



STATE OF LOUISIANA
OFFICE OF THE LIEUTENANT GOVERNOR
DEPARTMENT OF CULTURE, RECREATION AND TOURISM
OFFICE OF STATE PARKS
LOUISIANA OUTDOORS OUTREACH PROGRAM-NEW ORLEANS



Adventure Challenge Course Overview

The LOOP Challenge Course at City Park in New Orleans provides customized adventure, team-building and leadership experiences for a wide variety of populations, including university groups, school groups, sports teams, community organizations, corporate groups, or any group looking to expand its horizons. Half-day, full day and multi-day programs are available.

General Course Description

The LOOP Challenge Course is located on *Bird Island* or *Goat Island* (an extension of *Scout Island*) in City Park. The course consists of six low-course and eight high course elements.

Low Course

Low refers to the height of each element—being low to the ground. For each element, a problem solving activity is presented to the group. The group is challenged to involve all members in completing the specified task. Low elements provide an opportunity for critical thinking, positive risk-taking and team-building without the necessity of overcoming high anxiety.

LOOP's low course elements include the following*:

Mohawk Walk

A series of low cable challenges strung between poles. The group is challenged to traverse the entire length of a series of cables without making contact with the ground. Hand lines/ropes are installed at various points.

Nitro Crossing (X2)

A swing rope is suspended from a hanging cable. The group must first obtain the dangling rope using any resource found within the group and is challenged to swing across a designated area without touching the area in between.

Spider's Web

A prefabricated web constructed of rope and bungee cord is strung between two poles, about 10 feet apart. It is comprised of approximately 15 open web sections. The group is challenged to pass each member through a separate web opening, without letting any body part touch the web. Once a member has passed through an opening, that section of web is conceptually closed to further passage.

Trust Fall Platform

A 2 ft. X 2 ft. wooden platform 4 feet above the ground. Each willing participant performs a controlled fall into the arms of spotters. The spotting skills of a group must be reliable, and a group should be working well together and have built a solid level of trust before attempting this activity.

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Challenge Course Element Descriptions City Park New Orleans

Whale Watch

An 8' x 12' wooden platform balanced on a 6' x 6' fulcrum beam. The group may execute a series of different challenges. For example: The group begins on the ground and is challenged to load all group members onto the Whale watch without allowing the whale watch to touch the ground.

Wild Woosey

Two tautly strung cables diverging from approximately the same point, connect with two poles that are located about 14 feet apart, creating a "V" shape. Both cables are no more than 16 inches above the ground. Group is challenged, two participants at a time—one per cable—to walk the angled cables maintaining constant physical contact with one another. They go to the point where they can no longer continue (they break contact) or until they reach the far supporting poles.

*Many other *low* activities are possible with transportable props

High Course

High refers to the potential height of each climb. Participants learn to safely secure themselves in a climbing harness, and are challenged to climb individually and as part of team. The belay system is *dynamic*, meaning that climbers are connected to a belay system originating from the ground, undertake one element at a time, and a climber can be lowered down at any time during the climb.

Each high element varies in its level of physical and technical challenge. LOOP facilitators challenge each individual to participate at the level s/he is comfortable. Should an individual choose not to participate in certain aspects of a challenge, LOOP provides ample opportunity to be involved and act as part of the team.

LOOP's high course elements include the following:

Traversing climbs: Climber accesses each of these elements by climbing a ladder to reach metal staples attached to a pole.

Cat Walk

A horizontally positioned pole or log suspended between two vertical poles. The belay cable is positioned above the log, parallel to the ground and at a height of nine to ten feet above the log. The climber is challenged to walk across the log. The belay rope may be used for balance if desired.

Eagle Walk

A V-shaped bridge formed by a foot cable and 2 rope hand rails. The climber is challenged to walk across the foot cable using the two hand lines for support.

High Multi-Vine

A foot cable with a series of ropes suspended from an overhead cable. Each rope is purposefully positioned just beyond reach. Climber is challenged to walk across the foot cable using the overhead rope vines for aid.



Challenge Course Element Descriptions City Park New Orleans

Space loops

A series of rope foot loops suspended from an overhead cable positioned to be a stretch step between each hanging rope. The climber is challenged to traverse across the element swinging and stepping from foot loop to foot loop.

Team climbs: Climbers work together in pairs or teams of three using only the support of the element and/or each other.

Dangle Trio

A vertically hung, oversized ladder suspended from an overhead cable. The rungs are 4 x 4 x 8 boards which vary in distance from each other. Climbers are challenged to set a goal as a team and climb as high as they can before being lowered down.

Vertical Playpen

A combination of vertical challenges created from rope, wooden beams and different-sized tires. Two climbers are challenged to help each other climb up, over, and through the obstacles using balance, dexterity, and creativity and finally sitting atop a truck tire to enjoy the view.

Other challenges:

Firecracker ladder

A ladder comprised of rope, knots and wooden pegs that purposely flip and spin. Climber is challenged to devise a strategy to climb as high a possible before being lowered down.

Jacob's ladder

A swinging rope ladder suspended from a cable. Climber is challenged to set a goal and climb as high as possible before being lowered down.

Pamper Pole

A single pole and trapeze suspended about 3 feet from the pole. Climber wears a chest harness, and is challenged to climb the pole and balance on top of it. If desired, the climber leaps out and attempts to grab the suspended trapeze.

For more information or to apply for a program, contact:

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