

CU Challenge Course Orientation

Group leaders: please share this with all of your group members!

1. What can I expect from the Challenge Course?

- Fun, adventurous activities that can include playing games, solving problems, climbing, supporting group members, and exploring personal limits.
- Activities will be progressively more challenging both physically and emotionally. We call it a challenge course, not an easy course! Be prepared to be challenged as an individual and as a group!
- We encourage you to try new experiences and expand your comfort zone.
- Our facilitators and your group members will work together to provide a physically and emotionally safe environment for you to explore your limits and grow as a group!

2. How should I prepare?

- You will be emailed a link to fill out an online waiver. Please do this as soon as you receive it, and no later than 24 hours prior to your program time. If you are under 18, you will need a parent/guardian signature. **A signed waiver is required for participation on the challenge course.**

3. What should I wear?

- Comfortable clothing that allows you to climb and move.
- Supportive, closed-toed shoes such as sneakers or hiking shoes. No chacos, tevas, or other sandals. No minimalist shoes or shoes with toe separation. **Proper footwear is required for participation on the challenge course**, your safety is important to us!
- If you have long hair, please bring a hair-tie to keep it out of the way while climbing.

4. What else should I bring with me?

- Colorado weather can change quickly, and we want you to be comfortable so you can focus on the activities! **Bring an extra layer, rain gear, hat/sunglasses, and sunscreen!**
- Medical items you may need – such as inhaler, epi-pen, allergy medications, etc.
- Water bottle - any size is fine, we have running water available for you to refill when you need to. Please consider reusable bottles, and NOT disposable bottled water.
- Lunch and/or snacks. Depending on the timing of your program, you may not have a formal lunch break, but feel free to bring a snack to keep your energy high!
- We ask that you carry out what you carry in, so please plan to bring any food wrappers or other trash back home with you. Help us keep our course looking beautiful!

5. What should I leave at home?

- Please leave jewelry, valuables, and pets at home.

- Alcohol, tobacco, marijuana, and other non-prescription drugs in all forms, including e-cigarettes or vaporizers, are prohibited on the course. Intoxicated individuals will not be allowed to participate.
- All harnesses, helmets, and other safety gear will be provided, please leave your personal gear at home.

6. What if the weather is bad?

- This is an outdoor experience, programs will still run in heat, cold, light rain or snow. Please watch the weather forecast and dress appropriately.
- If there is thunder and lightning, excessively slippery conditions, or other unsafe weather, our facilitators will cancel your program. In the event that we cancel your program due to weather, we will reschedule if possible. **Please note: we may not be able to safely move your program indoors if your group is large. Please be prepared to end your program early and head home if the weather becomes unsafe.**
- The decision to continue your program in safe but unpleasant weather rests with your group leader. Our facilitators will only cancel if conditions are dangerous.

7. Will I be safe? Your safety is our first priority! Help us out by:

- Let us know if you have any medical concerns we should know about. We will safeguard anything you share with us.
- Know your limits – you know your own body best. Stay aware of any existing injuries or medical conditions (such as joint injuries, cardiac conditions, asthma, or allergies). If an activity exceeds your physical or emotional limits, let us know and we will find another way for you to participate and stay involved with your group!
- Listen to and follow all instructions from your facilitators.

8. Do we need chaperones?

- All groups with participants under the age of 18 must be accompanied by supervising adults. You will need a **minimum** of one chaperone for every 10 participants.
- Chaperones may participate in activities with their groups or supervise only, but either way must stay engaged and involved in what their group is doing.
- Chaperones are responsible for behavior management in their group.

9. Can we give you feedback?

- We hope that you will have a wonderful day with us and leave excited to return again.
- We encourage you to share any feedback you have with us, whether it is something we did well or something we can do better!
- We know you are here to grow, so we hope you will welcome any feedback we have for you!

Please email us if you have any other questions or concerns: challenge@colorado.edu
We look forward to seeing you at the challenge course!