



Warrior Adventure Quest (WAQ) is a Commander's Tool that combines existing MWR Outdoor Recreation high adventure activities (e.g. rock climbing, mountain biking, paintball, scuba, ropes courses, skiing, zip lines, white water rafting, and others) with a leader-led after action debriefing (L-LAAD) tool developed by Army Medical Department (AMEDD) center and school.

- WAQ was originally developed for Soldiers who, after returning from combat deployments, often demonstrate a perception of self-invulnerability, and engage in dangerous behaviors in an effort to amplify their adrenaline to levels they have grown accustomed to in the combative environment.
- WAQ embraces the principles of Adventure Therapy - Soldiers experience what is necessary to achieve success in the activity and can relate that understanding to address perceived problems, risks and challenges in their lives. From this experience Soldiers are presented with new coping skills to utilize.
- Participation in WAQ has been proven to have a long standing positive impact (WAQ participants vs. Army norms)
 - Reduced Accidents caused by unsafe behavior – Combat Readiness Center (CRC)
 - Reduced Behavioral Health Incidences – Defense Manpower Data Center (DMDC)
 - Reduced Negative Administrative actions – Defense Finance & Accounting Service (DFAS)

The WAQ program has been developed into five phases:

Phase I, Leader Training, is for a minimum of 2 unit leaders (preferably)SSG and above). This training phase teaches how to facilitate a leader-led after action debrief (L-LAAD) in response to a significant event in an operational environment. This training is accomplished via an online training session. Training certificates must be presented before the scheduled event and both leaders must be on site for the duration of the event, and conduct the L-LAAD at the conclusion.

Phase II, Soldier Training, presents to all Soldier participants concepts like Combat Operational Stress Control and Post Traumatic Growth, coping skills, Comprehensive Soldier Fitness, and how it all relates to the Warrior Adventure Quest program. This training is accomplished via an online training session. Training certificates must be collected and presented before the scheduled event. Only trained soldiers will be able to participate.

Phase III, Adventure Activity, (e.g., paddling, riding, climbing, etc.) where team building is combined with challenging activity skills.

Phase IV, Is the actual facilitation of the L-LAAD by the unit leaders with their unit members to realize connections between the activity they have just experienced and the challenges they may be experiencing in their daily lives.

The Warrior Adventure Quest activity day must be a unit's priority as this is a training activity, if the intent is to fill this day with other activities the request will be denied or cancelled.

WAQ is offered at no cost to the units. All units are now eligible for participation every 12 months.

Want to have a Warrior Adventure Quest Event for your platoon?

Contact the Wild B.O.A.R. Today! DSN: 526-2628/2625 COM: 09641-70-526-2628/2625
USArmy.Bavaria.IMCOM-FMWRC.List.Wild-Boar@Army.Mil



WILD B.O.A.R. ADVENTURE **WARRIOR ADVENTURE QUEST**

Building RC600, Tank Road, Tower Barracks

Outdoor Rock Climbing & Indoor Rock Climbing

Bring the cohesion, teamwork and adventure experience of rock climbing to your event. With this program we can provide an outdoor rock climbing experience or an indoor rock climbing experience. Both activities will cover safety equipment, belaying, climbing movements and have groups climbing in teams of 3. This activity promotes resilience skills to the team of 3 and the person on the rock in the rawest form possible.

0900 InBrief	0930-1200 Outdoor Climbing	Lunch Onsite	1300-1600 Outdoor Climbing	1600-1645 Closeout
0900 InBrief	0930-1200 Climbing @Wild B.O.A.R.	1200-1300 Lunch	0930-1200 Climbing @Wild B.O.A.R.	1600-1645 Closeout

Paintball

The Wild B.O.A.R. operates a 4 field paintball range on site. Participants should expect to get their clothes dirty and should bring weather appropriate clothing. Limited paint is provided for participants but more is available for purchase as well! *Closed toe shoes only. **Camouflage is not allowed at USAEURAF paintball

0900 InBrief	~0930-1200 Paintball	1200-1300 Lunch	1300-1600 Rejoin @ ODR - Paintball	1600-1645 Closeout
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Klettersteig

For this event we go offsite to outside Vilseck to experience a European style of climbing called Klettersteig/ Via Ferrata. We will traverse cliff faces while connected with a steel cable and climbing equipment. This is a great intro to a different style of climbing popular here in Europe. Participants should bring weather appropriate clothing, lunch/snacks, water, and gloves.

0900 InBrief	0930-1100 Transportation	1100-1400 Klettersteig (Brief Lunch)	1430-1600 Transportation	1600-1645 Closeout
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Ski & Snowboard Lessons

Learn how to ski & snowboard by official instructors to start your new favorite hobby. For this activity we will travel to a local ski resort and spend the day on the slopes learning how to carve, glide, and shred.

0600 InBrief	~0630-0830 Travel	0900-1100 Ski/SB Lessons	1100-1200 Lunch	1200-1400 Ski/SB Lessons	1400-1630 Travel	1630-1700 Closeout
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Paintball & High Ropes Course

For this event, we spend the morning at our onsite High Ropes Course and the afternoon at our popular paintball ranges. This event pushes participants to test their fear of heights and challenges their physical abilities at height .Limited paint is provided for participants but more is available for purchase as well!
*Closed toe shoes only. **Camouflage is not allowed at USAEURAF paintball ranges.

0900 InBrief	~0930-1200 High Ropes Course	1200-1300 Lunch	1300-1600 Rejoin @ ODR - Paintball	1600-1645 Closeout
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