Outdoor adventure activities are exciting, challenging, and both physically and mentally demanding. Some activities may be stressful and possibly hazardous. The course provides goal-oriented activities that offer participants an opportunity to explore new behaviors related to trust, teamwork, and leadership capabilities. These activities may include field games, low elements, initiatives 3-5 feet high, and high elements (approximately 30-40 feet high) that are constructed of rope, cable, and wood. Instructors who have been specifically trained in the operation and safe practices of challenge courses supervise all activities. Our philosophy is “challenge by choice,” meaning that participants agree to choose their own level of challenge and agree not to be coerced by instructors or other participants.

URI has taken precautions to provide proper equipment and qualified instructors. It is impossible, however, to guarantee absolute safety. While it is the aim and responsibility of the program and the instructors to provide you with an enjoyable and safe experience, you must realize that there is a degree of risk and personal responsibility for safety when you participate in adventure activities. You will receive instruction in safe, up-to-date practices and safety instructions related to all elements and activities, and be supervised throughout the program. Participants are advised to call hazardous situations to the leader’s attention.

Injury can occur. By consenting to participate, you assume all risks incidental to use of the course and challenge activity materials, including the possibility of bruises and other injuries. Signing this form indicates your recognition and understanding of the responsibilities and hazards inherent in your group’s participation on the course.

Please confirm with your signature that you have read this information, that you understand your responsibilities as a participant in an adventure program. It is important that you assess your physical condition; only you know if you are in shape to go through the course. Also, please sign to show that you agree to follow instructions and directions given by your instructors, and that you will act with good judgment. FAILURE TO PROVIDE A SIGNED CONSENT FORM WILL RESULT IN A BAN FROM PARTICIPATION.

NAME (please print legibly):__________________ ORGANIZATION:________________________________________

PARTICIPANT SIGNATURE: ______________________ DATE: ____________ EMAIL:____________________
(or parent/guardian signature, if under 18)

PHOTO/MEDIA RELEASE (PLEASE CHECK BOX IF YOU DO NOT AGREE)
☐ I do not grant the University of Rhode Island’s Center for Student Leadership Development the right to use, reproduce, assign and/or distribute photographs, films, videotapes, and sound recordings of me for use in materials they may create.

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GUIDELINES FOR CHALLENGE ACTIVITY PARTICIPANTS

KEEP THIS PORTION!

DRESS
• We will be outdoors for your planned session. This means dirt, mud, grass, etc…dress appropriately!
• Dress in layers that will prepare you for different kinds of weather (we may go out in rain/inclement weather)
• Sturdy shoes-sneakers or other closed toe shoes and socks are REQUIRED!
• Ideally, please wear long pants that can tucked into socks when outside. In warm weather, sturdy shorts are acceptable.
• Please be prepared with a long sleeve shirt. Short sleeves are acceptable in warm weather.
• Bring a hat or bandana to protect your head/hair. Long hair should be tied back.
• Bring work or gardening gloves if you have sensitive hands
• NO perfume or scented lotions
• NO cell phones, pagers, watches, necklaces, bracelets, dangling or hoop earrings, rings or watches…leave them all at home!

SUPPLIES
• sunscreen, if desired (watch the scents)
• bug sprays, if desired (again, watch the scents)
• water bottles-a must!

PARTICIPATION
• Challenge courses and activities are an ADVENTURE! Come prepared with an attitude and an appetite for the exciting, the new, the ambiguous, and the profound. Leave your troubles behind, open your mind, and get ready for a great experience.
• Physical contact during a challenge course is inevitable and vital to the program. Be prepared to get close-to touch and to be touched.
• AGAIN-We use the model “Challenge by Choice.” You are not required to do anything if you feel it poses extreme physical or psychological stress to you; you will be challenged to go beyond your comfort zone and to take new risks.
• AGAIN-Because of safety risks inherent in an adventure program, you must follow the directions of your instructors at all times.