



**McMASTER**  
**OUTDOOR RECREATION**



## **McMaster ALTITUDE**

### Participant & Guardian Information

This letter is an introduction to the ALTITUDE Team Development and Leadership Program at the Department of Athletics & Recreation at McMaster University. ALTITUDE is an enriching, educational experience dedicated to developing strong interpersonal relationships within groups and helping individuals optimize their personal development in an environment of group support and acceptable personal challenge.

Our programs aim to develop valuable team and leadership-related skills including:

- Group cohesion
- Communication and trust
- Effective goal-setting
- Problem-solving and decision-making
- Personal challenge and accomplishment
- Social interaction and having FUN!

ALTITUDE has provided valuable fun, team building programs for elementary & high school groups, as well as McMaster students and staff, corporate groups, community sports teams, community groups, as well as for McMaster's very own successful Varsity Sports Teams. ALTITUDE is a fantastic way to expose youths to university and positive role models.

Programs can encompass a variety of outdoor and indoor pursuits including climbing our high ropes Alpine Tower II, group challenges on the Team Development Course, climbing on the Feather Family Indoor Wall, group challenge activities, a swim in our Olympic-sized pool, and hiking in Cootes Paradise.

Mac Experience camps are brand new overnight programs offered by ALTITUDE. These programs are designed as fun, educational, value-packed trips for youths in grade 6-12 that take place on campus and explore a variety of faculties, departments, and programs.

If you have any questions or would like additional information related to ALTITUDE please feel free to contact us. We look forward to hearing from you!

Sincerely,

**The McMaster ALTITUDE Team**  
Department of Athletics & Recreation  
altitude@mcmaster.ca  
905-525-9140 ext. 26384



Achieving Leadership Through Integrating Teamwork, Unity, Dedication, and Empowerment



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**Our Facilities, Equipment & Safety:**

- We climb on our Feather Family Climbing Wall and/or an Alpine Tower, both built and maintained by ACCT (Association for Challenge Course Technology) licensed vendor Adventureworks, one of two Canadian vendors,
- Low-ropes challenge course and structures.
- We operate under OPHEA safety guidelines at all times.
- **PARKING** – fees are \$7/day weekends and evenings, \$20 weekdays (8am-4pm)

**Our Staff:**

- All our staff are selected for their leadership qualities and ability to engage participants. They are university students and positive role models.
- Our staff are all up to date with ACCT certifications and first aid qualifications.
- There is always a Lead Ropes Course Practitioner on site, who has the highest level of certification offered by the ACCT.
- We operate on a “challenge by choice” basis; opting out of any activities is allowed by any participants at any time.

**Weather Conditions & Clothing Suggestions:**

- Dress appropriately for the weather remembering you will be outside all day.
- Footwear is important! Please wear something that you can be active in.
- Sunscreen is highly recommended! Sunglasses are a good idea as well. Tower portions of the day will be cancelled in the event of:
  - Thunder and lightening storms;
  - Severe heat, cold, wind, air quality (as indicated by Environment Canada – ie: smog alerts, extreme wind chill, etc.)
- **Please Note** – In the event Tower portions of the day are cancelled due to weather they will be substituted with Indoor Climbing and group initiatives at an alternate indoor location.

**Water/Drinks/Food/Snacks:**

- Bring lots of water all year round.
- If you are participating in a full day program please bring a lunch and snacks.
- Remember you may eat more than normal as your program day will be an active one.
- Arrangements for lunch (ie: pizza, etc) must be coordinated with your Group’s organizer.

**The Day’s Schedule:**

- Every day at ALTITUDE is unique; custom tailored to your group’s goals and requested activities. Please ensure you arrive on time!

**Paperwork!**

Please ensure all forms are filled out entirely and brought with you on the day of the program!

- Consent Wavier
- Medical Form

