



# Adventure Ropes Course

*Challenge yourself and your group like you have never been challenged before.*

The Adventure Ropes Course is a full day or half day series of fun, exciting, and challenging outdoor activities on high and low ropes that will strengthen self-confidence and develop teamwork, problem-solving and leadership skills.



**Community  
Outreach  
Unit**



# University of Massachusetts Police and the Amherst Police Department

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## ADVENTURE ROPES COURSE

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The Amherst and UMass Police Departments invite you to challenge yourself and your group like you have never been challenged before. The Adventure Ropes Course is a series of high and low ropes exercises designed to test a group's teamwork, as well as develop self-confidence and leadership among individuals. This is done through a series of fun and exciting outdoor activities and challenges that encourage teambuilding and group communication, and at the same time test an individual's inner strength.

The Amherst and UMass Police Departments are committed to our communities and the benefits of the community policing philosophy. Our goals in operating the Adventure Ropes Course are to strengthen our relationship, enhance communication, and build bridges with the communities we serve. The Adventure Ropes Course offers a unique interaction between the police officers and the communities we serve and allows community members of all ages to see the officers as teachers, mentors and team members. It also allows us to see the community in a different venue.

The curriculum can be adapted to your group's needs (for example: teamwork, confidence building, problem-solving), and can be run as a full-day or a half-day event. The course is facilitated by officers from both departments who are certified instructors and is run at The Notch Visitor Center on Rte. 116 in Amherst.

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**Please call if you are interested in learning more about the Adventure Ropes Course. Groups at UMass can call Officer Brian Kellogg or Officer Mark Whelihan; groups in the town of Amherst can call Officer Marcus Humber at the numbers listed below.**

### **UMass Police Dept.**

Community Outreach Unit  
585 East Pleasant St.  
Amherst, MA 01003  
Phone: 413-545-9461

Email: [pspmail@admin.umass.edu](mailto:pspmail@admin.umass.edu)

### **Amherst Police Department**

111 Main St.  
Amherst, MA 01002  
Phone: 413-259-3000

Email: [humberm@amherstma.gov](mailto:humberm@amherstma.gov)