

## PHASE 2 - OUTDOOR LOW ROPES COURSE

Our phase 2 program for 7th grade involves an Outdoor Low Ropes located at Volk Field Air National Guard Base, Camp Douglas, WI. Phase 2 is offered beginning the third week in April through the second week of October. The course focuses on role models, leadership, honesty, integrity along with choices and consequences.

The Outdoor Course has 15 activities in which participants travel along a saw dust path to different activities. Some activities require lifting and balancing on wood or logs and swinging on ropes. All events are extremely safe and spotting techniques are used whenever needed.

A typical event lasts 2 1/2 – 3 hours. At the start of the event all participants sit together and receive an opening message from our team of National Guard facilitators. The message will discuss who we are, why we are there and what we intend to talk about. Our main emphasis is on drugs and alcohol, but we also discuss the long-term impact of negative decisions, the importance of having a plan in life and value of teamwork.

Participants also receive a safety brief and are then placed into one large circle to take part in “icebreakers.” These icebreakers are large group activities that include all participants and prepare them for more challenging activities.

Participants are then split into groups of 10 – 12. Each group is assigned a National Guard facilitator that will take the participants through several events. At the end of each event the facilitator will process the experience and discuss the successes and failures of the activity. The processing of an activity is extremely important. This processing will help the youth understand how the positive and negative decisions made during the activity can relate to real-life situations. Each group will typically complete 3 – 6 events based on time available.

When all activities are complete participants again sit together and receive a closing message. This message wraps together all that was discussed throughout the day and focuses on those aspects that will help youth live a life free of drugs and alcohol.

Themes and messages for phase 2 are age appropriate. We discuss specific topics about the dangers of drugs and alcohol and how it can affect ones life and the lives of those around them. Also, all our activities are “challenge by choice.” No one is required to participate in any event if they do not wish.

Our program is extremely unique in that we use experiential education to help youth acquire the decision making, self-esteem, leadership skills and knowledge necessary to combat the dangers of drugs and alcohol. The Wisconsin National Guard takes great pride in our ability to serve youth throughout the state in our drug demand reduction efforts. **Requests or for more information should be made to the Drug Demand Reduction Administrator via email on the website or at (608) 242-3543.**



A Facilitator watches over a student as she attempts to reach the top of the ladder.



Students watch as a teammate attempts to cross the Vine course.