

Highland Retreat

Challenge Course

Informed Risk & Consent Form

Highland Retreat's Informed Risk & Consent Form MUST be signed with NO additions, deletions, or changes for the participant to take part in the Challenge Course. This form outlines the benefits and risks of participating in the Challenge Course so that you can make an informed decision regarding participation. Please review the guidelines on the back page prior to coming.

Please Print

Participant's Name: _____ Age*: _____

Name of Group: _____ Activity Date: _____

Address: _____ City: _____ State: _____

Home Phone:(_____) _____ Business/Cell Phone:(_____) _____

Please list any medical concerns or limitations that may affect your ability to participate on the challenge course:

Please provide the following information in case of an emergency:

List allergies, if any: _____

Medication(s) currently taking: _____

Person to notify: _____ Phone:(_____) _____

Health/Medical Insurance Carrier: _____ Policy #: _____

CONSENT FORM: The Challenge Course at Highland Retreat is a powerful outdoor experience designed to foster self-discovery and confidence, communication, teamwork, and group processing skills. It is a carefully structured, graduated series of initiative activities incorporating physical, mental and social challenges. Activities may include reliance on others or equipment, climbing over obstacles, walking on cables, or riding on our Zip Line and/or Super Swing. We are confident you will find it a great learning experience – both fun and challenging.

As with any active outdoor activity there are potential risks. However, these activities are done with supervision of a trained instructor/facilitator and under controlled conditions designed to minimize risks. Nevertheless there are elements of the challenge course that require climbing, pulling, lifting, and balancing and there are always risks involved. We want to make sure that you understand the risks of injury before you decide to participate in the program. It is required that you read the following very carefully and make sure you understand it and sign it before you begin participating in the activity.

I, AS A PARTICIPANT, UNDERSTAND THAT THIS ACTIVITY REQUIRES SOME PERIODS OF PHYSICAL EXERTION, AND ACTIVITY THAT POSES POTENTIAL – ALTHOUGH MINIMAL – RISK, AND A GUARANTEE OF ABSOLUTE SAFETY IS IMPOSSIBLE. I UNDERSTAND THAT HIGHLAND RETREAT DOES NOT PROVIDE ACCIDENT INSURANCE COVERING THIS ACTIVITY. I VOLUNTARILY ELECT TO PARTICIPATE IN THE PROGRAM AND TO ASSUME THE RISKS OF INJURY OR HARM THAT COULD RESULT FROM PARTICIPATION. ON MY OWN BEHALF, AND ON THE BEHALF OF MY PERSONAL REPRESENTATIVES AND HEIRS, I RELEASE HIGHLAND RETREAT, ITS OWNERS, EMPLOYEES AND STAFF FROM ANY CLAIMS OR LIABILITY ARISING FROM MY PARTICIPATION IN THE CHALLENGE COURSE. I GRANT HIGHLAND RETREAT PERMISSION TO USE PHOTOGRAPHS TAKEN OF ME DURING THE PROGRAM FOR PROMOTIONAL PURPOSES OR TO BE USED IN THE MEDIA. I HAVE READ AND UNDERSTAND THIS RELEASE OF LIABILITY AND SIGN IN VOLUNTARY. I GIVE PERMISSION FOR HIGHLAND RETREAT TO ADMINISTER BASIC FIRST AID OR TO SEEK APPROPRIATE MEDICAL ASSISTANCE FOR THE PARTICIPANT LISTED ABOVE.

Signature of Participant _____ Date: _____

***If the participant is under 18 a parent or guardian must sign this form as well as the participant.**

Parent/Guardian Signature _____ Date: _____

Guidelines for Challenge Course Participants

Participants:

- ❑ **All participants must bring a signed Informed Risk & Consent Form**
- ❑ Minimum age for low elements is 9 years old, for high elements is 11 years old, and for ground elements with special prior approval for younger aged children.
- ❑ Minimum of 8 participants are required to do the low elements.
- ❑ Participants will be divided into groups of 8 – 12 people per group. However, the maximum number of people in any one group is 15, which includes chaperones.
- ❑ Chaperones are encouraged to be active (physically &/or mentally) participants in doing the activities

Clothing:

- ❑ Due to changes in temperature, participants should dress in layers, & wear double or thick wool socks in late fall/winter/early springs. Maybe bring a raincoat as well.
- ❑ Clothing should be comfortable, durable and able to get dirty or soiled.
- ❑ While shorts are permitted, they do very little for modesty especially if one is being picked up, lifted over elements, or on high elements – longer shorts work better.

Shoes:

- ❑ Sturdy shoes w/ both closed toe & heel are required, waterproof boots are good in winter.
- ❑ High heeled shoes, platform sneakers, flip flops, or sandals/Texas are not permitted
- ❑ Shoes should remain tied at all times, doubled tied is better, unless the challenge course facilitator has granted special permission.

Jewelry:

- ❑ Earrings, necklaces, chains, watches, etc. are not permitted on the course; they are best left at home or in your car or your Highland room in a safe place.
- ❑ All body piercings must be removed, see challenge course leader if unable to do so.

Sharp Objects:

- ❑ All objects should be considered for removal from your pockets.
- ❑ Keys, pens/pencils, pocket knives shall be removed from clothing; they are best left at home or in your car or your Highland room in a safe place.

Hair:

- ❑ Shoulder length must be tied back for some elements.
- ❑ Wearing bandanas are not permitted while on the high elements of the challenge course.

Food/Water:

- ❑ Participants should bring a water bottle.
- ❑ Gum and candy are not permitted while on the challenge course.
- ❑ Picnic areas and refrigerators are available upon request.

Additional Information:

- ❑ **Challenge by Choice:** While everyone is encouraged to participate physically &/or mentally, the challenge is by choice – your choice! No one will be made to participate. However the per person cost applies to all persons who are part of the group regardless of whether or not they participate.
- ❑ Participants shall inform the challenge course leader of any restrictions or current medical conditions.
- ❑ A signed informed risk and consent form needs to be in our hands for all participants.

- ❑ It is recommended that the adults/chaperones actively participate while allowing the youth the optimal benefits of peer leadership and problem solving techniques that only happen when they are given time and support to creatively figure out a group solution. One of the valuable things you can do to support your group is by assisting the facilitator with positive feedback during the processing after each element since you know the individuals of your group well. Adults should see this as an opportunity to discover new things about your group through their experiential learning on the challenge course.