation.

### 15. Do you offer group rates or discounts?

Our fees are per person and based on residency. Fees are competitively set for the Triangle market and are approved by Cary Town Council. Because they are approved annually, we do not negotiate fees.

### 16. Do you offer non-profit and school rates?

Yes. School rates are for Wake County Public School (WCPSS) groups coming as a function of the school (i.e. field trip with the WCPSS). Non-profit rates are equivalent to the General rate.

### 17. When is payment due?

A \$50 deposit is due at the time of reservation. Payment in full is due no less than 2 weeks prior to your program for your expected attendance. Forms and waivers are due on the day of your program.

### 18. What are the fees?

Fees are subject to change.

Fees: <i>All fees are per person.</i>	Corporate		General		WCPSS	
	Residents	Non Residents	Residents	Non Residents	<i>Fees in this category are for school groups within Wake Co.</i> Residents	Non Residents
Low Course- Half day (4 hrs.)	\$41	\$53	\$27	\$35	\$23	\$30
High Course- Half Day (4 hrs.)	\$54	\$70	\$42	\$55	\$40	\$52
Low Course & One High Element (4-5 hrs.)	\$51	\$66	\$36	\$47	\$32	\$42
Full Day (8 hrs.)	\$65	\$85	\$58	\$75	\$56	\$73