

UVA OR

UNIVERSITY OF VIRGINIA • OUTDOOR RECREATION

Field Programs / Rental Center / Poplar Ridge Experiential Learning and Training / VISTA

Poplar Ridge Program Request Form

Group Information

Poplar Ridge programs are typically designed for groups of high school age and older.

Name of contact person: _____ Today's Date: _____

Phone number: _____ E-mail address: _____

Billing Address and contact person (if different): _____

Name and basic demographics of your group or organization: _____

If applicable, please indicate any UVA affiliation your group has? _____

Number of people expected for the program. *Please note that final participation numbers can be confirmed up to 7 days before the date of the program:* _____

Please specify how you find out about us (website, previous experience, etc.): _____

Program Information

Are you interested in doing a Half-day program (up to 4 hours) or a Full-day program (5-8 hours)?

Multi-day programs can be arranged, as well.

What style of program are you most interested in for your group (team building, combination, or high element initiatives)? *Descriptions are included on the following page.*

What dates/times do you prefer for the program?

We can book them any day of the week as long as there are no conflicts.

Would you like us to book an indoor site as a contingency plan for inclement weather?

If indoors, we use portable team building activities. There is no additional charge for this service.

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Program Styles

Team Building: Great for staff trainings, retreats, or group development outings, this is our most popular program. The team building activities take place at or near ground level and consist of both physical and cognitive challenges. These programs accelerate relationship building, improve lines of communication and help develop high performance work teams. Our trained facilitators assist each group with processing their experiences and transferring what they learned to their workplace, athletic field, classroom, committee, etc.

Combination: These programs start with team building activities and add one of the stand-alone high elements. The high elements introduce technical belay systems involving ropes and harnesses and involve climbing at some height above the ground. High elements typically focus more on individual challenge but the majority of the high activities we have at Poplar Ridge have a strong connection back to the group.

High Element Initiatives: Our high ropes course is **newly re-designed and constructed as of Spring 2008** and includes a Giant Swing, a Two-line bridge to a 350 ft. Zip-line, a Vertical Playpen, a High Y, a Pamper Pole, and one called the Nussy. This large selection of high elements helps us accommodate a wide range of physical ability and comfort levels. Additionally, most of the activities involve group belay systems so as to develop trust throughout the entire group.

High Element Initiatives

The High Y involves two participants, who start at separate points and must work together using ropes and foot cables to complete the challenge. The two individuals meet at the junction of the Y and finish the activity together. Participants are belayed by their fellow group members for this activity.

The Nussy is a new activity in the industry that uses teeter tottering beams suspended by cables as a means of crossing from one platform to another. The beams have hand ropes that hang below them to the ground for fellow group members to pull on in order to stabilize the beams as participants cross. This participant belayed activity can be done with one or two climbers at a time, depending on the group's size.

The Vertical Playpen consists of cargo nets, tires, boards, and rope ladders allowing participants to climb a variety of routes. This element is about 40 feet high and allows for up to four climbers at a time. This activity uses belay poles to make for simplified participant belays.

The Giant Swing uses a participant haul system to raise a swinger to whatever swing height he/she decides to release from. The swinger has complete control of exactly what point he/she wishes to swing from due to a release device on his/her end of the haul rope. The maximum release height is about 45 feet from the ground for a huge pendulum swing.

The Pamper Pole is a 25-30 ft. free-standing pole that participants may challenge themselves to touch the top of, sit on, or even stand on. Once at the height he/she wishes to go, the climber may gently release from or jump off the pole. This activity uses two participant belayed ropes.

Two Line Bridge & Zip-Line. Participants start this activity by traversing an 80 ft. hand and foot cable to the Zip-line platform. From there a facilitator clips them into the Zip-Line tether for a 350 ft. ride through the woods.

For pricing information please contact John at poplarridge@virginia.edu or 924-6115.