

# Mel Blount Youth Home Ropes Course & Fitness Trail

## What is a Challenge Ropes Course?

A challenge ropes course is a progression of activities, initiative problems, challenges, and trust activities that help develop the following both within a group and individually:

- Cooperation
- Goal Setting
- Leadership
- Increased Self Confidence
- Faith
- Trust

At first glance, a challenge ropes course, with all of its cables, ropes, nets, logs, and telephone poles looks like an obstacle course. But, unlike an obstacle course its elements are not used for physical conditioning or competition with others.

Our courses are presented in a prescribed sequence, designed to integrate the following goals:

- Increased confidence and self-esteem
- Increased mutual support within a group
- Developing decision making abilities, leadership and trust
- Fostering appreciation and respect for differences in a group
- Practicing goal setting and problem solving
- Relating Christian principles to the ropes course experience and to life

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**Take on the Mel  
Blount Youth Home  
Ropes Course and  
Fitness Trail  
Challenge!**



## Low Ropes Elements

Low ropes course elements involve group participation in which everyone is needed to achieve a goal. Only through unified teamwork can the group succeed and move on to the next element. Participants are encouraged to overcome fear, doubt, self-consciousness, and preconceived notions of failure.

As group members work together, they develop trust, caring, decisiveness, determination, cooperation, a sense of accomplishment, & communication. Debriefing discussions center on trust in God and the value of encouraging one another.



## Fitness Trail

Our quarter of a mile fitness trail is comprised of many challenging elements. The course is constructed to challenge participants both physically and mentally. Each component can be completed various ways depending on one's physical capabilities. Similar courses are used in basic training camps and other physically challenging training programs.

## Who May Participate

The challenge ropes course and fitness trail are perfect for:

- School Groups
- Christian Organizations
- Youth Groups
- Families
- Boards
- Clubs
- Universities
- Sports Teams
- Businesses
- Leadership Teams

The greatest benefits of the challenge course experience are realized with persons who are in adolescence and beyond. Therefore, participants must be in the sixth grade or above, or age 12 through adult.

Minimum group size of 8 participants.

