



# Venture Out

## University of Missouri

213 Rothwell Gymnasium  
Columbia, MO 65211  
Office: 573-884-1764  
ventureout.missouri.edu  
ventureout@missouri.edu

### PARTICIPANT INFO SHEET: EVERYTHING YOU NEED TO KNOW

#### Venture Out specializes in group teambuilding utilizing high and low ropes courses.

Low ropes courses are literally low to the ground. These courses, called Team Challenge Courses, include on-the-ground teambuilding activities like logic puzzles and other teamwork-focused games.

High ropes courses are literally high above the ground. These courses, which include the Alpine Climbing Tower and the Odyssey High Ropes Course, incorporate both team and individual challenges. All challenges conclude with a thorough group debrief.

Venture Out facilitators will lead your group through challenges that require communication, teamwork, problem solving skills and leadership. We strive to help your group emerge from the experience closer and more cohesive. You'll have fun with us.

**SAFETY:** Our number one priority during all courses is safety. Physical and emotional safety are essential to successful and enjoyable programs. Our facilitators are trained to ensure a safe environment for everyone.

#### WHAT TO BRING:

For all courses, wear comfortable athletic clothes and CLOSED-TOE shoes. Venture Out is all outside: dress for the weather, bring a bottle of water, and bring a snack if you get cranky when you're hungry.

#### PRO TIPS:

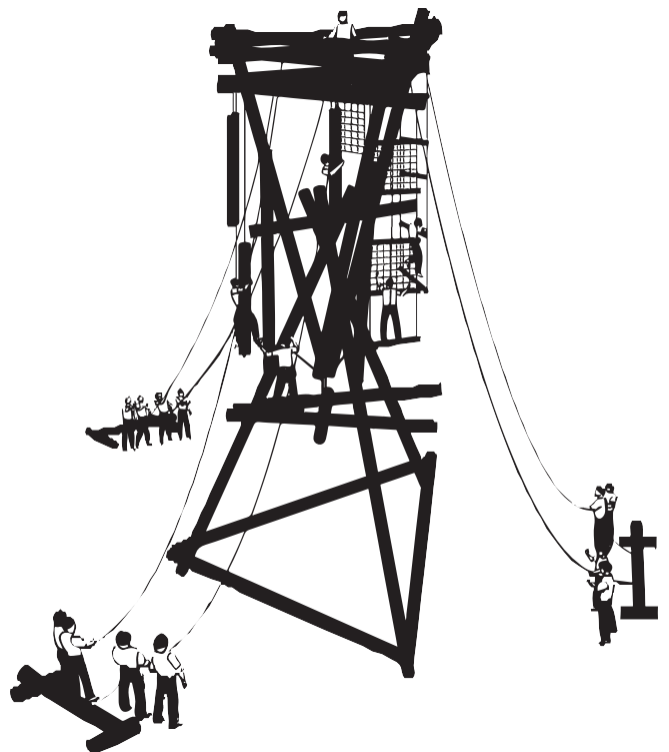
- Dress in layers and dress for the weather. Bring rain gear if there's a chance of rain.
- Wear comfortable clothing that is easy to move around in and that you do not mind getting dirty.
- Closed-toe shoes are mandatory (no Chacos, Texas, Crocs, sandals, or flip-flops).
- Wear a hairstyle that is tied back and accommodates for helmets.
- Bring a filled water bottle and a snack.
- We may be out in the sun a good part of the day, so bring your hats, sunglasses, and sunscreen.
- Don't wear lots of jewelry.

**RESPECT:** All participants are expected to demonstrate behavior that encourages individual and team learning and growth. Participants are expected to support one another throughout their Venture Out experience.

**CHALLENGE BY CHOICE:** We're here to challenge you to challenge yourself. We ask participants to step outside their comfort zones, while recognizing that everyone's comfort zone looks different. Our Challenge by Choice philosophy is explained in-depth before every program.

**WAIVERS:** All participants in outdoor courses must complete an Acknowledgment of Risk and Release of Liability form and a Health Questionnaire. These forms help our staff keep you safe. *Participants under 18 years of age must have their forms signed by a parent or legal guardian.*

**DIRECTIONS:** Venture Out is located on Epple Field just off of Providence Road next to The Green Tennis Center and Reactor Field. For directions, visit [ventureout.missouri.edu/location](http://ventureout.missouri.edu/location).



For more information, please visit [ventureout.missouri.edu](http://ventureout.missouri.edu)

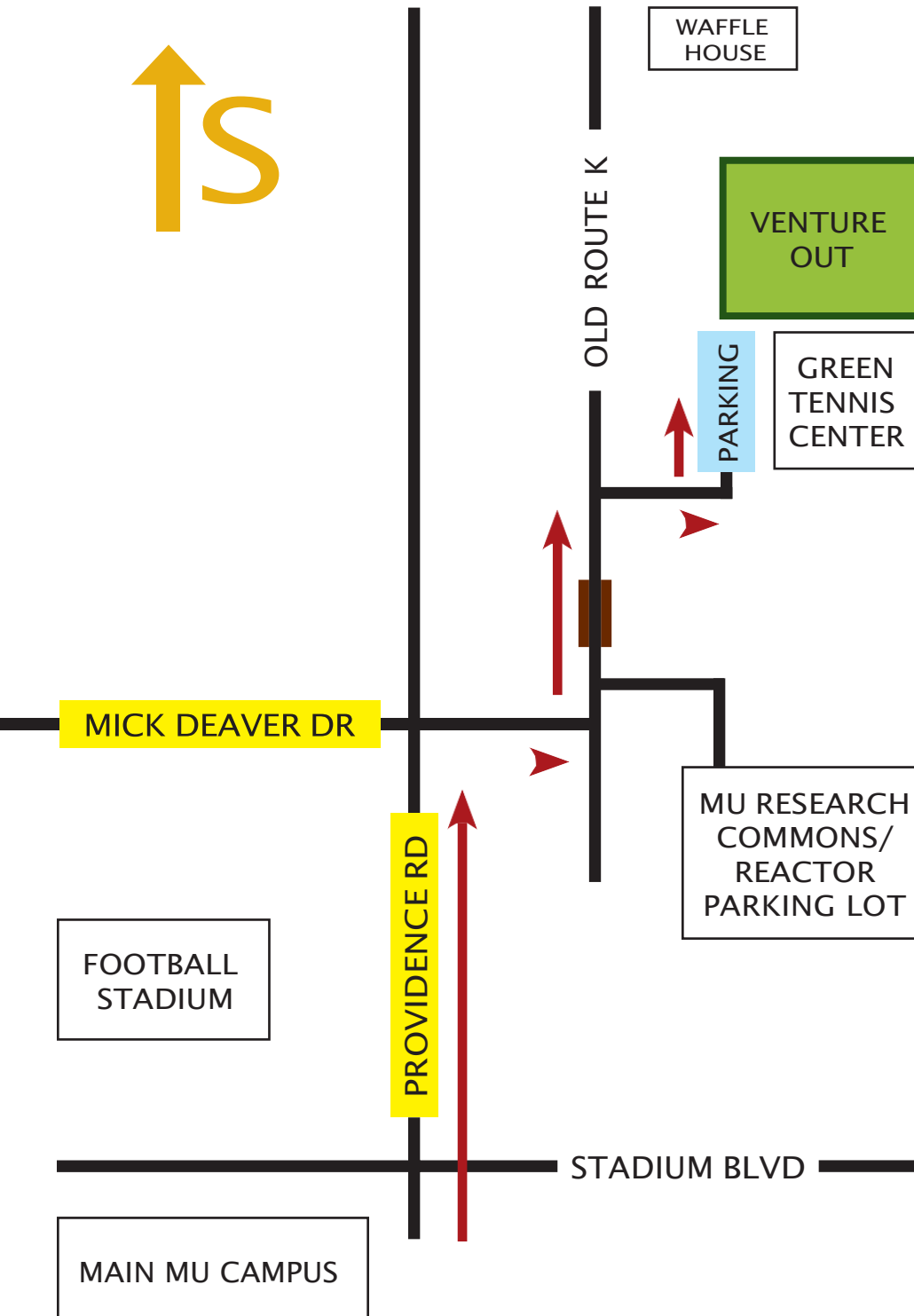


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## DIRECTIONS TO VENTURE OUT



### FROM NIFONG BLVD

- Go north on Providence about .7 miles past Green Meadows Rd.
- Turn left at Mick Deaver Dr. and follow the road to the left.
- Go straight (across the bridge) to the Green Tennis Center parking lot and turn right into the lot.
- Venture Out is located down the trail past the Tennis Center. Walk down the path and you'll see us.

### FROM STADIUM BLVD

- Turn south on Providence and go about .4 miles down the hill to the first light (Mick Deaver).
- Turn right at the light and follow the road to the left.
- Go straight (across the bridge) to the Green Tennis Center parking lot and turn right into the lot.
- Venture Out is located down the trail past the Tennis Center. Walk down the path and you'll see us.

### PARKING:

Venture Out has about 20 parking spots. **Large groups should carpool.** Do not park in the green painted parking spaces.

Our address is 2003 S Providence Rd, Columbia, MO 65203, but it does not always show up correctly on a GPS. Visit [ventureout.missouri.edu/location](http://ventureout.missouri.edu/location) for an interactive map and directions from Kansas City and St. Louis.