



## *Jumonville*

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### **What You Need to Know for Using the Ben Cromer Adventure Center**

#### ***What to Expect:***

The Ben Cromer Adventure Center has two primary activity rooms. The middle activity room is a bouldering room and is 30' x 45' with side walls that are 12 feet high. This room is where your group will learn basic climbing techniques and will work with a climbing partner to spot you when you are climbing on the wall. There is no need for a harness and ropes while you work in this room to increase your climbing skill level. Some groups also do portable teambuilding activities in this middle room.

If your group has scheduled the back room, then you will be doing top roped climbing in which you will wear a seat harness and will be tied into a belay system as you climb the 24 foot high walls. There are also several rappelling station in the back room that your group may be able to do if your group leader schedules it.

#### ***What not to Worry About:***

No need to worry about rain or snow as the Adventure Center is an indoor facility and can be used rain or shine. You can also use it after dark, so once you have scheduled the activity, you don't have to worry about another program or activity in case of inclement weather.

You also don't have to worry about being forced to do something that you aren't yet ready. We use a "challenge by choice" philosophy where you help to determine your limit. We may push you beyond what you thought you could do, but it will always be your choice.

#### ***What to Wear:***

Make sure your clothes allow for easy movement but that are not too baggy. Also make sure that shorts are not too short. Tennis shoes work best, but many groups use the climbing shoes that are normally available. The Adventure Center is heated but not air-conditioned.

#### ***What to Bring:***

Bring your sense of adventure and a willingness to give it your "best effort." That is all we will ask, but we will ask!

#### ***What We Need to Know:***

While we do not require a medical information form, we do need to know if any of the following conditions are present in your group: elevated blood pressure, any heart condition, seizure disorders, asthma, allergies serious enough to cause anaphylaxis, wounds, and/or orthopedic anomalies.



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