PARTICIPANT LETTER

YMCA Camp Reed Challenge Course/Climbing Tower

Dear Participant,

You will be participating in the Challenge Course / Climbing Tower at the YMCA Camp Reed facility. This program is designed to enhance the team building experience and promote values and objectives among its participants with fun and challenging activities. These events and activities are not designed to be competitive but rather are intended to encourage participants to do their best. The YMCA facilitators all have respect for individual ideas and choices; therefore, we offer *"Challenge by Choice"* throughout our ropes course program. This program emphasizes the following seven major goals:

1. **Teamwork:**
   Teamwork is the key that allows a group to meet a challenge successfully. This experience makes it clear that each individual can accomplish more as a member of a team than by doing it alone.
2. **Communication:**
   This program encourages learning of critical listening and discussion skills important for any group attempting difficult tasks.
3. **Trust:**
   Participants completing difficult tasks on a course develop trust in facilitators, the safety of the course, others, and themselves.
4. **Leadership:**
   Leadership is given and assumed naturally. It can be expressed in many ways. Team members attempting to solve problems may have many opportunities to develop and exercise leadership skills.
5. **Decision Making:**
   Groups make decisions by developing one or more solutions to a problem, considering the available resources and alternatives, and evaluating the probable results.
6. **Problem Solving:**
   This program challenges groups and individuals to develop solutions to interesting problems. Participants can than test their solutions and evaluate the results.
7. **Self Esteem:**
   Meeting the challenges of a course allows individuals and groups to develop self-esteem and encourages them to adopt challenging and attainable goals.

CLOTHING & WEATHER

Wear comfortable clothing and sensible shoes that you don't mind getting dirty. During rainy days, we generally continue, so bring a poncho or rain gear. We will take shelter during severe weather such as thunder or lightning storms. Bring your own water and water bottle as there is no water source on the course. Participants are encouraged to bring their own bug spray. Please no pop or sugary juices as they attract insects.

Clothing should be...

- Comfortable, Casual, Durable
- Long pants or sweats are preferred (if shorts are worn, must be knee length)
- Layered (layers, suitable for the season, will allow you to be comfortable all day)
- Bring a warm shirt, as it has been very cold in the past.
- *No large or sagging pants allowed on the course.*

Shoes should be...

- Low heeled
- Closed Toe
- Comfortable such as running shoes or sneakers
- Suitable for the weather conditions
- No sandals or slippers of any kind

Jewelery, Watches, and non-prescription sunglasses

- Are best left at home or in your car in a safe place, as we will ask that they be removed before going out to the Ropes Course.

Glasses and Contact lens wearers...

- Take any precautions you would normally take when participating in outdoor activities to protect your eyes.
- Wearing an eyeglass retaining strap can help protect your glasses.

Smoking, Gum, and Candy

- Are not allowed on the Ropes Course or during activities (for safety reasons)

VOLUNTARY RELEASE FORM

YMCA Camp Reed Challenge Course/Climbing Tower

School or Organization: _____ Date of Event: _____

In consideration for being permitted to utilize YMCA of the Inland Northwest facilities, program or services for any purpose, I (the undersigned), any personal representative and/or kin, hereby voluntarily agree to release and hold harmless, YMCA of the Inland Northwest, their agents, assistants, employees, and/or co-sponsors for any damage or injuries, physical or mental, which they might incur as a result of my decision to participate. Recognizing there is a significant element of risk in any adventure, sport, or the outdoors as well as inherent risks, dangers, and rigors involved in the activities, by participating I acknowledge and accept the activity as being safe and that I am capable and reasonably suited for participation.

I assume full responsibility for myself for bodily injury, death, loss of personal property, and expenses thereof, because of my negligence, or other risks, known or not known, including, but not limited to those caused by the obstacle course, equipment, the terrain, the weather, my athletic and physical conditions, and other participants. I acknowledge that I have read completely, and fully understand all aspects of this release form; been given the opportunity to ask questions and that by signing below, agree to its terms in their entirety.

I agree that if I do sustain any physical injury or mental damage of any nature because of my voluntary decision to participate, I agree to hold harmless, and release the above named parties from any liability therefore and that this release is binding on my heirs and assigns. I have read and voluntarily sign this RELEASE AND WAIVER AND INDEMNITY AGREEMENT, and further agree that no oral representations, statements, or inducement apart from this agreement have been made. I also authorize the YMCA of the Inland Northwest to have and use all photographs, slides, and videos of the participant as needed for marketing or other purposes. In case of a medical emergency, I give the YMCA of the Inland Northwest permission to seek medical attention on my behalf.

Print Name: _____ Date:

Participant Signature: _____

If a minor, Parent/Guardian Signature: _____

Participant Home Address: _____

Emergency Contact Name/Phone Number(s): _____

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