

WARRIOR ADVENTURE QUEST PROGRAM INFORMATION

Thank you for your interest in the Warrior Adventure Quest (WAQ) Program! This is a reintegration program to help Soldiers respond to stress and excitement following a major training or deployment. We use adventure-based activities to help promote positive adrenaline responses as well as improving morale and communication, and developing trust and teamwork. This program is fully funded by the Department of the Army and MWR.



THE ELIGIBILITY AND REQUIREMENTS FOR WARRIOR ADVENTURE QUEST:

- Available only for soldiers and their platoons
- Conducted at a platoon level
- Must be executed within the first 120 days of returning from a major training or deployment
- New eligibility to WAQ: if a unit has not been on a WAQ trip within two years
- Each platoon is allowed **one** WAQ Program per RESET cycle
- Must be conducted during a duty day
- Full-day adventure program followed with a Leader - Led After Action Debrief (L-LAAD)
- Completion of mandatory post activity survey
- No drinking prior or during the activity

DESIRED OUTCOMES DURING EACH HIGH ADVENTURE ACTIVITY:

- Platoon cohesion
- A controlled environment for adrenaline seeking Soldiers
- An introduction to various outdoor recreation activities
- Increase dialogue regarding training or combat experience
- Increase of trust and teamwork within each platoon

THE WAQ PROGRAM CONSISTS OF 5 REQUIRED STAGES, CONDUCTED IN THIS ORDER:

Stage 1: Schedule your Warrior Adventure Quest program!

Stage 2: Leader Training. In this training platoon leaders will learn how to facilitate a Leader- Led After Action Debrief (L-LAAD), which is held at the end of each program. Throughout the training leaders will also be familiarized with the importance and goals of the WAQ program. This training is held every Thursday at 1300 in the Outdoor Recreation Complex, Building 2429.

Stage 3: Solider Brief. Platoon leaders describe the Warrior Adventure Quest program to their soldiers, explaining the program they are scheduled for as well as the goals of WAQ. The details for the WAQ program will be described to all participating soldiers.

Stage 4: This is your high adventure program.

Stage 5: The L-LAAD is held immediately after the activity and is facilitated by the L-LAAD trained leaders; this is a basic debrief the day’s high adventure program.

White Water Rafting	May to August	Big Horn Sheep Canyon is 9 miles of a perfect balance between rapids & calm stretches	Max 30
Go-Karting	Year Round	Zoom around the track as you try to get the best time.	Max 60
Ski & Snowboard	November to April	Hit the powdery slopes of either Loveland or Monarch	Max 40
Trap & Skeet	Year Round	Shoot clay pigeons at the brand new course at Cheyenne Mountain Shooting Complex	Max 30
Woods Ball Paintball	Year Round	Use tactical maneuvers in this natural outdoors area	Max 60
Rock Climbing	Year Round	Spend the day climbing at City Rock	Max 60
Inflatable Kayak	August to September	Race down the rapids of the Arkansas River	Max 10

Please contact Erin Johnson or Tom Appleman to schedule your Warrior Adventure Quest trip.

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