

WARRIOR ADVENTURE QUEST



Camp Zama, Japan

Warrior Adventure Quest (WAQ) is an Army RESET training tool designed to introduce Soldiers to activities that serve as alternatives to aberrant behaviors often associated with accidents involving recently re-deployed Soldiers. This tool presents coping outlets to help Soldiers realize their own new level of normal after deployment and "move on" with their lives.

WARRIOR ADVENTURE QUEST

WAQ is a Soldier reintegration program which combines a high adrenaline activity with resilience skills training.

Endorsed and supported by the Department of the Army and a "No cost" unit function for Active Duty Soldiers.

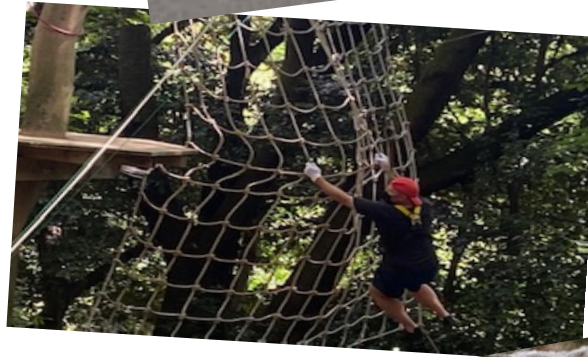
Phases of WAQ

Phase I & II Leader Training, all SSG and above learn how to facilitate and utilize Leader-Led After Action Debrief (L-LAAD)

Phase III Soldier Training, briefing of concepts like personal readiness and resilience and Combat Operational Stress Control within WAQ.

Phase IV High Adventure Activity

Phase V Leader Led Debrief, L-LAAD facilitated by the unit leaders and unit to realize connections between activity and challenges within daily life.



Benefits of W.A.Q.

- Introduces Soldiers to a healthy alternative for high adrenaline activities.
- Promotes Readiness
- Reinforces Unit Cohesion and Team Building.
- Introduces Soldiers to an activity to assist in Stress Management.
- Uses the L-LAAD to help Soldiers realize the connections between the activity and daily challenges.



Available Activities

Rope Course Paintballing
Indoor Sky Diving Rafting
Go-Karting

For more information please contact
Dennis Ang (dennis.a.ang.naf@army.mil)
DSN 263-3939 / COMM 046-407-3939

