

Plan a team building event with us

Thank you for considering this UWF Outdoor Adventures program for your event. We're excited to have you! Here are a few things to keep in mind when planning your visit.

TWO-HOUR PROGRAM OVERVIEW

10 MINUTES Staff introduction

5 MINUTES Safety briefing

105 MINUTES Portable initiatives

Open to all students, faculty and staff, as well as the general public.

For pricing and reservations, please email outdooradventure@uwf.edu or call 850.474.2819

WHAT TO WEAR

Participants must wear closed-toed shoes. Team building involves mild activity, so you should wear comfortable clothing that is appropriate for a full range of body positions.

WHAT NOT TO WEAR

Anything you don't want scratched, dented or dropped should be removed. Jewelry, such as dangling necklaces, earrings or rings, can get caught and cause injury. Other hazardous accessories we recommend removing include watches, glasses and scarves.

COMMON MISCONCEPTIONS ABOUT TEAM BUILDING EVENTS TO CLARIFY:

The activities have no "real world" applications

The team building initiatives will challenge you with puzzles requiring group participation to complete. We facilitate the experience throughout, using mid-activity reflection and debriefing to draw learning from the activities and transfer lessons back to the "real world."

I'll be forced to participate beyond my limits.

We will not pressure you to do something you don't want to do. We follow a philosophy of Challenge by Choice, which means it is up the individual to choose the level of challenge they accept.

For more information about Outdoor Adventure programs, visit uwf.edu/oa.



If aspects of our programs hinder your full participation, reasonable accommodations can be arranged based on documented needs. You must first register with Student Accessibility Resources: sar@uwf.edu | 850.474.2387.

✉ outdooradventure@uwf.edu

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