

# WARRIOR ADVENTURE QUEST

Camp Zama • Japan

U.S. ARMY MWR  
MORALE • FAMILY • RESERVE • OUTDOOR

ARMY OUTDOOR RECREATION

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.

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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 1 & 2** Leader Training ~ All SSG and above learn how to facilitate and utilize Leader-Led After Action Debrief (L-LAAD)
- **Phase 3** Soldier Training ~ Briefing of concepts like personal readiness and resilience and Combat Operational Stress Control within WAQ
- **Phase 4** High Adventure
- **Phase 5** Leader Led Debrief ~ L-LAAD facilitated by the unit leaders and unit to realize connections between activity and challenges within daily life

### *Benefits of WAQ*

- 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



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