



TEAM BUILDING & ADVENTURE RENTALS

FAMILY & CORPORATE EVENTS
TWO ROPES CHALLENGE COURSES
ROCK CLIMBING WALL | PAVILION
POOL & SPLASH PAD | BALL FIELDS



BOYS & GIRLS CLUBS
OF METRO SOUTH



388 HARVEY STREET | TAUNTON, MA

508.824.4341 | 508.824.3311

BGCMETROSOUTH.ORG/RENTALS



A MESSAGE FROM THE PROGRAM DIRECTOR

We can't wait to watch your group meet all of its goals through our team building and adventure program! Our staff is dedicated to working with you to provide an outcome-driven experience full of growth and fun! With flexible activities to meet most groups needs, our programming is sure to be memorable and rewarding!

We are excited to share our beautiful camp with you on the day of your team building and adventure event or facility rental.

Michael Clancy | Camp Riverside Executive Director
mclancy@bgcmetrosouth.org | 508-824-3311



OUR PROGRAMMING PHILOSOPHY

Our team building program allows groups to come together using fun and interactive games and challenges intended to foster growth and leadership. We intentionally choose activities for your group based off of the outcomes you desire. Developing a sense of community, encouraging cooperation and communication, and increasing morale and leadership skills are just some of the many benefits of our team building experience!

BENEFITS FOR SCHOOL & YOUTH GROUPS

A summer spent at camp provides unique opportunities to hone life skills that help kids become more confident, understanding, driven and independent in all areas of their lives. Summer camp creates incredible opportunities for youth to form new friendships, learn from one another, and together gain critical skills that will set them on the path to great futures. **Even a single day spent in a camp environment can help to impart these same skills and experiences.**

Many of the elements at Camp Riverside (our high and low ropes courses, 40-foot climbing tower, and zipline) are proven to build leadership and communication skills while also helping kids build resilience and confidence in their abilities to overcome challenges. Many of these "soft skills" have become increasingly difficult to fully develop in traditional classroom settings.

Getting kids outside, immersed in nature, and collaborating with one another in a setting where a goal or challenge is set before them, but not a blueprint or ready-made solution, is critical in helping them to develop the critical thinking and problem-solving skills they will so desperately need to thrive personally as adults and as professionals in 21st Century careers.



CHALLENGE READY!

Challenge courses require hands-on interaction and involve a series of outdoor activities, trust initiatives, cooperative games and team building exercises. A challenge course is a combination of mental and physical challenges requiring a group to work as a team to accomplish goals. By removing kids from their usual environment and placing them in a new setting, a challenge course experience helps to foster shared learning, openness, and cooperation.

The challenges of the course help instill positive personality characteristics like self-esteem and trust in the climber. By pushing youth to reach certain personal achievements within the course, self-confidence is built and ultimately strengthened. The course expands climbers' comfort zones and introduces situations that may help them conquer certain fears, as well as enhance their trust in their teammates.

PROGRAM SUMMARY & PLANNING DETAILS

ACTIVITIES

Field Games and Team Building Initiative Games

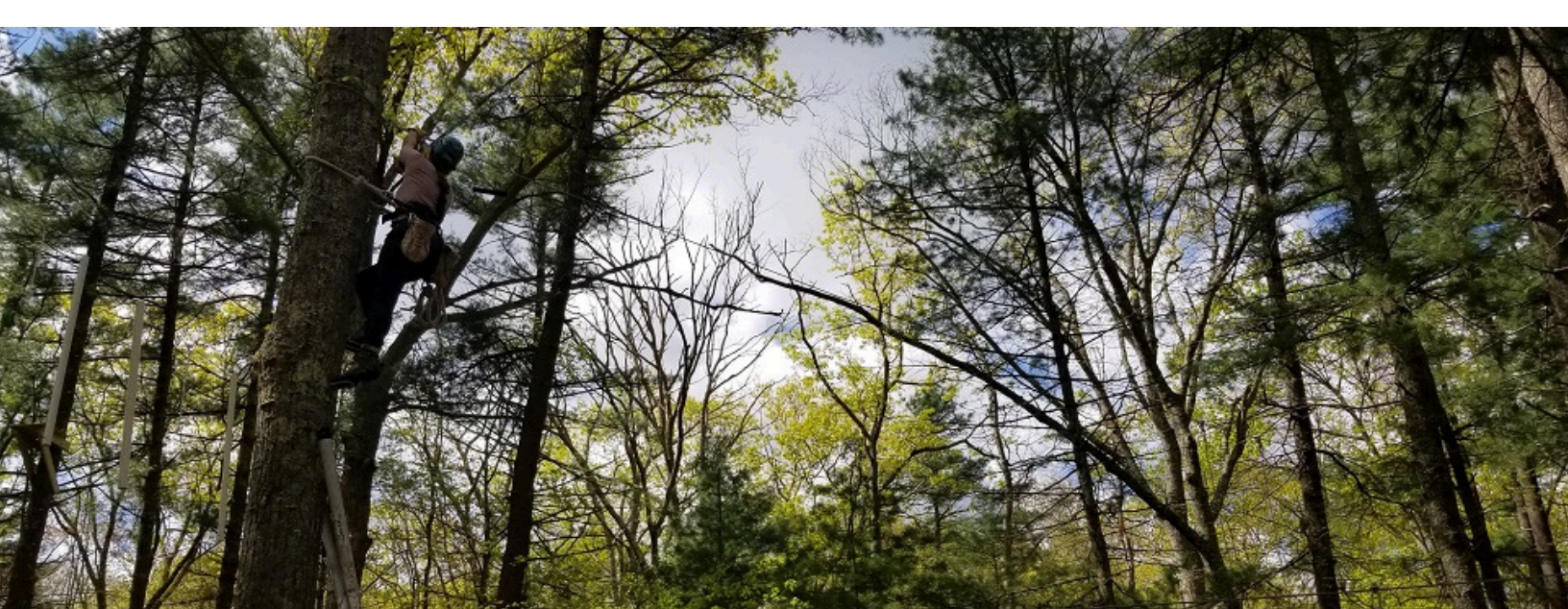
Initiative games are a great way to challenge groups, begin or enhance the team building process, and simply have fun! Through a series of icebreakers, community builders, problem solving games and more you will begin to develop skills as one team. Our program provides opportunity for reflection on activities to allow groups to discuss performance improvements and strengths, both personally and as a team.

Low Ropes Course

Low ropes structures are close to the ground and intended to challenge groups to complete a task together. Participants are given group-based obstacles that they must solve together with limited resources. These activities focus on building trust, improving communication, encouraging creative problem solving and collaboration.

High Ropes Course

Structures within the High Ropes Course are suspended off the ground, in the tree line. High Ropes programs require belaying by a certified facilitator. While Low Ropes Courses focus on the group, High Ropes Courses instead focus predominantly on the individual, or smaller groups. Participants often challenge themselves physically and emotionally to complete this suspended course. Despite the individual nature of the High Ropes Course, the team aspect comes from supportive language and instructions from the ground to encourage all, and be aware of self and others.





Program Goals and Outcomes

The main objective of our planning process is to ensure that all of your intended goals and outcomes for your group are met. The more we know about your group ahead of time, the more we can intentionally plan activities and challenges to attain those outcomes. Sharing this information can be done with the Senior Program Director at the time of booking or when finalizing your program. You also have the option to fill out the program goals and desired outcome form. This form can be helpful in organizing your thoughts and expectations.

Participant Group Assignments

Most large programs are designed to divide the large group into a number of smaller groups. Each group will then be assigned chaperone(s) and a Camp Riverside staff member. We do our best to keep group size to approximately 15 participants to give each group the maximum number of opportunities to participate in each activity. We can divide the large group randomly but we recommend that the group leader assign smaller groups prior to the program date. Group assignments can be valuable in helping participants build relationships and find ways to work through a difficult situation.

Briefing and Debriefing

All of our programs incorporate forms of briefing and debriefing of activities to help foster learning, group development and ensure safe participation. Prior to your groups visit the Group Leader can discuss briefing and debriefing with the Senior Program Director to determine how much the staff should use these strategies with the group. Debriefing the experience is essential to help participants reflect on the activity as well as support them mentally and emotionally. Programs can be designed to do this as often as each individual activity or limit the debriefing to one large debrief at the end of the program.

INFORMATION FOR PARTICIPANTS

Challenge by Choice

'Challenge by Choice' is the philosophy by which we operate our Challenge Course. The philosophy allows each participant to choose his or her own level of participation, free of pressure from facilitators, group chaperones or other group members. The idea of CBC is that each participant has ownership of his/her experience. If for any reason a participant feels uncomfortable in an activity, they may choose a different way to be involved with the group.

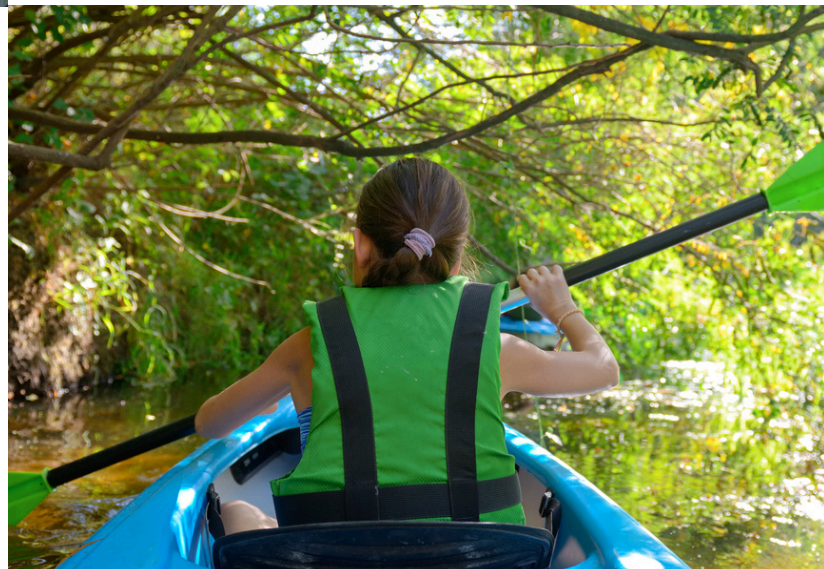


Expectations & Responsibilities

All participants have the responsibility to help reduce the chance of injury by adhering to the following regulations:

- Pay close attention to and follow all instruction and direction
- Stay off all elements and structures until given permission by a facilitator
- Always walk and stay with your assigned group
- Equipment and ropes should be left alone until your facilitator gives instructions
- Food and gum must be consumed in the appropriate areas

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Camp Riverside Executive Director
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PROGRAM CHECKLIST



TASK

DUE BY:

<input type="checkbox"/> Return signed facility agreement, program deposit, and certificate of insurance	At time of booking
<input type="checkbox"/> Finalize program details with Senior Program Director	2-3 weeks prior to rental date
<input type="checkbox"/> Recruit chaperones	1-3 weeks prior to rental date
<input type="checkbox"/> Distribute climbing wall and ropes course waiver to all participants, including chaperones and teachers	1-3 weeks prior to rental date
<input type="checkbox"/> Finalize participant group assignments	1-2 weeks prior to rental date
<input type="checkbox"/> Bring climbing wall and ropes course waiver for all participants, including chaperones and teachers	Day of visit
<input type="checkbox"/> First Aid Kit	Day of visit
<input type="checkbox"/> Complete post-program survey	Sent to you after your visit!

APPROPRIATE DRESS

- Closed toed shoes with socks
- Pants or long shorts
- T-Shirts and layers (dress for the weather)
- No jewelry
- Long hair tied back, away from the face

GROUP LEADER SHOULD BRING

- First Aid Kit
- Completed waiver for ALL participants
- Any necessary participant medication or health information

WHAT TO BRING

- Water in a refillable bottle
- Sunscreen
- Bug Spray
- Personal items in a backpack

