

Prescott Park Challenge Course

Grand Opening – Spring 2012*

The City of Medford contracted with Oregon-based Synergo to design, construct and manage a challenge course at Prescott Park. Synergo is a fully accredited member of the Association for Challenge Course Technology (ACCT) that operates eight outdoor recreational facilities in Oregon and Washington.

Synergo works with groups, teams, organizations and companies to reach specific, pre-determined outcomes through activities both on and off the challenge course. Programs are designed to fit particular mental and physical needs of a particular group or individual.

The Prescott Park Challenge Course must be reserved through Synergo. All facility usage must be supervised by a certified Synergo facilitator. Course facilitators are extensively trained to take every measure possible to reduce the risk involved with utilizing a challenge course and amenities that are up to 40 feet above the ground.

Prescott Park Challenge Course land-based “low” elements:

- All Aboard platform
- Trail Blazer platform
- Diversity Trail
- Wild Woosey
- Nitro Swing
- TP Pentagon
- Vertical Spider Web
- Whale Watch

Prescott Park Challenge Course tree-based “high” elements:

- Cat Walk
- Flying Squirrel
- Giant Swing
- Junkyard
- Leap of Faith/Pamper Plank
- Staple Climb
- Zip line

Facilitation Pricing (One-Day Program – up to 7 hours)

- Non-profit organizations (school groups, church groups, sports teams, etc.): \$600 per facilitator (one facilitator for up to 15 participants)
- Corporate Groups: \$600-1,200 per facilitator
- Prices are ultimately determined by the size of the group and the complexity of the facilitation assignment.
- Maximum group size: 60

For More Information

For a list of Prescott Park Challenge Course FAQs, visit playmedford.com and teamsynergo.com. For reservations, contact Synergo, 503-746-6646 or info@teamsynergo.com.



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Background on Synergo and the work we do

Synergo is an organization that empowers youth and adults to empower themselves. We discovered long ago that people learn best through their experiences, so we created a company that utilizes individual and group experiences to assist our participants in the understanding of themselves and their relationships to others. We design and facilitate youth and adults through personal empowerment, relationship / team building, and organizational development programs, both on the challenge course and in classroom/conference room trainings.

Synergo was started in 1994 by Erik Marter. Synergo has grown over the past several years and is now co-owned by Erik and Jennifer Marter, employs additional full-time staff and over thirty part-time staff. From the beginning the goal of Synergo has been to provide a place for people of all backgrounds to become better individuals through challenging experiences.

Synergo has been a member of the Association for Challenge Course Technology (ACCT) for a number of years and became accredited as a Professional Vendor Member (PVM) in 2002. We are a full-service provider specializing in working with clients throughout the Western United States, Alaska and Hawaii. As a full service provider we offer challenge course, zip line/canopy tour, and aerial adventure park design and construction services, programmatic reviews, facilities inspections, and facilitator trainings. In accordance with the recent addition by ACCT of Practitioner Certification Standards in June 2007 we have undergone an extensive peer review process and have been accredited to offer practitioner certification. In addition to our work as a PVM we also manage and operate six challenge courses in Oregon, one in Washington and a zip line tour on San Juan Island; providing world-class programs to a wide variety of clients.

General information about the challenge course experience

While on the challenge course the group will be working together to reach specific, pre-determined outcomes through activities both on and off the challenge course. The group may participate in low challenge course elements, which are 2-3ft. off of the ground and designed to create a greater sense of trust, cooperation, willingness to take positive risks, and to develop leadership skills. Those who choose it may also have the opportunity to participate on high elements, which are 30-40 ft. off the ground. These elements offer the opportunity to challenge individuals emotionally and physically; moving past the limits they place on themselves. While participating on the low elements participants will be "spotted" by each other and on the high elements they will be in a harness attached to a belay system. Participants are offered a range of challenging participation options for each activity. There will be ample opportunities to participate in crucial aspects of each activity that do not require leaving the ground.

The following principles guide our work as facilitators:

- People learn best by doing
- People learn when they are challenged by their surroundings, the events, or the problems they face
- Challenges push people outside of their comfort zone toward their learning edge. This requires

them to grow and learn.

- Carefully directed facilitation can help people learn from the challenges they face.
- People learn only what they are ready to learn, even if they do not know what that is.

The facilitator's role is to help groups develop leadership, teamwork, communication, trust, support, and self-confidence through activities on and off the challenge course.

FAQ 's

How many people can participate?

A lot! Synergo has organized and led programs for up to 200 participants. The course at Prescott Park can accommodate groups of up to 60 people. The availability will depend on if there are other small groups already scheduled on the course and how many facilitators we have available to work. We will schedule 1 facilitator for every 10-15 participants (and charge per facilitator). These small groups allow for the best opportunity for each group member to have their voice heard and be able to actively participate in the activities.

How safe is this?

While it is inaccurate to tell people that the challenge course is "safe," we take every measure possible to reduce the risk involved. The construction and operation of our challenge course meets or surpasses the Association for Challenge Course Technology's ([ACCT](#)) standards. The course was designed and installed by Synergo; a Professional Vendor Member (PVM) of ACCT. [Synergo](#) also provides the training for our facilitators and completes our periodic course inspections. Daily inspections of the course and all equipment are done by the facilitators prior to use.

The facilitators working with your group will all have at least a Level 1 Challenge Course certification, which aligns with the ACCT Practitioner Certification Standards. Synergo has been reviewed and accredited to offer these certifications as an ACCT Professional Vendor Member.

How long will the program last?

We typically recommend that groups schedule their program to last 6-7 hours with a break for lunch. If a shorter program is necessary, we can work with the group to create a program that fits with their schedule. This timeframe works well with all of the logistics that are involved in facilitating an effective challenge course program.

There are some people in our group afraid of heights or not as physically fit - how will they participate?

We will design a program and day that provides opportunities for everyone to be engaged, supported and give each person a chance to step outside of their comfort zone at the appropriate level for them.

How do I pay for the program:

We will send you an email invoice after your program date. If you need the invoice before or if e-mail is not preferred, please let us know. We accept Amex, Visa, Mastercard and checks.

What restrictions do you have around age/weight/health?

Participants should be relatively physically fit and be able to walk unassisted on a variety of terrains and surfaces as well as be able to follow instructions and directions given by the facilitators.

People with serious medical conditions should check with their doctor before participating. We are not able to accommodate pregnant women on the challenge course. The lead facilitator has the right to limit your participation if they are concerned about your physical well-being.

In general, participants should be between 60 and 300 pounds, but more importantly is whether the equipment fits properly. If the harness and helmet does not fit the participant, they will not be permitted to use the high elements of the challenge course. If special arrangements are made in advance, we may be able to provide equipment to fit smaller children.

Other considerations when scheduling groups of young children:

- May have difficulty climbing
- May not be able to use the group belay
- Short attention span

Do you operate the challenge course in the rain?

Yes! We operate in most weather conditions and will make every effort to complete your program as scheduled. If there is lightning or high winds that create unsafe conditions, we will need to suspend and potentially cancel your program. Please do your best to prepare the participants to dress well for the rain/cold and wear closed toed, tight shoes.

Do I need a signed waiver?

Yes! In order to participate, each person needs to sign our Participant Agreement Form. Adventure activities involve hazards and risks which are outlined in this form. A link to this form can be found on Synergo's website and each person participating will need to complete and sign it. Those under the age of 18 will need to have a parent or guardian signature as well.

What should I bring/wear?

Wear comfortable clothing. If wearing shorts, the harness will be more comfortable if the shorts come down to at least mid-to lower-thigh. Closed-toed, secure shoes are necessary. If your hair is shoulder length or longer, bring a hair tie. Please remove dangling jewelry prior to participating.

Cancellation Policy

Synergo requires a 10 day notice for program reschedules or cancellations. If your program is cancelled and not rescheduled we will invoice you 20% of your program cost.

Facilitation Pricing

- **Schools and Non/Profits** – 1 day program for School Groups, Non-Profits, Church Groups, Sports Teams, etc.
 - Up to 15 participants is \$600 per facilitator
 - 15 – 30 participants is \$600 per facilitator
 - When a group starts needing 3 or more facilitators we typically bring the cost down to \$500 per facilitator.
- **Educators and some small Corporate Groups** - Single Day Program for Teachers/Educators – a corporate group that has light program goals and just want to have some fun together and bond outside of the office - The cost for 15 or less people is \$600-800 for facilitation. Feel the group out and find a price that makes the most sense.
- **Corporate Groups** – A single day program for corporate groups with goals that are a little more involved that just having fun and bonding costs \$1,000 - \$1,200 for the day for a group of 15 or less.

Low Element Installation

All Aboard

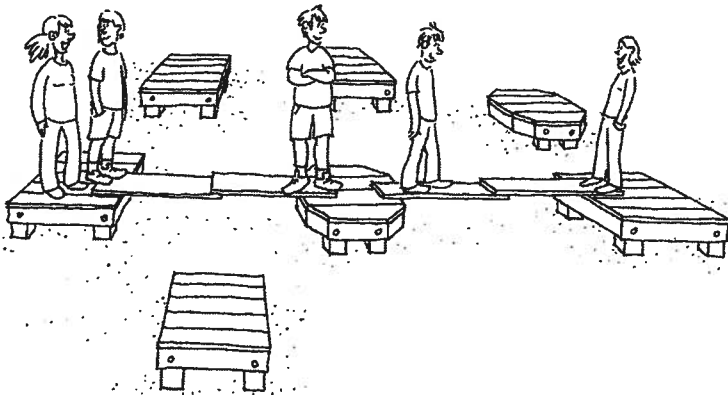
Construction: A series of four platforms sized 1.5x1.5 ft, 2x2 ft, and 3x3 ft, 4'x4'.



Facilitation: Participants must get "all aboard" the largest platform for a predetermined length of time. They are then challenged by the facilitator (and themselves!) to attempt to successively board the smaller platforms. This activity really brings groups together, both physically and socially! Platforms are constructed of decking grade treated fir and are typically locked together or removed from the course when not in use.

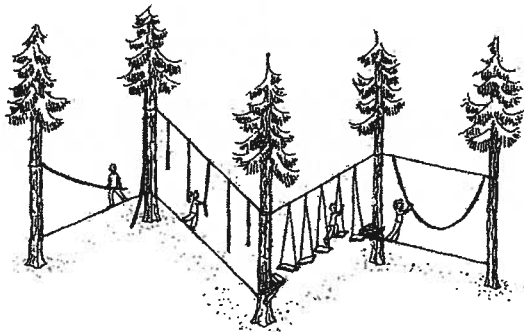
Trail Blazer

Construction: Seven 2x3 and 3x4 wooden platforms are cemented into the ground at a height of approximately two feet. There are two 2x4 boards/beams that go with this element. Platforms are constructed of decking grade treated fir. The bridge pieces are constructed of clear rot-resistant cedar and secured or removed when not in use. This is a stand-alone element and does not require trees or poles for installation.



Facilitation: Participants then use the provided beams to create 'bridges' from platform to platform and attempt to traverse them all without touching the ground. This element is excellent for encouraging creativity and problem

solving skills. This is a great one for large groups of up to 15-20 people.



Diversity Trail

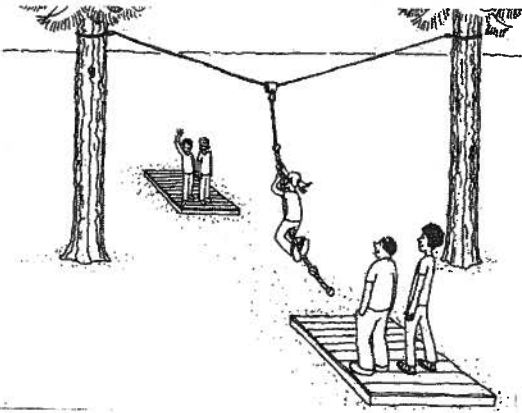
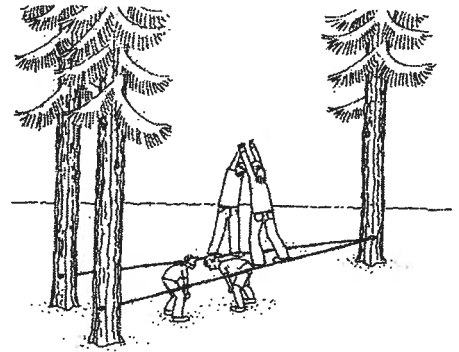
Construction: This element is constructed of a series of traversing elements installed horizontally approximately 18 inches off the ground. We often design and create the element on site based on the tree placement and needs of the course, meaning the final product is often very different from the illustration below! The element can be constructed as shown or in a triangular or circular fashion. This element requires trees or poles for installation. 7 to 10 diverse elements will be installed depending on the distance between each tree.

Facilitation: The group must travel across the elements sequentially without falling off. This element is great for looking at problem solving, communication skills, individual strengths and attributes in a group, and learning about linear communication.

Low "V"

Construction: The low "V" (aka: Wild Woosey) is comprised of two foot cables that diverge from a common apex point at approximately a 30 degree angle. Both foot cables are constructed of 3/8" wire rope connected to 5/8" through bolts and will be suspended at a height of approximately 18 inches. These foot cables are removable and can be stored indoors when the activity is not in use. This element requires trees or poles for installation.

Facilitation: Participants work in pairs on this element by leaning their weight on each other while traversing as far as they can down their own cable. This is an extremely powerful element for exploring issues of commitment, trust, and support.



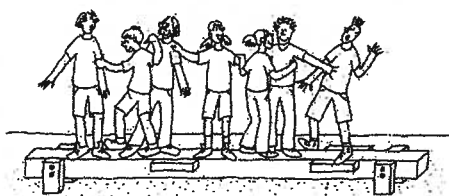
Nitro Swing

Construction: The nitro swing is constructed of 3/8" wire rope connected to 5/8" through bolts and suspended at a height of 16ft. In the center of the overhead wire rope a poly-dacron swing rope will be connected to a short cable tether. The swing rope will be removable at a height of 10ft and can be disconnected and stored indoors when the activity is not in use. In addition to the swing rope structure, this activity requires the placement of two 3'x3' wooden platforms. The platforms will have a square frame constructed of treated fir and a solid decking surface of clear untreated cedar. Participants will only come in contact with the clear untreated cedar. This element requires trees or poles for installation.

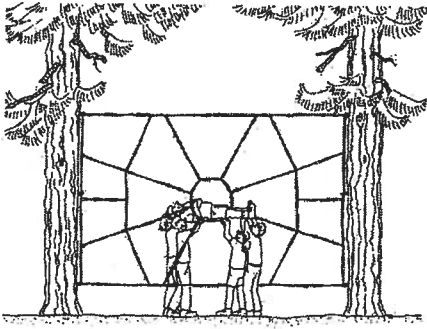
Facilitation: This element is a traditional challenge course element. The purpose of this activity is to swing from one platform to another using the suspended swing rope.

TP Pentagon

Construction: This element is a series of beams positioned in the shape of a pentagon, supported 2 ft off the ground by posts. The beams are constructed of decking grade treated fir and cemented in the ground. This is a stand-alone element and does not require trees or poles for installation.



Facilitation: The group stands on the beams and then is challenged by the facilitator to rearrange themselves in a new order. This element is great for looking at problem solving, communication skills, individual strengths and attributes in a group, learning about communication styles.



Vertical Spider Web

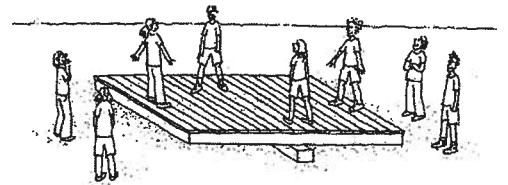
Construction: We use thin rope and cable to create a structure that resembles a true spider's web. The web is attached to the tree using galvanized metal staples and quick-disconnect carabiners to be easily removable when not in use. This element is attached to trees or poles.

Facilitation: A group must get themselves from one side of it to the other without disturbing the web. This classic "lifting" activity is a great physical and communication challenge that presents groups with real physical consequences.

Whale Watch

Construction: A large 6ft by 12ft teeter-tottering platform. The element is constructed of decking grade treated fir. The activity can be secured when not in use. This is a stand-alone element and does not require trees or poles for installation.

Facilitation: The Whale Watch is an excellent activity for exploring the delicate balance that exists in teams and how our individual actions affect the whole group.



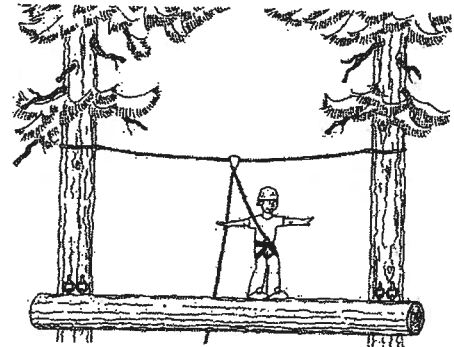
High Element Installation

All the listed elements are to be built in trees. Each element will be constructed with access staples down to 12' and equipped with access cables. Access cables are the preferred method for ascending elements for facilitators and can also be used with participants.

Cat Walk

Construction: The Cat Walk is a log that is suspended between two trees at a height of 35'- 50'. We typically use a clear cedar power pole for the log or we can use an appropriate log from your site that we would skin and prep for use.

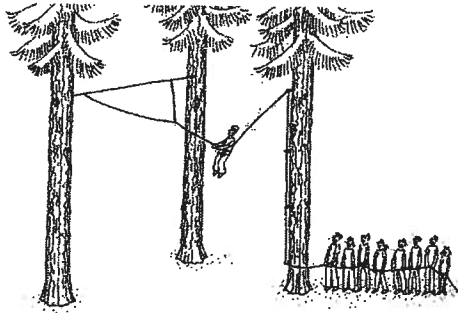
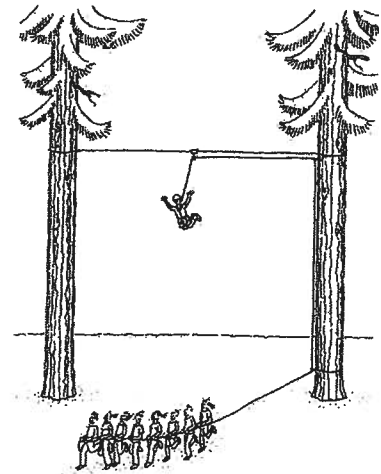
Facilitation: The Cat Walk Log is one of the oldest challenge course elements in use and one of the most popular because of the positive effect it has on everyone who crosses it. Participants climb to the log and they then walk across the element relying on only their balance and the support of the group. Of course if the log was on the ground this would not be very difficult, but by placing the log 20 feet in the air it becomes quite challenging! The Cat Walk is an excellent activity for exploring self confidence, personal perspectives, group support and asking for help.



Flying Squirrel

Construction: A belay cable is strung between two tree/poles with a stationary rope pulley attached in the middle of the belay cable.

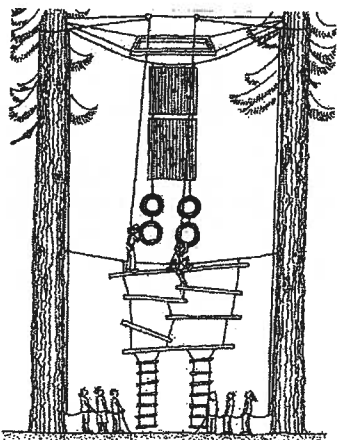
Facilitation: The Flying Squirrel is a favorite element for many participants. One participant at a time puts on a full body harness and is connected to the belay/haul rope. The haul rope is then pulled on by a large group of participants which quickly and smoothly elevates the "squirrel" up into the air. The flying squirrel is an excellent element to use with groups that have both reluctant and energetic people because it naturally allows a wide range of "choice" in how to participate. Those that are reluctant can be pulled slowly or not very high while those who are enthusiastic can be rocketed off the ground!



Giant Swing

Construction: 9x17 galvanized air craft cables are attached to two trees/poles. A third cable hangs to connect the participant to the system. In addition a haul system is set up on the third tree to raise the participant into the air. We often find it necessary to construct a wooden deck ground platform for participant dismount to be utilized with a double sided ladder.

Facilitation: Participants wear a full body harness while they hang from a large swing suspended between two poles or trees. A third pole or tree is utilized as a point from which the group pulls individuals up to their desired swinging height. The participant releases the haul rope and swings in a long pendulum that takes their breath away! This element is great for looking at how we motivate ourselves as well as challenging individuals to go beyond their perceived limits.



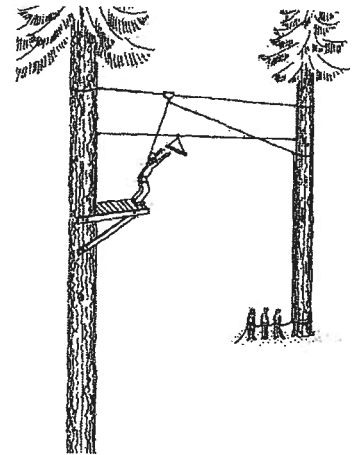
Junkyard

Construction: The Junkyard consists of a series of vertical challenges; a swinging rock climbing wall, a rope climb, a tire to get through, and other creative obstacles. Every Junkyard element is customized to fit your programming needs. We have yet to build two that are the same. We work with you to determine what components seem interesting to you and your facilitators then create a 'one of a kind' design that will intrigue and excite your participants.

Facilitation: The Junkyard is an amazing element. No kid can look at it without getting excited! The Junkyard takes all the fun, challenging pieces of other elements and combines them into one great element that participants can do in pairs and work on communication, trust, problem solving, playing @ 100%, and goal setting.

Leap of Faith/Pamper Plank

Construction: In addition to the belay cable, a second cable is hung between two trees or poles and a stationary rapid link is placed on the belay cable to hold the trapeze bar. We build this activity in such a way that the trapeze bar adjusts from the ground so you can move the trapeze very close to the jumper or put it just out of range depending on the goals of your program and the person jumping.

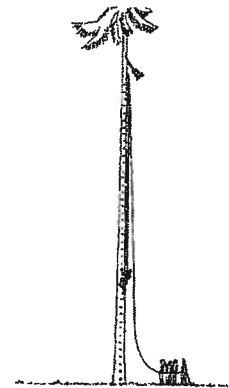


Facilitation: This element has challenged millions of people around the world over the last 30 years and will certainly challenge millions more in the next decade. The 'Leap' is a feeling that stays with a person for their entire life. People usually recount the experience as it was happening in slow motion and then relate it to the great challenges that they have made in their lives since the experience. The participant ascends either a free-standing pole or support pole/tree to a small platform. They then "leap" for a trapeze bar.

Staple Climb

Construction: The staple climb is built by installing climbing staples beginning 12 ft off the ground and ascending as high as the tree will allow. The staple climb can be built with a group belay system and can also be operated with a traditional single person belay. We will install a staple climb to a height of approximately 75 feet at your site.

Facilitation: Participants will be challenged by the exposure they feel up high and have the opportunity to reconnect with childhood memories of climbing trees. (Unless they are still children, in which case they will be able to create childhood memories of climbing trees!)



Grand Tree Viewing / Debriefing platform and Zip Line

The amazing tree up the hill a bit is the highlight of this activity is a large platform about 25' up on this tree. This platform would be designed to hold a group of 12 students and a staff person. In order to get to this platform a participant will climb a tree and then traverse to the platform via a suspended bridge. The group would then gather on the platform to discuss, debrief, explore. When finished they would all zip together back to the ground level on a 200' long zip line.

This is an epic activity that would be an amazing culmination to a longer program or possible used by itself. Participants would be using several belay systems and work together to ensure safe practices which would all be overseen by the facilitator in charge.

The price includes the special lanyards and zip pulleys to operate the activity.