



## Ropes Course Retreat Information Sheet

### Accept the Challenge!

#### Shiloh Adventure Course Medical Release and Liability Form

Everyone present at the Shiloh Adventure Course must have a completed and signed release form. This includes anyone not planning on participating in ropes course elements, but still present during the event. If a participant is under 18, this form must be signed by a parent/guardian.

Please have all forms completed by every person that will be in attendance prior to the event. These forms will be collected at the beginning of the event. **NO ONE will be allowed to participate in OR be present at a SAC event without the COMPLETED and SIGNED RELEASE FORM.**

#### What to Wear

Participants should wear clothing that is loose, comfortable, casual, durable, and suitable for the weather. If you choose to wear shorts, please consider the length and do not wear shorts that are too short. Shoes should be comfortable and closed-toe. Jewelry is best left off in order to avoid items being lost or damaged. If any jewelry is worn, it cannot dangle. Long hair needs to be tied back. Remember, you will be outdoors, so there is a chance you could get dirty.

#### What to Bring

- Water bottle that can be refilled with water
- Sunscreen
- Bug Spray

#### What to Expect

You will experience a customized ropes course retreat where you will grow personally, and as a team, utilizing a wide range of adventure elements. Elements include low course team building, zip line, climbing wall, faith pole, and u-course. The specific elements you will participate in vary depending on your customized event.

All elements are facilitated by a trained and certified instructor. Participants will wear a harness and helmet, and be attached to ropes for all high elements. Anyone that is pregnant, has a heart condition, or is unable to fit in the harness safely as determined by Shiloh Adventure Course staff, may not be allowed to participate in high element activities.