

## **Dear Challenge Course Participant,**

Welcome to the Oregon State University Challenge Course. We're excited that you'll be joining us! We would like to take this opportunity to share a little information with you about your upcoming program.

### **What exactly does the Challenge Course entail?**

The Challenge Course consists of a graduated series of group-oriented activities. The day begins with warm-up activities and games designed to help group members get to know each other and build the foundation for working together. As the day progresses, you and your group will be presented with more difficult and complex challenges. Group members work together to set goals and develop strategies for solving each challenge. Activities range from 'simple' ball tossing activities to more complex challenges involving larger props such as ropes, boards and cables. Most activities take place at ground level; however, several solutions may require some group members to be anywhere from 2 to 12 feet off of the ground. Your program may also include an opportunity to participate in the high ropes course. At heights of 25 to 35 feet, these ropes and cable elements are specifically designed to provide a variety of ways to challenge yourself and support others, whether or not you choose to climb. Whatever the activity, it is important to remember that the real focus of the day is on working together as a team.

### **Will participants be required to do the activities?**

The OSU Challenge Course abides by a *Challenge by Choice* philosophy, which enables you to determine the type and level of participation that is most appropriate for *you*. While we encourage each group member to challenge themselves, we recognize that not everyone will want to and/or be able to participate in every activity in the same manner. Individuals may choose to contribute to the planning and strategizing and not necessarily the physical action of any given activity. Utilizing the *Challenge by Choice* philosophy allows everyone to be involved and to challenge themselves, but at their own pace and in their own way. We will make every effort to design your program with the specific goals, needs, interests and concerns of *your* group members in mind.

### **We are serious about safety.**

Our staff are professionally trained instructors who are competent in technical safety and group dynamic facilitation skills. Because your participation in the OSU Challenge Course includes certain inherent risks, we expect you to follow the instructions of your facilitators. Everyone's safety will be enhanced if you are attentive throughout the day, communicate your needs to the facilitators and/or your group and support the choices of others in your group. Please read, complete and return to us the Assumption of Risk and Liability Waiver form included in this packet.

### **What are your responsibilities?**

During your participation in the OSU Challenge Course, we ask that you work toward a set of goals, which includes having fun, working together, taking care of yourself and others, and being safe. In order to create the best experience for everyone, we ask that you also agree to uphold certain program standards. These include following all safety guidelines by instructors, using equipment only with proper supervision, supporting each other within the *Challenge by Choice* philosophy and letting instructors know your concerns and needs. Please dress appropriately for the weather and come prepared for your program. Enclosed you will find a recommended clothing list with additional helpful hints.

We are glad that you are participating in the OSU Challenge Course, and thank you in advance for the effort that you'll put into making your program a rewarding experience.

## **Helpful Hints and Recommended Clothing**

Please come well prepared for your day at the OSU Challenge Course.

### **Recommended Clothing:**

Wear comfortable clothing that does not restrict your ability to be active.

- Sneakers or comfortable closed toe shoes
- Extra socks (recommended for morning dew or rain)
- Walking shorts, long pants or sweats
- T-shirt or long sleeved shirt
- Glasses/sunglasses with a strap
- Hat and sunscreen, as needed

### **Wet / Cold Weather Layers:**

Wearing layers allows you to remove and add clothing as needed. Minimize cotton clothing as it absorbs water and does not keep you warm if it gets wet.

- Wool, Pile or Fleece Sweater
- Warm hat
- Gloves
- Wool socks (we suggest bringing an extra pair also)
- Waterproof boots
- Raincoat, shell, or windbreaker

### **Please leave the following items at home or in your vehicle:**

We are not responsible for the items you bring on to the course property.

- Jewelry (particularly rings, dangly earrings and necklaces)
- Belts with large buckles
- Wrist Watches
- Wallets and Purses

### **Having Energy and Fun:**

- Eat prior to your program; it's an activity that requires energy!
- You may want to bring snacks and/or lunch
- Cameras are optional, but welcome (a great way to remember your day!)

The Challenge Course staff goes to great lengths to provide you with a safe, exciting and rewarding experience. By bringing the recommended clothing and other items to your program, you will be well prepared to have a comfortable and enjoyable day.

**ACKNOWLEDGEMENT OF RISK AND WAIVER OF LIABILITY**

PLEASE PRINT

**Activity:** \_\_\_\_\_**Group:** \_\_\_\_\_

Date(s): \_\_\_\_\_

**Participant Information**

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Sex: \_\_\_\_\_

Street \_\_\_\_\_

City, State: \_\_\_\_\_

Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Read this Acknowledgement of Risk and Waiver of Liability carefully and in its entirety. It is a binding legal document. Please read both sides of this page. Sign and return this form to: Adventure Leadership Institute Challenge Course, 541-737-6079, challenge@oregonstate.edu

(INSERT Department contact name, address and phone number)

**If you are under the age of 18, this form must be signed by you as the participant AND by your parent or legal guardian.**

I, the undersigned, am aware that participation in the Activity (hereafter referred to as **ACTIVITY**) described above may include activities that may cause injury, illness, and be dangerous. I acknowledge that participation in this **ACTIVITY** has the following non-exhaustive list of particular activities that bear risk and danger and from which bodily injury and illness, up to and including death, may occur (*INSERT activities below*):

Challenge course programs typically occur in an outdoor environment; activities may include ice breakers, warm up exercises, tag games, problem solving initiatives, low challenge course elements, and high challenge course elements. High challenge course elements include climbing ladders, traversing, and egressing. Inherent risks may include: splinters, exertion, bruises, sprains and strains, falls, falling objects, dust, debris, insect bites or stings, heat/cold, precipitation, physical exertion, mechanical failure of equipment, illness, or forces of nature.

**With full knowledge of the facts and circumstances surrounding the ACTIVITY, I voluntarily participate in the ACTIVITY and assume the responsibilities and risks resulting from my participation, including all risk of property damage and injury or illness to others and to myself.** I agree to comply with all of the rules and conditions of participating in the **ACTIVITY**. I have adequate applicable insurance necessary to provide for and pay any medical costs that may directly or indirectly result from my participation in the **ACTIVITY**, or otherwise understand that I am solely responsible for any medical costs that may directly or indirectly result from my participation in the **ACTIVITY**. I will indemnify Oregon State University, its officers, board members, agents, and employees (hereafter referred to as **UNIVERSITY**) harmless with respect to any and all claims, injuries, illnesses, and costs associated with my participation in this **ACTIVITY**.

Furthermore, I acknowledge that I am solely responsible for any action that I participate in associated with this **ACTIVITY** or around this **ACTIVITY**, regardless if occurring before, during or after the period of the **ACTIVITY**. I will conduct myself in a manner that is considerate of other participants and in accordance with **UNIVERSITY** Rules and Regulations (*including Code of Student Conduct, when applicable*) and with any federal, state, city and other applicable laws or rules where the **ACTIVITY** is occurring. If this **ACTIVITY** is an off-campus **UNIVERSITY** sponsored event, such as field trips, conferences, research, experiential learning, extension of classroom learning, etc., I understand that conduct not acceptable in the classroom setting is not acceptable during this **ACTIVITY** and will be handled in accordance with the Student Conduct Regulations. In addition, I understand that if I travel to the **ACTIVITY** with a **UNIVERSITY** group and/or advisor, I will return with the group unless prior arrangements have been made with the **UNIVERSITY** faculty/staff who is supervising the **ACTIVITY**.

I recognize and acknowledge that the **UNIVERSITY** may record my participation and appearance in **ACTIVITY** on any recorded medium including, but not limited to video, audio, photos (collectively "recordings") for use in any form (including, but not limited to print, websites, blogs, internet, social media). I authorize such recording and release **UNIVERSITY** to use my name, likeness, voice, and biographical material to exhibit or distribute such recordings in whole or in part without restrictions or limitations for any educational or promotional purpose. If you would like to opt out of this section, please request the Photo Opt Out Release.

I am aware that if I provide a vehicle not owned and operated by the **UNIVERSITY** for transportation to, at, or from the **ACTIVITY** site, or if I am a passenger in such a vehicle, the **UNIVERSITY** is not responsible for any damage caused by or arising from my use of such transportation. Furthermore, I acknowledge that I am solely responsible for any action that I take that is outside the scope of the scheduled **ACTIVITY**, regardless if occurring before, during or after the period of the **ACTIVITY**.

This agreement may be executed in two or more counterparts, each of which is an original, and all of which together are deemed one and the same instrument.

**COMPLETE BOTH SIDES OF THIS FORM**



ACKNOWLEDGEMENT OF RISK AND WAIVER OF LIABILITY

To the extent permitted by law, and in consideration for being allowed to participate in the ACTIVITY, I hereby save, hold harmless, discharge and release the UNIVERSITY from any and all liability, claims, causes of actions, damages or demands of any kind and nature whatsoever that may arise from or in connection with my participation in any activities related to the ACTIVITY, whether caused by the negligence or carelessness of the UNIVERSITY or otherwise.

It is my express intent that this Acknowledgement of Risk and Waiver of Liability shall bind my spouse, the members of my family and my estate, heirs, administrators, personal representatives and assigns. I further agree to save and hold harmless, indemnify and defend the UNIVERSITY from any claim by the aforementioned parties arising out of my participation in the ACTIVITY.

I recognize and acknowledge that the UNIVERSITY makes no guarantees, warranties, representations, or other promises relative to the ACTIVITY, and assumes no liability or responsibility for injury, illness, or property damage that I may sustain as a result of participation in the ACTIVITY.

I further understand and agree that this is a release of liability and indemnity agreement, and it is intended to be as broad and inclusive as permitted by law. If any portion hereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full force and legal effect.

I hereby certify that, with or without accommodation,\* I have no health-related reasons or problems that preclude or restrict my participation in the ACTIVITY. I hereby consent to and understand myself to be solely responsible for the cost of first aid, emergency medical care, and, if necessary, admission to an accredited hospital for executing such care or treatment for injuries or illnesses that I may sustain while participating in any activity associated with the ACTIVITY.

\*If your participation requires an accommodation, please contact ALI Challenge Course, 541-737-6079 (7 days) at least one week before the date of the ACTIVITY. (INSERT Department contact name and phone number)

Emergency Contact Name: Telephone Number:

In signing this Acknowledgement of Risk and Waiver of Liability I hereby acknowledge and represent: (a) that I have read this document in its entirety, understand it, and sign it voluntarily; and (b) that this Acknowledgement of Risk and Waiver of Liability is the entire agreement between the parties hereto and its terms are contractual and not a mere recital.

Participant Signature: Date:

REQUIRED FOR ALL PARTICIPANTS UNDER 18 YEARS OF AGE: PARENT OR GUARDIAN'S AUTHORIZATION FOR MEDICAL CARE AND CONSENT TO AGREEMENT

I certify that I am the parent or legal guardian of the above-named participant in the ACTIVITY. On behalf of myself and my spouse, partner, co-guardian or any other person who claims the participant as a dependent, I have read the above agreement, I understand the contents of this Acknowledgement of Risk and Waiver of Liability, assent to its terms and conditions, and sign this Acknowledgement of Risk and Waiver of Liability of my own free act. I acknowledge that my dependent and I have agreed to the terms and conditions of my dependent's participation in the ACTIVITY, and I hereby give my consent to participation by my dependent in the ACTIVITY, and to receive medical treatment determined to be necessary. I further agree to hold harmless, indemnify and defend the UNIVERSITY from and against all claims, demands or suits that my dependent has or may have.

Parent or Guardian Signature: Date:

This agreement may be executed in two or more counterparts, each of which is an original, and all of which together are deemed one and the same instrument.

COMPLETE BOTH SIDES OF THIS FORM