

## **Activities Include:**

• High Ropes Course (Soldier Activity Center 20PAX)

• Kayaking (Ascarate Park 12PAX)

• Mountain Bike (Chuck Heinrich 8PAX)

• Rock Climbing (Franklin Mountains State Park 10PAX)

• Bouldering (Hueco Tanks State Park 8PAX)

Activities are limited due to our location. Other activities may be available upon request.

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FORT BLISS, TX

Warrior Adventure Quest (WAQ) is a Department of the Army approved and endorsed program. The objective of WAQ is to enhance greater Soldier/leader/unit cohesion, morale and combat readiness. All while contributing to risk mitigation and coping skill development. This is done through the integration of high adventure activity in a supervised and controlled environment by FMWR Outdoor Recreation staff.

WAQ is an Army training tool to support commanders in focusing on units and Soldiers:

- Reinforces unit intra-communication skills. Influences reduction of accidents and behavioral incidents.
- Introduces outdoor adventure activities as a tool to enhance personal and unit resiliency.
- Provides an esprit de corps and cohesion enhancing program.
- Applying validated behavioral health science methodology to process traumatic events.
- Providing an opportunity to invest in people, offering a successful resiliency program.

Each activity will be followed by a Leader – Led After Action Debriefing (L-LAAD). This is designed to draw similarities between the high adventure activity and Army experiences. This portion will be conducted by unit leadership.

## Warrior Adventure Quest is offered at NO COST to the units.

Funding has been provided by the Department of the Army. All Active-Duty and units on Title 10 Orders are eligible to participate.

## **Unit responsibilities:**

Attend a WAQ briefing conducted at the Soldier Activity Center every Thursday at 12 p.m. Coordinate with the Outdoor Recreation staff to schedule your activity. Complete a mandatory WAQ post-survey on the day of your activity (the surveys collect participation feedback and fund the program).



Activity List 🗕