

## **Lazy F Challenge Course Release of Liability**

### **Disclosure**

**The Challenge Course experience at Lazy F Camp & Retreat Center involves the following activities:**

**Orientation/Introduction** – goal setting, safety briefing, learning names, and physical warm-ups.

**Initiative Games** – group activities that use little or no props, are low to the ground, and emphasize group decision-making and problem-solving skills, cooperation, awareness of individual’s effect on the group, leadership styles, etc.

**Spotting & Trust Activities** – activities that teach proper spotting techniques used for safety in trust and low element events, development of trust among group members, and emphasize looking out for another’s physical and emotional safety. May include the “trust fall”, where participants fall back into the arms of group member from a height of 4 feet.

**Team Challenge Elements** – the group will use permanent structures, cables, etc. built among the trees including: a whale watch, a spiders web, a 12 ft. wall up to get over, “tight rope” walking, or trust fall activities and more.

**Summit Adventure Elements**– these elements are built in trees, are up to 65ft. high, and include: Pirates Crossing, Climbing Tree, Vertical Playpen, Multivine, Branding Iron Tower, and Zip Line. Participants wear helmets and are belayed at all times with a climbing rope and harness.

Some of the above activities are physically rigorous. The level of participation in a challenge course activity is at all times completely up to the individual’s choice. Yet there is a risk, which must be assumed by each participant that he or she may suffer an emotional or physical injury or disability. Injuries can include, but are not limited to; cable burns, rope burns, sprains, skin abrasions, and pulled/strained muscles. In the unlikely event of a failure of a helmet, belay, or other safety precautions, more serious injuries or even death could result.

The number and choice of element(s) your group be participating on will depend on the length of time your group spends in our challenge course program and the goals of your group.

Policy for participation in the Lazy F Challenge Course experience requires that every participant must make certain health/medical information known to the course facilitator(s) prior to participation so that they are prepared to respond appropriately if the need arises. This information will be held confidential and is contained in the “Health History Form”.

**No one will be able to participate in Challenge Course activities without a signed “Health History Form” and a “Release of Liability” form!**

### **Release of Liability**

I, the undersigned, understand that parts of the Challenge Course experience at Lazy F may be physically or emotionally demanding. I affirm my (or my child’s) health is good, and that I (or my child’s) am (is) not under a physician’s care for any undisclosed conditions that might endanger my (or my child’s) health or that of other participants. I recognize the inherent risk of injury or disability in challenge course activities.

I hereby agree to release the United Methodist Church, the Conference Camping Commission, Lazy F Camp & Retreat Center, and any of their directors, officers, staff members, or volunteers, from any liability, claims, demands, legal suit, or causes of action arising out of, or in any way connected with my participation in the Challenge Course activities, and further to indemnify them for any losses resulting from any suit brought in my name or on my behalf.

**Participant’s Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**(Parent or Guardian’s Signature if under 18)**

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**(Please print Parent or Guardian’s names)**

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**Participant’s Name**