

CU Challenge Course

General Expectations of Clients on Challenge Course

Please Distribute to Each Participant

The Challenge Course at CU exists to facilitate positive human development through safe and fun activities. These activities are progressive in physical and emotional challenges and can include playing games, solving problems, climbing, supporting group members and having fun! Participants are encouraged to try new experiences in a physically and emotionally safe environment created by group members and the facilitator staff.

Participant Responsibilities As a participant in the Challenge Course program you are responsible for reading and completing the waiver, listening and adhering to all instruction and safety considerations, maintaining awareness of your own bodies, old injuries (**especially joint injuries, cardiac conditions, asthma, & allergies**), limitations, and the physical and emotional limits of yourself and others. Safety dictates what we do! *All groups composed of participants under 18 years of age need to be accompanied by at least one supervising adult. Adult supervisors are ultimately responsible for behavior management of their group.*

- **Know Your Limits** Keeping you safe is our number one goal. Help us out by letting us know if you have any medical concerns that you feel we should know about. We will safeguard what you share with us.
- **Feedback:** We look forward to not only working with you in your upcoming course, but in the future as well. As such, we would encourage you to share any feedback you have with us and be prepared for the feedback we have for you!
- **Weather Note:** This is an outdoor experience. Courses will still occur in the rain and snow. The decision to continue with a course is left to the group contact person. Facilitators will only cancel course if weather turns dangerous. (see cancellation policy outlined on invoice)
- **What to wear and bring the day of the course**
 - Comfortable clothing that allows you to climb and move.
 - Be prepared for the changing Colorado weather – Dress in layers and bring rain gear/seasonally appropriate clothing and SUNSCREEN.
 - Any special medical items that you may need – bee sting kit, inhaler, etc.
 - Please leave jewelry, valuables, and pets at home.
 - WATER & BOTTLE. Plan on 32 oz. per person for 4 hours. Please consider reusable bottles, and not throw-away pre-bottled water.
 - Alcohol & tobacco are prohibited on the course. Intoxicated individuals will not be allowed to participate.
 - Due to industry policy, you are not allowed to use your own harness or other safety gear. All harnesses, helmets, etc. will be provided.
 - **Sneakers or other closed toe shoes – no Chacos, Tevas, or other sandals.**