

# Irons Oaks Adventure Center

## Youth Group Leader Packet

The following 3 pages are intended to help you plan and make the most of your visit to Irons Oaks, in it you will find:

### 1. Group Leader Check List

Use this Check List to prepare for your time at Irons Oaks. A list of the info, items and to-do's you'll need to help your day run smoothly.

### 2. Pre-Visit Handout

This one page handout provides a quick orientation to our program and helps students adopt a mindset to maximize learning during their trip.

### 3. Post-Visit Handout

This one page handout provides participants an opportunity to reflect on their experience and consider how their learning at Irons Oaks can be applied to their lives "back home."

**Note:** Use the handouts as you see fit: they may be completed independently, or used by group leaders to lead discussion. Although not required, we offer these handouts as a resource to help participants make the most of their IOAC experience.

BTW: We *love* to receive participant post-visit feedback. If you use the post-visit handout, any helpful or inspiring information you can send us will be most appreciated!

**Thank You for the time and effort you are taking to prepare and make the trip to Irons Oaks Adventure Center. Your feedback and questions are always welcome.**

Sincerely,

**Deb Stanfield, Adventure Center Coordinator**  
708.481.1454 [dstanfield@hfparks.com](mailto:dstanfield@hfparks.com)

# Irons Oaks Adventure Center

## Youth Group Leader CHECK LIST

### What to Bring:

- Waivers (required):** A completed and signed waiver is required to participate. Waivers will be collected upon arrival.
- Sturdy Closed Shoes (required):** No open-toed or open-backed shoes allowed. Athletic shoes are recommended.
- Dress for the Weather:** Programs run outdoors rain or shine, please be prepared.
- Food & Water:** Pack lunches, snacks and water bottles as needed.
- Directions:** Tell your driver to **arrive at our Vollmer Road parking lot – 2453 Vollmer Rd, Olympia Fields 60461.**
- Sunscreen & Bug Spray:** These are not provided, so bring them if you'd like.
- Irons Oaks Phone Number:** 708-481-2330

### What to Do Before Your Trip:

- Pre-Divide Groups and Waivers:** Our staff will confirm a headcount and inspect waivers on arrival. Assigning participants to groups and dividing waivers by group before your visit will help us start your program quickly. There is a maximum of 14 participants for High School – Adult participants. 12 person maximum for 5<sup>th</sup>-8<sup>th</sup> grades. (If feasible, keep groups at 10-12 participants – we find this number ideal). If there is a participant(s) with a health condition that our staff should be aware of, please make this known before the program's start.
- Pre-Divide Lunches:** Groups may eat at different times, so divide lunches individually or organize by assigned group.
- Confirm Departure Time:** Agree on a departure time with your group and transportation staff and confirm this time with Irons Oaks facilitators when you arrive.

### Things to Know:

- Chaperone Guidelines:** We invite chaperones to accompany your group for the day, or to walk the course and visit other groups at your leisure. Our staff facilitators are equipped to lead groups independently, and will contact you if in need of assistance. **We ask that chaperones defer to and check in with their group's facilitator before intervening in a group's activities or discussions.**
- Weather:** Our programs run "rain or shine". Only in very severe weather will we bring our program indoors. If our program needs to be cancelled due to severe weather, we will work with you to schedule an alternate date for your program.

### Where to Go:

- Meet at our Vollmer Road parking lot – 2453 Vollmer Rd, Olympia Fields 60461.** *Note that GPS apps often misguide drivers to our Western Avenue address.* Traveling directly to our Vollmer Road parking lot will help us expedite the start of your program.

# Ready? Preparing for Irons Oaks Adventure Center Youth Pre-Visit Handout

## About Irons Oaks Adventure Center

Why do some teams work well together and some teams struggle? What makes a leader a leader, and how can a person learn to be a better one? When a problem seems too hard for a group to solve, what does it take to work together and achieve the “impossible”?

At IOAC, we think about these things all the time. In fact, we’ve been helping people work together to become better teammates and leaders since 1984. During your visit, your group will participate in activities that will challenge you to take risks, solve problems and work together to reach a common goal. Most importantly, your group will explore how you can build better teams and be better leaders when you return home.

## What to Bring:

**Something to Give:** *Everybody* has something to contribute to a team effort. Perhaps you’re a good listener, can put a plan in place, or can keep a positive attitude when times get tough. Maybe you are willing to take risks and help others try something new. There are many ways to add value to a team, so come ready to give and help your group succeed.

**Something to Take:** What is something about working with others that you would like to learn or improve upon? How about speaking up, being a better problem solver, getting people to follow your lead? Think about something you’d like to take away from the day and challenge yourself to make it happen during your visit.

**An Open Mind & Positive Attitude:** At IOAC, we strive to turn problems into possibilities, and challenges into opportunities. People often surprise themselves at IOAC with the things they and their teammates can do. So, bring your best self to IOAC and help your teammates do the same.

## Bring this Stuff too:

- Waiver: everyone must have a completed waiver to participate.
- Closed Sturdy Shoes: no open-toed or open-heeled shoes on the course.
- Appropriate Dress: our programs run rain or shine, be ready.
- Food & Water: keep your energy up - bring what you need to succeed.

## Ask and Share

Help yourself get prepared and take the time to thoughtfully answer the following questions. Discuss your answers with a partner or as a group if time allows:

1. Is it easier to get something done as a team or by yourself? How so?
2. Fill the blanks: A leader has to be \_\_\_\_\_ and \_\_\_\_\_. Why do you think so?
3. Is failing ever useful – how and when?
4. What useful skill or attitude do you plan to bring to your team at Irons Oaks? Anything you might need from your team in return?
5. Fill the blank: Irons Oaks will be a worthwhile experience for me if \_\_\_\_\_.

**Thank you for your time, our Irons Oaks Adventure Staff look forward to your visit!**

## Irons Oaks Adventure Center Youth Post-Visit Handout

You have finished your program to the Irons Oaks Challenge Course – thank you for your visit! Please read and answer the questions below to help you to reflect on your experience and tie your learning to your life “back home.” For further learning, we encourage you to discuss your answers with your peers and as a group as time allows.

1. Check the topics you feel you learned something about:

- |  |  |
|--|--|
| <input type="checkbox"/> Communication       | <input type="checkbox"/> Service to Team/Playing Your Part |
| <input type="checkbox"/> Decision Making     | <input type="checkbox"/> Team Spirit                       |
| <input type="checkbox"/> Goal Setting        | <input type="checkbox"/> Team Purpose/Vision               |
| <input type="checkbox"/> Resourcefulness     | <input type="checkbox"/> Trust                             |
| <input type="checkbox"/> Problem Solving     | <input type="checkbox"/> Support                           |
| <input type="checkbox"/> Team Values         | <input type="checkbox"/> Leadership                        |
| <input type="checkbox"/> Strategy & Planning | <input type="checkbox"/> Focus/Commitment                  |
| <input type="checkbox"/> Positive Conflict   | <input type="checkbox"/> Responsibility/Accountability     |
| <input type="checkbox"/> Positive Failure    | <input type="checkbox"/> Team Safety                       |
| <input type="checkbox"/> Positive Challenge  | <input type="checkbox"/> Creativity                        |

2. Choose 3 topics above (or other topics you might think of) and briefly explain what you learned about them:

1.

2.

3.

3. Describe one thing you will use from your IOAC experience to be a better leader and/or teammate:

4. Do you feel your trip to IOAC was helpful for you and your peers - how so?

5. Describe one thing you think your school/group/organization leaders could do to encourage better teamwork and leadership in your community: