



# WAO

## WARRIOR ADVENTURE QUEST

USAG YONGSAN-CASEY FAMILY AND MWR OUTDOOR RECREATION



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Casey Outdoor Recreation (ODR) is  
located at Casey Community Activity  
Center (BLDG #2236)  
DSN @ 730-6187/6195

Yongsan Outdoor Recreation (ODR) is  
located on South Post (BLDG #4275)  
DSN @ 723-3291/3292

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# INTRODUCTION

## 1. What is WAQ?

Warrior Adventure Quest (WAQ) is a Department of the Army (DA) approved and endorsed program under Executive Orders for all units.

WAQ is designed to re-create the adrenaline rush of combat action in a supervised, controlled, high adventure activity which is supervised by FMWR Outdoor recreation staff. In short WAQ is a training tool designed to introduce Soldiers to activities that serve as alternatives to potentially destructive behaviors.

WAQ instills cohesion, builds teamwork and maintains combat readiness through high-adventure activities. This program enables Soldiers to reach a “new stage of normal” by diminishing boredom and high-risk behavior, through outdoor recreation and L-LAAD. The end state is that Soldiers will be able to draw similarities between the adventure activity and their Warrior experiences.

WAQ incorporates resiliency training to help redeployed Soldiers adjust to a calmer-paced lifestyle than the one they left behind. Experts say such psychological resilience-building programs help Soldiers recognize and respond to fear during combat and mitigate the cumulative



effects of a sustained deployment. It helps Soldiers mentally prepare to reintegrate during the redeployment, post-deployment and reset portions of the deployment cycle.

Finally, Soldiers who participate in WAQ are expected to incorporate team building with skills learned or reinforced during the program and walk away with a newfound passion for leisure activities that can enhance their overall quality of life.



## 2. Who pays for WAQ and when can I participate?

WAQ is offered at NO COST TO THE UNIT and all units are now eligible for participation. Non-deploying units can attend once every two years. Rotational units deployed in support of United States Forces Korea (USFK) may participate once during their 9-12 month rotation along with our KATUSA counterparts.



## 3. What is L-LAAD?

L-LAAD is the Leader-Led After Action Debrief which bridges WAQ activities with real world events.

L-LAAD is a leader's tool and is a structured way to make sense of a difficult situation to help Soldiers learn from their experiences.

L-LAAD puts emphasis on teamwork, cohesion, readiness and should be a regular part of mission planning.

**L-LAAD is not an After Action Review (AAR) or Group Therapy.**



## 4. The WAQ program has been developed into five phases

**Phase I**, Leader Training, is for all SSG and above participants and teaches them how to facilitate a leader-led after action debrief (L-LAAD) in response to a significant event in an operational environment.

**Phase II**, teaches these unit leaders how to utilize the same L-LAAD technique when facilitation surrounds an outdoor adventure activity.

**Phase III**, Soldier Training, presents to all program Soldier participants concepts like Comprehensive Soldier Fitness, Combat Operational Stress Control and Post Traumatic Growth, coping skills, and how it all relates to the Warrior Adventure Quest program.

**Phase IV**, is the outdoor adventure activity (e.g., paintball, white water rafting, climbing, etc.) Where team building is combined with challenging activity skills.

**Phase V**, is the actual facilitation of the L-LAAD by 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.



## 5. Instructions for unit participation in WAQ

A unit designated training coordinator/NCO/Officer needs to make contact with the Camp Casey Warrior Adventure Quest Coordinator to schedule their units. WAQ Coordinator will provide the unit with a calendar of activities and potential dates for units to select from. Activities are provided at a first come first-served basis.

- **Execution:** Target train/ready units within 120 days of deployment, 120 days of redeployment, and units with no impending deployment (limited to 1x participation every 2 years)
- **Group Size:** Team, Platoon or Company Level (20 – 50)
- **Activity Duration:** Duration will vary depending on which activity is chosen. All activities will be held Monday thru Friday during regular duty hours.
- **Current Activities Include:**
  - » Paintball
  - » Bungee Jumping
  - » Water Sports and ATV Combo
  - » Zip-Lining
  - » White Water Rafting
  - » Winter Skiing & Snowboarding

## 6. Unit Responsibilities

- Coordinate with the WAQ Coordinator to schedule your activity and date.
- Contact and confirm that your unit will have a facilitator present for the Leader-Led After Action Debriefing (L-LAAD) Training (by name roster required).
- Conduct Soldier Training prior to attendance: Information on why the Army is providing WAQ.
- Provide a by name roster of all Soldiers participating in the scheduled activity.
- Show up at the arranged meeting location to catch the bus.
- Each Soldier will also complete a mandatory WAQ post-survey on the day of your scheduled activity. DoD ID and SSN are required for the survey. This tracks the soldiers who attend the program and for funding purposes.





# 7. What is Resilience?

Resilience is the ability to grow and thrive in the face of challenges and bounce back from adversity.

Unit Resiliency Fundamentals has four pillars that every Soldier needs to know:

- **Horizontal Bonding:** Trust between peers in a Unit
- **Vertical Bonding:** Trust between Leaders & the Led
- **Esprit de Corps:** Sense of purpose & identity in the unit
- **Unit Cohesion:** Binding force that combines the 3 previous concepts

## Warrior Adventure Quest Resilience Myths/Resilience Facts

Resilience Myths	Resilience Facts
Never show emotion	Regulate emotion
About the individual	About the individual & relationship
Must handle all on your own	Asking for help is a resilient strategy
Always act fast	Know when to slow down
Accomplish superhuman feats	Bounce back
Have it or you don't	Everyone can develop it
It's a destination	It's a process





# PROGRAMS

# AVAILABLE

## PROGRAMS OFFERED THROUGH WAQ

Certain programs are seasonal. Please check with our representative  
for the latest program availability.



## PAINTBALL

# SPEEDBALL/MOUT

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Located on Camp Casey (BLDG #2230), the paintball complex includes a full size tournament style field with five buildings to augment tactical training (M.O.U.T.), making paintball an easy choice among other activities for it's convenient location. The field is equipped with the latest paintball equipment and can accommodate large groups.



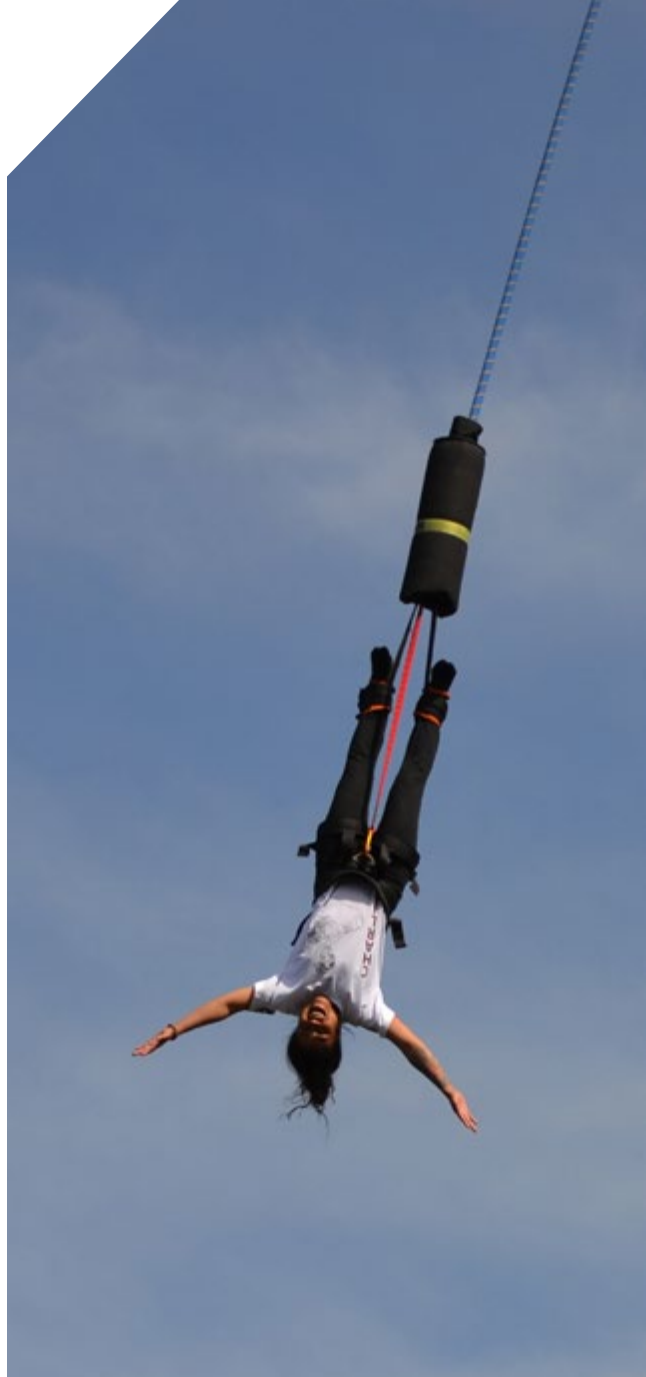
## ZIPLINE

The Zip Line course has several stages. During each stage, the course allows participants to adjust to the height and distance, pushing soldiers higher and further as the course progresses. But do not worry, you will enjoy the ride and the scenery, culminating in the 1312 ft long final stage.



The Bungee Jump facility has a massive drop over a beautiful river making it one of the most scenic jumping facilities on the Korean peninsula. The facility staff undergo the latest and most up-to-date safety training four times annually.

Two types of harnesses are available for use; one is the full body harness and the other type, being the familiar ankle harness. For general skill levels, we have chosen the body harness type for this program.



## BUNGEE JUMP

No explanation is necessary for this!  
But make sure you bring a set of dry clothes....



# WHITE WATER RAFTING





## WATER SPORTS AND ATV COMBO



Even if you have never ridden one, the onsite staff will guide you through the riding process. The vehicles come with a 150CC engine and automatic transmission, making operation of these vehicles relatively safe and easy.

### **Caution!**

ATVs are motorized vehicles, and thus must be treated with the highest respect.





## SKIING & SNOWBOARDING

Two favorite winter sports, skiing and snowboarding are available from late November through early February.

Within a 2 hour drive from Camp Casey, we have several different resorts that offer both ski and snowboard slopes. The resorts have several slopes available for the beginners to the most experienced.

Equipment is provided and for those wish to learn how to ski (and snowboard), lessons are offered at nominal cost (lesson costs are not covered by the WAQ program).



# THINGS YOU SHOULD KNOW!



CAMP CASEY SPEEDBALL COURSE

## PAINTBALL

The field is located on Camp Casey, building #2230. Featuring a full sized paintball sports inflatable field and mock up buildings.

### **ATTIRE:**

If wearing your ACU's please remove all patches. If wearing civilian attire we recommend long pants and long sleeve shirts.

### **ITEMS TO BRING:**

Bring plenty of water and snacks.



## ZIPLINE

Zip lining through the canopy and pushing yourself to challenge heights and speed are the highlights of this activity. We will travel to our zip line vendor where we will spend a couple of hours traversing our way through a multi stage zip line tour. During the tour different challenges are presented and games are played to add excitement to your day.

### **ATTIRE:**

You must have footwear that completely covers your feet and will not come off.

### **ITEMS TO BRING:**

Bring Korean Won for food and souvenirs.

### **SPECIAL NOTE:**

There is a 210lb weight limit for this activity.

# BUNGEE JUMPING

Leaping from a perfectly sound metal platform into 200+ feet of air seems illogical. Doing it will provide the experience and the thrill of a lifetime. This activity truly is a test of mental will! Can you and your team do it?

## **ATTIRE:**

You must have footwear that completely covers your feet and will not come off.

## **ITEMS TO BRING:**

Bring Korean Won for food and souvenirs.





## WHITE WATER RAFTING

White Water Rafting is provided in several different locations here in Korea and is dependent on water levels and weather. All locations offer sections of class III white water which will challenge your teams to work together. Swimming, cliff diving, and sightseeing are all available at these locations as well.

### **ATTIRE:**

Please bring two sets of clothes, one for rafting and one for the dry ride back home. Tennis or water shoes are the best options for foot ware, flip flops have a tendency to get lost and end up in the river.

### **ITEMS TO BRING:**

Bring Korean Won for food and souvenirs. Sunscreen and a towel are definitely recommended.





How does a half day of riding atv's followed by an awesome half day on the river skiing or wake boarding sound? Come challenge yourself as you learn new skills, skiing, wake boarding, and riding all-terrain vehicles through beautiful Korea!

**ATTIRE:**

You will need two sets of clothes for this one. Long pants and close toed shoes are required for riding atv's. Quick dry water clothes are strongly recommended for the water sports.

**ITEMS TO BRING:**

Bring Korean Won for food and souvenirs. Sunscreen and a towel are definitely recommended.

## WATER SPORTS AND ATV COMBO





# SKIING AND SNOWBOARDING

We offer skiing and snowboarding for the beginner all the way to the most experienced. We will travel to one of several local ski areas where beautiful scenery and challenging terrain will surround you. Never skied or snowboarded before? That's okay, we will also provide some beginner instruction as well. Think this activity is limited to just the winter? Think again, we also can provide indoor skiing and snowboarding in the summer, ask outdoor recreation for more details!

## **ATTIRE:**

Please bring warm, waterproof clothing that you can layer. No cotton! Also a change of clothes for the ride home is recommended.

## **ITEMS TO BRING:**

Bring Korean Won for food and souvenirs.



## NEW ACTIVITIES ADDED ALL THE TIME!

Check back with Outdoor Recreation throughout the year as we are constantly adding new adventures and finding new ways to challenge our Soldiers in USAG Yongsan-Casey Warrior Country!

# CONTACT & OPERATION INFORMATION

CASEY OUTDOOR RECREATION PROGRAM DIRECTOR  
MR. DAVID A. HILL

315-730-6187  
[david.a.hill31.naf@mail.mil](mailto:david.a.hill31.naf@mail.mil)

CASEY OUTDOOR RECREATION SPECIALIST  
MR. HAN, KI YONG

315-730-6195  
[kiyong.han.1n@mail.mil](mailto:kiyong.han.1n@mail.mil)

## L-LAAD & SURVEY

### // LEADER LEAD AFTER ACTION DEBRIEF

A leader-led Commander's tool that emphasizes teamwork, unit cohesion, and restoring or enhancing readiness!

### // PURPOSE

- a. Help Warriors and Teams to make sense of a difficult or traumatic event
- b. Solidify/enhance existing unit cohesion, resiliency and trust
- c. Solidify/enhance existing unit and individual strengths
- d. Emphasize the importance of peer support
- e. Reinforce Resilience skills training
- f. Prepare the unit for ongoing and future military operations

### // SURVEY

In order to provide those facilitating the WAQ program with a feedback for the unit event, a survey is conducted after the unit event is over. The survey is very comprehensive, seeking information on "program outcome," "Soldier Training Brief," "Group Cohesion," "Stress," "Future Plans," "Release," "Support," "L-LAAD," and finally the "Demographic" information.

### // TRANSPORTATION

Will be provided to all WAQ activities at no cost to the units! Please coordinate with Outdoor Recreation for pick up locations and times.

