



Warrior Adventure Quest (WAQ) is an Army RESET training tool designed to introduce Soldiers to activities that serve as alternatives to aberrant behaviors often associated with accidents involving recently re-deployed Soldiers. This tool presents coping outlets to help Soldiers realize their own new level of normal after deployment and "move on" with their lives.

WAQ at Fort Carson combines high adventure activities (rock climbing, mountain biking, paintball, go kart, trap and skeet, skiing, adventure course, white water rafting, and more) with a leader-led after action debriefing (L-LAAD) tool developed by Army Medical Department (AMEDD) center and school.



Promoting positive adrenaline responses, improving morale and communication, and developing trust and teamwork through adventure-based activities.

### **ELIGIBILITY AND REQUIREMENTS**

1. Available only for soldiers
2. Conducted at platoon level
3. Trip must be requested and scheduled within 120 days of returning from a deployment or major training
4. Each platoon is allotted one WAQ program per RESET cycle
5. WAQ programs must be conducted during a duty day
6. Leader—Led After Action Debrief and survey must be completed after the program
7. No drinking prior to or during activity

### **OUTCOMES**

Platoon cohesion

Controlled environment for high adventure activities

Introduction to new adventure base outdoor recreation activities

Increase in dialog among platoon

Trust and teamwork within each platoon

## WAQ PROGRAM STAGES

**STAGE 1: SCHEDULE YOUR WAQ TRIP.** Please have up to 3 days your platoon is available. Date of activity must be Monday through Friday.

**STAGE 2: LEADER TRAINING.** Assign up to 4 platoon leaders to learn how to facilitate a leader led after action debrief. This training is held at the end of your WAQ program. Leaders will learn about the importance and goals of the WAQ program. This training will be held at the Outdoor Recreation Complex, BLDG 2429

**STAGE 3: BRIEF YOUR SOLDIERS.** Platoon leaders will share details with the soldiers about itinerary and what to expect at their program. Leaders should also relay the importance of the goals for WAQ trips.

### **STAGE 4: PARTICIPATE IN YOUR WAQ TRIP**

**STAGE 5: LEADER LED AFTER ACTION DEBRIEF.** This is held immediately after your program and is facilitated by the platoon leaders as described above.

## **COVID19 UPDATE**

**Due to COVID19 WAQ trips are currently under limited operation.**

### **RULES AND GUIDELINES:**

- 1. WAQ trips are currently limited to a maximum of 30 soldiers at platoon level or lower.**
- 2. Soldiers must adhere to social distancing guidelines set forth by the Fort Carson Command**
- 3. Everyone will be required to bring their own face coverings, which must be worn.**
- 4. Face coverings must be worn when 6ft social distance requirements cannot be met**
- 5. Soldiers must adhere to additional standards put forth by each facility that runs WAQ trips**

### **TRAP & SKEET**

Shoot clay pigeons at Cheyenne Mountain Shooting Complex.  
Available year round  
Max 30 people

### **Go-Kart**

Spend the afternoon at Overdrive Raceway in Colorado Springs.  
Available year round  
Max 30 people

### **PAINTBALL WOODS (OUTDOOR)**

This adventure activity is operated at Covert Ops, where you will use tactical maneuvers and teamwork in the outdoor paintball area.  
Available year round  
Max 30 people

To schedule please email BOTH

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