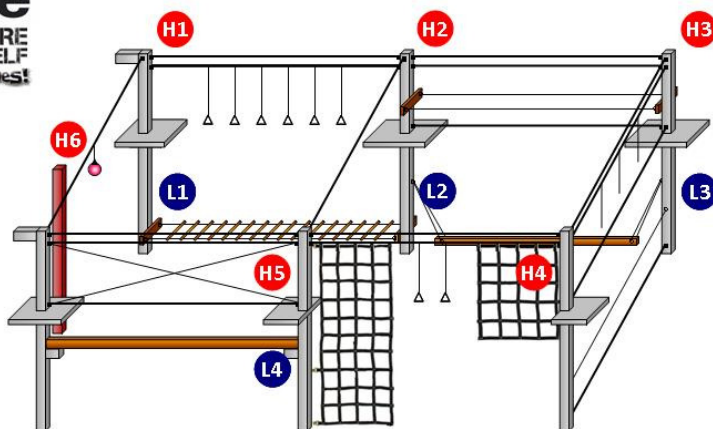
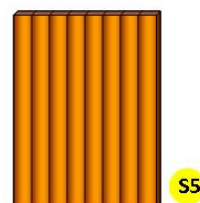
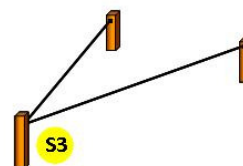
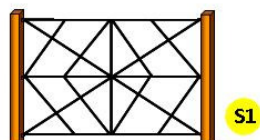


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A rope course, challenging outdoor personal development and teambuilding activity which usually consists of high and/or low elements. Low elements take place on the ground or only a few feet above the ground. High elements are usually constructed in trees or made of utility poles with safety features.



L1	JACOB'S LADDER	H1	SWINGING FOOT LOOPS	H5	HOUR GLASS
L2	SWINGING LOG	H2	BURMA BRIDGE	H6	LEAP OF FAITH
L3	DOUBLE ROPES TRAVERSE	H3	MULTIVINE	H7	FLYING FOX
L4	HIGH BEAM	H4	VERTICAL PLAYPEN		



S1	SPIDER WEB
S2	HOLE IN ONE
S3	WILD WOOSY
S4	JACOB TYRES
S5	THE WALL

● High Courses
 ● Low Courses
 ● Single Stations

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ELEMENTS DESCRIPTION

L1

JACOB'S LADDER - It is a balance element that provides options. For those not trusting their balance, they can crawl or slide across. For those wanting an ultimate test of balance, walking is the way to go. The ladder itself feels quite loose, but can not flip over despite its sensations to the contrary.

L2

SWINGING LOG - Team (minimum 5 members at once) need to pass through the "Poison River" and the only choice is using the swinging log. No member should fall into the "river", one fall all have to start over again.

L3

DOUBLE ROPES TRAVERSE - It is a most basic low challenge element. Though usually made easy, it can be quite difficult depending on its length and tension. The handline is adjustable and can be loosened or tightened to alter the level of challenge.

L4

HIGH BEAM - Can the whole group get across the High Beam? The High Beam is a great early-on problem solving activity, which helps individuals get used to sharing their ideas and their personal space!!

H1

SWINGING FOOT LOOPS - The real challenge lies in the group working together to get everyone across; otherwise the element becomes an individual challenge.

H2

BURMA BRIDGE - It is a mainstay in the realm of high Challenge Course. Though usually not too difficult, it may be so if it's extremely long or loose.

H3

MULTIVINE - A common favourite in the high Challenge Course world and it is usually far easier than it appears. The dangling ropes can be of various lengths and spacing's to alter the challenge. Once a climber becomes comfortable with it, they may even go across using only every other rope!

H4

VERTICAL PLAYPEN - A combination of Cargo net and Swinging Foot Loops challenges. Team need to climb up the cargo net and cross over using the swinging foot loops and tap on the designated points to complete the mission.

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H5

HOUR GLASS - The Hour Glass can be a supreme test of balance for most. It starts off easy but becomes very unstable and shaky when you reach the centre. The handlines are adjustable to change the level of challenge.

H6

LEAP OF FAITH - One of the **HOTTEST** high rope's elements, the Pamper Pole is the ultimate "Leap of Faith" where the participant jumps from the top of a pole out into thin air to reach the "Goal". Just getting on top of the pole can be the toughest part for some!

H7

FLYING FOX - Also known as the Zipwire, is one of the most popular stations. It's an "amusement park" - type thrill ride down a cable while connected to a pulley. The hard part is scooting or hopping off of the platform for the big slide!!

S1

SPIDER WEB - A Jurassic-sized spider is about to catch your group in her web!! The group must try to get through without touching any part of it, and each hole can only be used once

S2

HOLE IN ONE - Imagine being on a sinking ship and the only way out is through one of the circular windows. Just going through the tyre with all faculties can be a challenge.

S3

WILD WOOSEY - A terrific trust-building activity, the bridge will get pair to support each other, in more ways than one! The rest of the group must work to keep it a safe journey. How far can there go?

S4

JACOB TYRES - Team need to go across the tyres without stepping or touching any part of the tyres. To make it more interesting, balloons are put in-between the participants. Do not **DROP** the balloons!!!

S5

THE WALL - Arduous for the group throughout the whole exercise, the challenge usually comes at the end; how do you get the last person over?

Important Note:

- 1. Participants should wear proper sports wear, appropriate sports shoe. No Slippers or Sandals allowed!!**
- 2. Participants must at all times obey the instructions of the facilitators.**
- 3. We do not allow 3rd party facilitators.**
- 4. All our staffs are trained and certified facilitators.**
- 5. Whilst undergoing exercise, please refer to the facilitators if any doubt of safety issues.**

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SWINGING FOOT LOOPS



BURMA BRIDGE



MULTIVINE



VERTICAL PLAYPEN



HOURL GLASS

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LEAP OF FAITH



FLYING FOX



JACOB LADDER



SWINGING LOG



DOUBLE ROPES TRAVERSE

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HIGH BEAM



SPIDER WEB



HOLE IN ONE



WILD WOOSEY



JACOB TYRES

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THE WALL

Items to bring along:

- ✓ Shorts or long sleeve T-Shirts for outdoor activity
- ✓ Track bottom or shorts
- ✓ Hand Glove (if possible)
- ✓ Sport shoes (rubber soled preferred)
- ✓ Sun protection lotion, Visors or caps
- ✓ Personal medication
- ✓ Good Sense of Humour!