

Professions of Medicine

The Ropes Course Experience at USF's Riverfront Park

Teamwork, collaboration, and cooperative problem solving are all significant elements of successful health care work. Towards that end, one of your first experiences as a student at USF Health will be a Ropes Course Experience, where you and several classmates will form a team and be guided through several group challenges.

Ropes Course experiences of this type put groups into challenge settings that present obstacles that cannot be overcome individually. Your experience on this day will initiate personal and group growth by exposing your group to a collection of activities where you encounter lumber, cables, telephone poles, and other various obstacles and avenues of success. The goal is for your group to create a bond as you solve the challenges before you.

USF's Ropes Course experience works from the philosophy of "Challenge by Choice." In other words, if part of the challenge puts you too far out of your comfort zone you may opt out of that experience. Of course, challenging that comfort zone is a major part of what the experience seeks. But you will find your facilitators to be very understanding of individual experience levels.

You will report to the Ropes Course at Riverfront Park by 1pm Tuesday August 11th. There are only about 100 parking places, so if you drive to the park, be sure there are at least two students in your car—preferably three. At Riverfront Park you will be placed in your teams and meet your facilitators.

You should wear comfortable but sturdy clothing: Please, no open toed shoes and no short-shorts. It might be wise to wear a cap to keep the sun off your head, and bring some sunscreen. Bring your own water/water bottle—there are several water sources at the park from which to fill it. The full experience lasts approximately three hours

We are excited about offering this program in Professions of Medicine. We believe you will find this experience rewarding, enlightening, and a whole lot of fun.

Driving Directions:

Take Fletcher Avenue east. Once you pass 56th Street, you will find the park on your left hand (north) side. From 56th Street, it is approximately ½ mile. If you cross Hillsborough River, you have gone too far. There is a left turn lane "cut out" at the entrance to the park.

