



- **Educational Benefits:** Team building and communication skills
- **Soldier Benefits:** Emphasizes to leaders the importance of demonstrating confidence and competence in front of groups. Builds unit cohesion and esprit-de-corps.
- **Leader-Led After Action Debrief:** Review and describe combat related experiences, builds Soldier resiliency to address both combat and operational stress during rigors of day-to-day military life.

## USAG RHEINLAND PFALZ | WAQ ACTIVITY MENU

### Archery Tag

**ODR Includes:** All required equipment (Paintball Face Mask, Bow, Arrows with foam tips), safety briefings and ODR Staff

**Soldiers Should Bring:** Outdoor temperature and weather appropriate clothing (Gym Shoes or Cleats), food and drinks

**Program Location:** Baumholder ODR Bldg. 8167

**Terrain:** Outdoor natural and or artificial surfaces.

**Meals & Drinks:** Unit provided

**Event Start Time:** 1000 Hrs.

**Event End Time:** 15:45 Hrs.



### Canoeing

**ODR Includes:** All required equipment (Canoes, Paddles, PFD), safety briefings and ODR Staff

**Soldiers Should Bring:** Outdoor temperature and weather appropriate clothing, food and drinks

**Program Location:** Mosel and Sauer River

**Terrain:** River

**Meals & Drinks:** Unit provided

**Departure Point:** Unit location, bus provided by FMWR

**Departure time:** 09:00

**Return Time:** Approx. 16:00 *(depending on weather, road and traffic conditions)*



\*Private belongings cannot be secured. It is recommended to bring a back pack to store personal items.



## Intro to Scuba - Summer

**ODR Includes:** All required equipment (Mask, Fins, Tank, Wet suit, BCD), safety briefings and ODR Staff

**Soldiers Should Bring:** Outdoor temperature and weather appropriate clothing (Towel, Swimming suit, Swimming Shorts), food and drinks

**Program Location:** Kronau - Germany

**Terrain:** Lake.

**Meals & Drinks:** On site food is available for sale.

**Departure Point:** Unit location, bus provided by FMWR

**Departure time:** 0900

**Return Time:** Approx.1800(*depending on weather, road and traffic conditions*)



## Intro to Scuba (Indoor) - Winter

**ODR Includes:** All required equipment (Mask, Fins, Tank, Wet suit, BCD), safety briefings and ODR Staff

**Soldiers Should Bring:** Towel, Swimming suit, Swimming Shorts, food and drinks

**Program Location:** Hambachtal Resort -Germany

**Terrain:** Indoor Pool.

**Meals & Drinks:** On site food is available for sale.

**Departure Point:** Unit location, bus provided by FMWR

**Departure time:** 0900

**Return Time:** Approx.1800 (*depending on weather, road and traffic conditions*)



## MNT Biking- E-bike

**ODR Includes:** All required equipment (Bike and Helmet, PT belt), safety briefings and ODR Staff

**Soldiers Should Bring:** Outdoor temperature and weather appropriate clothing, food and drinks

**Program Location:** Baumholder ODR, Bldg. 8167

**Terrain:** Trails in local Area

**Meals & Drinks:** Unit provided

**Event Start Time:** 1000 Hrs.

**Event End Time Time:** 15:00 Hrs.



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## Paintball-Woodsball

**ODR Includes:** All required equipment (Paintball Gun, Mask, Air Tank, Paintballs) safety briefings and ODR Staff

**Soldiers Should Bring:** Outdoor temperature and weather appropriate clothing, food and drinks

**Program Location:** Baumholder ODR Bldg. 8167

**Terrain:** Wooded area

**Meals & Drinks:** Unit provided

**Event Start Time:** 1000 Hrs.

**Event End Time:** 15:00 Hrs.



## Rock Climbing & Bouldering

**ODR Includes:** All required equipment and transportation to site

**Soldiers Should Bring:** Active appropriate clothing, food and drinks (some food and drink options at location)

**Program Location:** Rocklands (St. Wendel, DE)

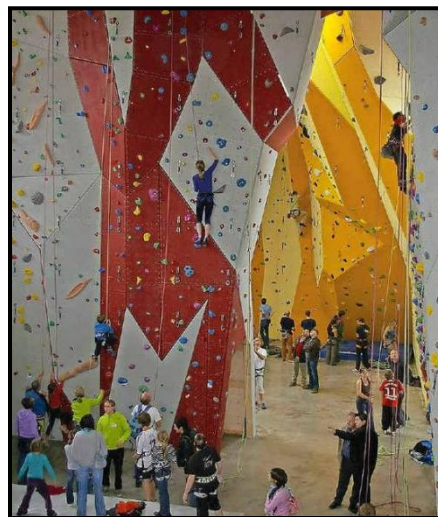
**Terrain:** Indoor Rock Gym

**Meals & Drinks:** Bring your own

**Departure Point:** Unit location, bus provided by FMWR

**Departure time:** 10:00 arrive approx. 1030hr.

**Return Time:** Depart at 15:45 (*depending on weather, road and traffic conditions*)



## Ropes Course

**ODR Includes:** All required equipment and transportation to site

**Soldiers Should Bring:** Outdoor temperature and weather appropriate clothing (Solid Foot Wear), food and drinks

**Program Location:** Fun Forest (Homburg)

**Terrain:** Outdoor natural and or artificial surfaces.

**Meals & Drinks:** On site food is available for sale.

**Departure Point:** Unit location, bus provided by FMWR

**Departure time:** 10:00

**Return Time:** Approx. 1600 (*depending on weather, road and traffic conditions*)



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# Skeet & Trap Team Building

**ODR Includes:** All required equipment and transportation to site.

**Soldiers Should Bring:** Outdoor temperature and weather appropriate clothing (Solid Foot Wear), food and drinks

**Program Location:** Baumholder ODR

**Terrain:** Skeet & trap range (concrete pads and grass)

**Meals & Drinks:** On site drinks for sale, bring food/snacks

**Location:** Outdoor Recreation Bldg. 8167

**Event Start Time:** 1000 Hrs.

**Event End Time:** 15:45 Hrs.



# Ski and Snowboarding

**ODR Includes:** All required equipment (Ski or Snowboarding gear, Helmet, Ski pass, Basic ski-snowboarding instruction), safety briefings and ODR Staff

**Soldiers Should Bring:** Outdoor temperature and weather appropriate clothing (Winter clothing required), food and drinks

**Program Location:** Feldberg Black Forest

**Terrain:** Mountain

**Meals & Drinks:** On site food is available for sale.

**Departure Point:** Unit location, bus provided by FMWR

**Departure time:** 0400

**Return Time:** Approx.2200 *(depending on weather, road and traffic conditions)*



# UTV/ATV Touring

**ODR Includes:** All required equipment (UTV/ATV) safety briefings and ODR Staff

**Soldiers Should Bring:** Outdoor temperature and weather appropriate clothing, food and drinks

**Program Location:** Baumholder ODR Bldg. 8167

**Terrain:** Wooded area

**Meals & Drinks:** Unit provided

**Event Start Time:** 1000 Hrs.

**Event End Time:** 15:00 Hrs

\*May be combined with paintball as a WAQ Activity



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