

## ROCKHAVEN TEAM BUILDING & ADVENTURE PROGRAMS Climbing Tower - Challenge Course – High Ropes Course

### Participant Responsibilities and Informed Consent:

We want you to be fully informed about our Challenge/Adventure program, the setting in which your participation will take place and your responsibilities for your own safety and the safety of others. After becoming familiar with these things and satisfying yourself about any other questions or concerns, please sign and give this form to your group leader who will collect the forms & bring them upon arrival at Rockhaven.

### Rockhaven Camp and Retreat Center

PO Box 1150 Bozeman, MT 59771

Phone: 406.586.9194 Ext. 267

Director: Scott Thrasher – [scott@rockhavencamp.org](mailto:scott@rockhavencamp.org)

Web Site: [www.rockhavencamp.org](http://www.rockhavencamp.org)

- The Challenge Course Leaders have had both training and experience to prepare them for their role as a facilitator of the activities associated with our Challenge Course.
- Participants will be invited to participate in a variety of activities including such things as: stretching exercises, warm-ups, active games, group initiative problems, and high and low ropes course elements any of which may involve rigorous physical activity.
- Although safety procedures will be reviewed, any activity could result in injury, or distress. It is the participant's responsibility to adhere to all stated safety practices. Our principle of "**Challenge by Choice**" means that each individual has the responsibility to choose the level of participation she or he will give to each activity. While all will be encouraged to try new things, it is the participant's responsibility to avoid extending him or herself beyond physical and emotional readiness.
- Many of our Challenge Course activities will take place outside. You could encounter stinging insects, ticks, rough trails, uncomfortable or severe weather and/or other natural elements.
- It is the responsibility of each participant to provide accurate health and medical information to the course leader(s). Leaders should be informed of concerns such as: allergies, physical disabilities or handicaps (temporary or permanent), mental or neurological disorders, current medications, etc. This information will be held in confidence unless permission is given to share items with other participants. It is wise to let the group know about certain conditions so condition aggravation or injury can be avoided.
- Participants are expected to work together and strive to meet stated group goals and stated individual goals.
- Participants are expected to support and encourage each other throughout these activities. Strive to avoid put-downs or phrases that devalue you or another person and identify for the group any occasion when you feel devalued so that devaluing behavior can be changed.
- Everyone is expected to participate honestly in verbal processing after each activity.

### Additional information and guidelines for preparation:

- Any of your personal belongings could be damaged or lost, please leave these things in a safe place.
- Wear comfortable clothing suitable for outdoors. Wear pants or shorts that allow freedom of movement and do not drag the ground. Do not wear a skirt, dress, and pants with elastic waists. If doing a High Challenge Course, do not wear baggy pants.
- Wear soft shoes like athletic shoes, light hiking boots and socks.
- Minimum of t-shirt long enough to tuck in is required. Do not wear tank tops or shirts with bare backs or shoulders. Bring additional items or layers as weather indicates (shirts, jackets, rain gear, etc.)
- A soft hat or cap is fine but may need to be removed for some activities.
- Do not wear large belt buckles, large hairpieces, or jewelry (including watches, bracelets, necklaces, finger rings, earrings, or pierced-body items. Such items will have to be removed before participating in most challenge activities to prevent injury to self and others.
- Before participation, empty pockets of keys, knives, wallet, sling shots, frogs and any other objects. If you wish to carry such personal items it is suggested that you do so in a hip pack or day pack which can be set aside during activities. Make sure your pack has your identification on it.
- Use of chewing gum, chewing tobacco, snuff or smoking will not be permitted during activities.

**Please complete the following personal information and return to the camp or Lead Facilitator prior to participation in the Rockhaven Challenge program. (Please Print)**

Name of group you're coming with: \_\_\_\_\_

Reservation dates/challenge course: \_\_\_\_\_

Name: \_\_\_\_\_ Are you over 18?  If younger, how old? \_\_\_\_\_

In case of emergency, please notify: \_\_\_\_\_

Relation to participant: \_\_\_\_\_ Phone:(\_\_\_\_) \_\_\_\_\_ Cell: (\_\_\_\_) \_\_\_\_\_

Other means of notification: \_\_\_\_\_

Do you have health/accident insurance?  No  Yes If yes, give name & address of company: \_\_\_\_\_

Do you have any limiting physical disabilities or handicaps (temporary or permanent)?  No  Yes If yes, identify and explain:

Do you have any limiting mental or neurological condition (phobias, anxiety, depression, seizures, etc.)?  No  Yes If yes, identify and explain:

Are you currently taking any medication(s), prescribed or otherwise? (E.g. cold medication)  No  Yes If yes, identify and explain:

Do you have any allergies, reactions to medications, or any other medical limitations?  No  Yes If yes, identify and explain:

Do you have any condition that might affect your participation such as cardiac, back, hernia, migraine headaches, etc?  No  Yes If yes, identify and explain:

**Sign and return this page to the Course Leader or Lead Facilitator:**

I have read the above information about the Rockhaven Climbing Tower, Challenge Course, or Ropes Course and understand my responsibilities and agree to fully comply. I understand that participation may be physically and/or emotionally demanding. I affirm that my health is good and that I do not have any undisclosed condition that bears upon my fitness to participate in activities. I understand that injury or disability could occur to me during my participation and I participate of my own free choice. I assume all obligations, financial and otherwise, which might result from my participation and any injury that might occur. I hold harmless and release, Rockhaven, its staff, Board, and First Presbyterian Church, Bozeman and all related agencies from all liability for any injury to me or personal loss resulting from participation in Rockhaven activities.

Participant's Signature \_\_\_\_\_ Date \_\_\_\_\_

Complete Mailing Address: \_\_\_\_\_

Telephone: Home (\_\_\_\_) \_\_\_\_\_ Cell (\_\_\_\_) \_\_\_\_\_

Parent/Guardian's Signature (If Participant is under 18 years old): \_\_\_\_\_

