

# Hopewell Challenge Course Waiver

## 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 of concerns, please sign & give this form to your group leader who will collect the forms & bring them to turn in upon arrival at Hopewell. Questions? Call or write:**

**Hopewell Camp & Conference Center, 24 CR 231, Oxford, MS 38655**

**Phone: (662) 234-2254**

1. The Challenge Course Leaders have had both training and experience to prepare them for their roll as a facilitator of the activities associated with our Challenge Course.
2. Participants usually experience a great deal of excitement, motivation, and learning which can benefit them personally, professionally, and spiritually.
3. 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 rope course elements any of which may involve rigorous physical activity.
4. Although safety procedures will be reviewed, any activity could result in injury, embarrassment, 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 himself or herself beyond physical and emotional readiness.
5. Many of our Challenge Course activities will take place outside. You could encounter poison ivy, stinging insects, ticks, rough trails, uncomfortable or severe weather and/or other natural elements.
6. It is the responsibility of each participant to provide accurate health and medical information to the course leader(s) 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.
7. Participants are expected to work together and strive to meet stated group goals and stated individual goals.
8. Participants are expected to support and encourage each other throughout these activities. Strive to avoid put-downs or killer phrases which devalue oneself or another person and identify for the group any occasion when you feel devalued so that devaluing behavior can be changed.
9. Everyone is expected to participate honestly in the verbal processing of each activity.
- 10. Additional information and guidelines for preparation:**
  - Any of your personal belongings could be damaged or lost.
  - Wear comfortable cotton or wool clothing suitable for the outdoors. Wear long pants that allow freedom of movement and do not drag the ground. Longer shorts are fine for warm weather. Do not wear a skirt, dress, or pants with elastic waists. If doing the High Challenge Course do not wear large baggy pants – the harness won't fit.
  - Wear soft shoes like sneakers and socks. Avoid soles with protruding cleats or knobs.
  - Minimum of t-shirt long enough to tuck in is required. Do not wear tank tops or shirts with bare backs or shoulders. A long sleeved shirt is advisable for some elements and activities such as rappelling. Bring additional items or layers as weather indicated (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 hair pieces, or jewelry (including watches, bracelets, necklaces, finger rings, earrings or other 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 and any other objects. If you wish to carry such personal items, it is suggestion 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 gun, chewing tobacco, snuff or smoking will not be permitted during activities. Smoking around belay ropes or dry leaves poses an unacceptable risk.
  - Eye glasses must be shatterproof and a safety strap is advisable.
  - Eye protection (glasses, sunglasses or goggles) are recommended for some high elements.
  - Use of insect repellent is advisable. Use on socks, lower pants legs and expose skin – following instructions of the product. Be careful to not get any repellent on ropes and other equipment. Wash your hands before handling ropes if necessary.
  - Hopewell will provide necessary equipment and safety devices such as installed props and equipment at stations, ropes, belay devices, pulleys, harness, helmets, gloves, etc.

11. Each participant must complete the following questions, sign the statement below, and return this form to the course leader prior to participation. You may make a photocopy for yourself if you wish.

**Please complete the following information: (Please print.)**

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

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

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

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

Relation to participant: \_\_\_\_\_ Phone number(s) \_\_\_\_\_

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

Do you have health/accident insurance? No\_\_\_\_ Yes\_\_\_\_ If yes, give name and 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, state what you are taking and what condition it is for:

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

Do you have any other condition which might effect 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:**

I have read the above information about the Hopewell Challenge Course, 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 which bears upon my fitness to participate in activities. I understand that injury or disability could occur to me during my participation, and I participate by my own free choice. I assume all obligations, financial and otherwise, which might result from my participation and any injury which might occur. I hold blameless and release Hopewell Camp and Conference Center, its staff, Board, and all related agencies from all liability for any injury to me or personal loss resulting from participation in Hopewell activities.

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

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone: Home \_\_\_\_\_ Business \_\_\_\_\_

Parent/Guardian's Signature (If participant is under 18 years old)

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