What to Expect From Your Ropes Course Experience

The program you will be participating in is a low and high initiative program. Initiatives are best defined as *activities that teach*. The low initiatives are used to develop teamwork, decision-making, problem solving, communication, and leadership skills. The high initiatives are geared towards personal growth, goal setting, self-accomplishment, and self-confidence. Participants need to come prepared to focus on these aspects.

The activities may require some bending, kneeling, and lifting. Participants should be in fair physical condition. All persons are strongly encouraged to participate, and we will try to accommodate those with disabilities. Please notify the program coordinator in advance of any special needs. Confidentiality will be maintained.

What You Can Do To Enhance the Experience

1. Refer to the goals & objectives worksheet you completed and share these objectives with your group prior to your arrival at the course.

2. Help your group understand the visit to the ropes course is more than just a fun time, and that there is a purpose for them being at the ropes course. If applicable, the staff will be asking questions throughout the day, as well as tying the goals and objectives in to the different activities. At the end of the program, we will talk as a group about the experiences and lessons learned.

3. Assist your group in understanding the differences between low and high initiatives.

4. No one will be forced to participate in any of the activities. We believe in “Challenge by Choice.” Participants are encouraged to get out of their comfort zone and go *one step* further than they think they can go; however, the choice is up to them.

5. No horseplay will be tolerated. Safety is our number one concern.

6. Make sure your group is aware they will not be allowed to participate if they did not dress according to the dress code guidelines.
Dress Code & Safety Guidelines

For the safety of all participants, please provide them with the following information. Thank you.

- Clothing should be loose, comfortable, casual, durable and able to get dirty.
- Shoes should be low heeled, comfortable and suitable for running and jumping.
- No slip-on shoes or sandals allowed.
- Shoelaces must be tied.
- All jewelry will need to be removed prior to conducting high initiatives. This includes watches, bracelets, necklaces, rings, earrings, and face and body jewelry.
- Eyeglass wearers should take the necessary precautions to insure their glasses do not fall by removing the glasses or wearing a restraining strap.
- It is recommended each participant bring a long sleeve shirt to use when climbing.
- Each participant needs to bring their own water bottle.
- Participants should bring a jacket or long sleeve shirt, as necessary, based on the possibility of inclement weather.
- Participants should wear sunscreen and a brimmed hat for sun protection.
- Because of the choking hazard, gum and candy are only allowed during break times.
- For health consideration of others and fire control concerns, no smoking is allowed on the premises at any time.
- For safety considerations, no alcoholic beverages are allowed on the premises at any time.
- Neither participants nor any other person shall bring onto, or possess on University Ropes Course premises, any animals, pets, weapons, contraband, explosives, fireworks, candles, any flame device or any other controlled substances.
- Participants must comply with all state and federal laws while on USU Ropes Course property.
- Participants must abide by all policies regarding the use of the premises and follow all instructions of the Ropes Course Staff.

Utah State University, the Office of Conference Services and the USU Ropes Course staff reserve the right to refuse service to anyone and to take such action as may be necessary in the event the Organization or any participant is in violation of any of the forgoing guidelines and expectations.
Program/Group Name

Program Date(s) # of Participants

Beginning Time End Time # of Hours

Contact Person Telephone #

Please answer the following questions as soon as you schedule with us so that we may effectively plan for your group’s specific needs. Please return your form by e-mail, fax or mail.

1. Why are you choosing to participate in the USU Ropes Course?

2. Please explain the background and structure of your group.

3. How do the participants know each other?

4. How long has the group been together?

5. How are the participants currently interacting with each other?

6. What are some areas of the participant’s interactions that need attention (i.e. communication, teamwork, problem solving, cooperation, trust, etc)?

7. Has the group ever had any team building experience? If so, where?

8. What would you like to gain from your experience at the USU Ropes Course? Please state your specific goals and objectives.

9. Please explain any other special requests including participants with special needs.

Please note: We cannot address specific religious topics; however, we can address values and certain beliefs. If you have questions about this, please feel free to call so we may discuss the topic.
Identified Risks of Participation

USU Ropes Course

This is an Informed Consent Form for Minors, which identifies risks of participating in a Utah State University course or program, and a Waiver and Release for parents/guardians.

Injury may result from your participation in the Ropes Course program. You are expected to familiarize yourself with the Ropes Course and what is required, rules of conduct for the USU Ropes Course as well as Utah State University policies. You are expected to follow proper operating procedures including safety procedures as outlined by the Ropes Course instructor, plus any directions given by an authorized USU employee.

I, _________________________________, (print participant’s name) acknowledge that I have familiarized myself with the USU Ropes Course and what is required, I am voluntarily choosing to participate, will follow the rules of conduct, will follow the operating procedures, and will follow any directions given by an authorized school employee.

(Signature of participant)        (Date)

The undersigned, the legal guardian of _______________________________ (hereinafter “participant”) a participant at Utah State University under eighteen years of age, in consideration of participant’s participation in a Utah State University Ropes Course, do hereby agree to this waiver and release.

I recognize that participation in Utah State University Ropes Course may involve moderate to strenuous physical activity and may cause physical and or emotional distress to participants. There may also be associated health risks. I state that participant is free from any known heart, respiratory or other health problems that could prevent participant from safely participating in any of the activities.

I certify that I have medical insurance or otherwise agree to be personally responsible for costs of any emergency or other medical care that participant receive. I agree to release State of Utah, Utah State University and their agencies, departments, officers, employees, agents, and all sponsors, officials and staff or volunteers from the cost of any medical care that participant receives as a result of participation in Utah State University courses.

PHOTOGRAPHY & VIDEO RELEASE—I hereby grant absolute rights and permission to the USU Ropes Course staff and their sponsors to use photographic portraits and/or video footage of me for illustration, promotion or advertising purposes.

I further agree to release the State of Utah, Utah State University, their agencies, departments, officers, employees, agents and all sponsors, officials and staff or volunteers from any and all liability, claims, demands, breach of warranty, negligence, actions, and causes of actions whatsoever for any loss, claim, damage, injury, illness, attorney’s fees or harm of any kind or nature to me arising out of participant’s participation in this Utah State University Ropes Course program. This release extends to any claim made by parents or guardians or their assigns arising from or in any way connected with the aforementioned activities.

CONSENT

Consent is expressly given, in the event of injury, for any emergency aid, anesthesia and / or operation, if in the opinion of the attending physician, such treatment is necessary.

I have carefully read and understand the contents of the foregoing language and I specifically intend it to cover participant's participation in the above stated Utah State University Ropes Course.

Name__________________________________________Date__________________

Signature_____________________________________________________________

(Parent or legal guardian signature if participant is under 18 years old)
- UTAH STATE UNIVERSITY

Informed Consent, Waiver, Release, and Indemnity for Participation in Activity

I the undersigned, being at least 18 years of age, and for myself, my personal representatives, my estate, heirs, and next of kin, and in consideration for the opportunity to participate in the event described below do hereby sign this waiver, release and indemnity agreement. I certify that I have reviewed this agreement and sign it voluntarily of my own free will.

Activity date and times:       /       /2009      From:      am/pm    To      am/pm

Activity location: USU ROPES COURSE

Transportation to and from activity will be arranged by participants.

Activity description: Will include both the Low Course and the High Course

I ____________________________ (print participant’s name) understand and certify that I am voluntarily choosing to participate in the Utah State University Ropes Course and will not hold them responsible for known and unanticipated risks and dangers. These risks and dangers include, but are not limited to, falls, falling objects, and unobservable broken equipment or unauthorized use of equipment which could result in damage to or loss of property, illness or disease, physical or mental injury, or death of myself or other persons. I understand injuries that may result from my participation in scheduled or unscheduled activities related to this program include, but are not limited to: cuts, bruises, sprained joints, broken bones, psychological trauma, infection, and death.

Medical Condition: Participant should be free from any known physical or health problems that could prevent participation in the activities associated with the program or activities described above.
Listed below are known allergies and medical or physical conditions that may restrict my participation in the program (write none if none):

__________________________________________________________________________________________

If these conditions could cause a medical emergency during the program, a medical doctor has to be consulted prior to the program and a written statement must be obtained from the medical doctor stating that the condition should not be a problem during participation in the program. The doctor’s statement must accompany this document.

Medical Treatment Consent: Consent is expressly given, in the event of injury, for any emergency medical aid, anesthesia and/or operation, if in the opinion of the attending physician, such treatment is necessary. Participant’s medical insurance will be the primary and sole source of coverage for treatment.

Health/Medical Insurance Company _____________________________________________   Policy #: ____________________________

Emergency Contact: Name __________________________________________ Phone: __________________________

Liability Release
I agree to release, acquit and forever discharge Utah State University, its officers, employees, agents, students, advisors, teachers, volunteers, organizers and others associated with this event from any and all liability, claims, demands, actions and causes of actions whatsoever that I may have, or which occurs in favor of my executor, administrators or representatives resulting from or arising out of my participation in this event. I agree to defend, indemnify and hold harmless all the entities or persons named above from any claim, demand, actions or causes of action whatsoever for any loss, claim, damage, injury, illness or harm of any kind or nature arising from any accident or injury resulting from my participation in this event.

PHOTOGRAPHY & VIDEO RELEASE-I hereby grant absolute rights and permission to the USU Ropes Course staff and their sponsors to use photographic portraits and/or video footage of me for illustration, promotion or advertising purposes.

I have read and understand the nature of the activity and its inherent risks and I knowingly give consent for participation.

Participant's name: ___________________________________________________________

Participant's signature: _______________________________________________________

DATE:_____________________

RMS   9-03
Location
The USU Ropes Course is located in Logan, Utah, just off Canyon Road near the entrance to Logan Canyon. It is approximately 5 minutes away from the USU campus.

Driving Directions
From Logan’s Main Street
- Go East on Center Street (towards the nearest mountains)
- Continue on Center through the light at 100 East, and go down a small hill
- At the bottom of the hill turn left onto Canyon Road
- Continue east on Canyon Road, go through the four-way stop
- From the four-way stop go 1.1 miles until you see the USU Ropes Course sign on your left
- Take the gravel road on your left
- Follow this gravel road past the “No Trespassing” sign and the house
- The road will take you to the Ropes Course parking area

Driving Directions
From Utah State University
- Go East on 400 north (to the Mouth of Logan Canyon)
- You will drive past the Forest Service Station on your right and down the steep hill
- At the bottom of the hill, turn right onto Canyon Road (before you cross the bridge)
- Continue West on Canyon Road and drive around First Dam (heading West)
- Once past the Dam itself go past the Water Service Building (on your left) and follow Canyon Road for less than ¼ mile.
- You will see the Ropes Course sign on your right (hairpin turn right onto gravel road)
- Follow this gravel road past the "No Trespassing" sign and past the house
- The road will take you to the Ropes Course parking area