

Fort Belvoir

Warrior Adventure Quest Program Overview

1. The Warrior Adventure Quest program and purpose.
 - a. Is a Department of the Army endorsed, Soldier reintegration program sponsored by the Family Morale Welfare and Recreation Command (FMWRC)
 - (1) Eligibility: All Army units are now eligible for participation regardless of deployment status. Each Army unit can do a Warrior Adventure Quest once every 12 months. Army National Guard and Reserve are considered Army units and therefore eligible, while under Title 10 status.
 - b. Seeks to mitigate the high risk behaviors of Soldier following deployments
 - (1) Uses high adventure programs to simulate adrenaline response experienced during deployments
 - (2) Teaches Soldiers a safe outlet to experience their “new normal”
 - (3) Introduces Soldiers to Outdoor Recreation and the variety of high adrenaline activities we can offer.
 - c. Consists of 5 phases of training
 - (1) Phase I & II for the Leaders – Train the Trainers and L-LAAD Soldiers
 - (2) Phase III for the Soldiers – Delegate L-LAAD to other Soldiers if so desired.
 - (3) Phase IV incorporates the high adrenaline activity – Conducted by MWR Staff
 - (4) Phase V ties all other phases together using a Leader-Led After-Action Debrief –Driven by E-5 and above Soldiers from the Unit.
 - d. Focuses on individual and unit resilience factors
 - (1) Normalizes physical and emotional reactions
 - (2) Promotes vertical and horizontal bonding
 - (3) Promotes cohesion
 - (4) Promotes esprit de corps
 - e. Describes what WAQ is not...
 - (1) Not a physical fitness substitute
 - (2) Not organized fun
 - (3) Not therapy
2. What Soldiers get out of the Warrior Adventure Quest Program
 - a. Proven reductions in accidents
 - b. Proven reductions in behavioral health incidences
 - c. Proven reductions in negative administrative actions
3. Requirements for the Warrior Adventure Quest Program
 - a. Designate 2 LLAAD leaders E5 and above, must complete and provide LLAAD training module certificates.
 - b. All Unit Soldiers participants must complete and provide Soldier Training module certificates and Unit POC must provide final roster.
 - c. Unit must review and sign MOA with ODR.
 - d. MOA between UNIT and Outdoor Recreation must be signed.
 - e. All Soldier participants must complete a survey at the completion of the activity to include DOD # and SSN#, no exceptions allowed.
4. How to get involved in WAQ.
 - a. Coordinate with local Outdoor Recreation Program Managers
 - 1) Romel Voellm - 703-805-1488 - romel.e.voellm.naf@mail.mil
 - 2) Deborah Patterson - 703-805-1226 - deborah.patterson12.civ@army.mil
 - b. Turn in WAQ request form enclosed and have a roster available of Soldiers that will be attending the program and provide required training certificates
 - c. Provide minimal two Soldiers; Staff Sergeant and higher to train as LLAAD certified personnel to conduct post activity LLAAD and provide required certificates
 - d. Make ODR the place of duty for Soldiers during that day.
 - e. Work with ODR to develop a list of viable activities that will be conducted, some are weather dependent so it is good to have a mix of indoor and outdoor activities.



Programs Offered

What is Warrior Adventure Quest?

Department of the Army initiative, by executive order (Execution Order 09-019) to provide high-adventure outdoor recreation programs as part of team building and the Army's holistic approach to RESET.

Warrior Adventure Quest is a free resiliency training for Army units. All units are now eligible for participation regardless of deployment status. Each Army unit can do a Warrior Adventure Quest once every 12 months. Army National Guard and Reserve are considered Army units and therefore eligible, while under Title 10 status.

Helps strengthen Soldiers resiliency and builds strong bonds that will last throughout deployment (pre deployment).

Mitigates common high risk behaviors (post deployment).

Activities Include (subject to availability, cost and season)

- Ziplining (Ropes Course)
- Mountain biking
- Rock Wall Climbing (indoor/outdoor)
- Ski/Snowboard/Tubing (seasonal)
- Paintball
- We can also customize trips and are always open to new ideas!

For more info, please contact:

Romel Voellm
Fort Belvoir Outdoor Recreation
romel.e.voellm.naf@army.mil
703-805-1488



FORT BELVOIR WAQ REQUEST FORM

UNIT POC NAME: _____

EMAIL: _____

CONTACT NUMBER: _____

UNIT NAME/PLATOON: _____

REQUESTED EVENT DATE: _____

ACTIVITY: _____

SOLDIER COUNT: _____

TRANSPORTATION REQUESTED: Y / N

LLAAD LEADER PRIMARY NAME (E5+): _____ EMAIL: _____

LLAAD LEADER ALTERNATE NAME(E5+): _____ EMAIL: _____

CHECKLIST:

- LLAAD TRAINING CERTS (Please save certificates in the following format: LASTNAME_FIRSTNAME -SOLDIER TRAINING)
- SOLDIER TRAINING CERTS AND ROSTER (Please save certificates in the following format: LASTNAME_FIRSTNAME - LLAAD TRAINING)
- UNIT MOA SIGNED



Warrior Adventure Quest training requirement information

New Online Training for WAQ:

The new WAQ training, is available thru the MG Robert M. Joyce School for Family and MWR (IMCOM Academy) as self-paced online training and consists of the following modules:

For best possible access use Chrome or Firefox!

- **L-LAAD Module:** Mandatory for all nominated unit leaders, to be completed prior to WAQ activity day. Requirement is two (2) unit leaders per platoon session must be trained in this module AND must be present for the event.

Also mandatory for all WAQ program coordinators for familiarization of content and process.

Goto: <https://academy.armymwr.com/resources/training-materials/warrior-adventure-quest-waq-leader-training>

(no active account required)

IMPORTANT: Once you have completed the training, and have obtained your certificate, please complete the attendance sign-in form by clicking the second link on the website. This officially adds your name to the WAQ Soldier completion roster. You will need to provide your training certificate to your WAQ unit coordinator, so please save your certificate.

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- **Soldier Training Module:** Mandatory for all Soldiers of participating units. Soldiers must have proof of participation certificate on the day of activity. Also mandatory for all WAQ program coordinators and practitioners for familiarization of content.

Goto: <https://academy.armymwr.com/resources/training-materials/warrior-adventure-quest-waq-soldier-training>

(no active account required)

IMPORTANT: Once you have completed the training, and have obtained your certificate, please complete the attendance sign-in form by clicking the second link on the website. This officially adds your name to the WAQ Soldier completion roster. You will need to provide your training certificate to your WAQ unit coordinator, so please save your certificate.