



## **To Parents/Guardians**

### **ROPES CHALLENGE COURSE and/or CLIMBING WALL/TOWER**

The High or Low Ropes Challenge Course and the Climbing Wall are adventure recreation programs which offer participants the opportunity to engage in a series of activities involving mental, physical, and emotional risk-taking. Activities consist of problem-solving activities, games, and initiatives. On the ropes course, these activities involve a series of ropes, cables, and logs used to simulate challenges. Participants start with team-building activities and may choose to progress beyond these activities to the low rope elements of the course. Either the Challenge Course or the Climbing Wall involves planned sessions in which participants examine and share common reactions, insights, and emotions – such as joy, fear, fatigue, and compassion. In either setting, participants can explore solutions in a non-threatening manner.

Actual elements and hours of participation will vary with each individual group and will depend upon the weather and facilitator.

Participants are never forced to participate in any part of the Challenge Course or Climbing Wall. They are, however, encouraged to challenge themselves beyond what they would normally do.

The Ropes Challenge Courses and Climbing Wall/Tower activities are appropriate for Junior Girl Scouts and older.

#### **Challenge participant goals**

- Improving group skills in communication and leadership
- Developing trust and respect for individual differences
- Developing problem-solving abilities
- Improving group cohesion and teamwork
- Creating a supportive environment
- Building confidence and increasing self-esteem
- Experiencing personal accomplishment

#### **What to Wear**

- All instructors and participants must wear sturdy shoes.
- Long pants are recommended for activities when skin abrasions on legs are possible (i.e., going over the Wall).
- Loose clothing, especially around the head and neck, should be avoided.
- All sharp objects, jewelry, and watches should be removed and pockets emptied.
- Long hair should be tied back.

#### **Camps with Challenge Elements**

The three camps listed below have team-building and challenge elements on site:

Pattagansett: Low and High Ropes Challenge Course elements and Climbing Tower;  
Candlewood and Timber Trails: Low Ropes Challenge Course elements.

**The Consent and Release form on the next page MUST be signed by the parent/guardian and brought with the girl to the activity or she will not be allowed to participate.**



**CONSENT TO PARTICIPATE AND RELEASE – CHALLENGE COURSE AND CLIMBING WALL**

**Participant’s Name (Please Print)** \_\_\_\_\_ **Program Age Level** \_\_\_\_\_

**Program/Activity** \_\_\_\_\_ **Date of Activity** \_\_\_\_\_

**Camp/Outdoor Program Center** \_\_\_\_\_

Some of the programs and activities provided by Girl Scouts of Connecticut include a variety of rigorous physical activities. By signing this consent to participate, you acknowledge that your child’s participation in the activities listed above, and briefly described in Girl Scout program materials, requires an acceptance of possible serious injury to your child. You have made your own judgment that your child is capable of participating in these activities. You also are representing to the Girl Scouts of Connecticut that your child has no undisclosed condition that might affect her fitness or ability to participate with or without reasonable accommodation. Please list below any conditions that might affect your child’s ability to participate fully in a particular activity and identify any medical restrictions. We are requesting this information so that we can work with you to determine an appropriate level of participation. Disabilities or medical restrictions will not automatically exclude your child from participating in a sport.

In *Challenge Course and Climbing Wall Activities* there is always some risk of personal injury or property damage. In return for the agreement to permit your child to participate, you agree that you will not sue Girl Scouts of Connecticut (hereafter the “Council”) and its members, employees, agents, assigns, or volunteers for any property damage or injury to your child that results from or is aggravated by the inherent risks of your child’s participation in the *Challenge Course and Climbing Wall Activities* program. The inherent risks involved in participation in the *Challenge Course or Climbing Wall Activities* program include those injuries which result from circumstances or actions of persons who are not employees or agents of the Council.

Please read this agreement carefully and make certain that you understand it fully before signing it. By signing below you may be giving up substantial rights that belong to you and your child. You agree that you are signing this consent freely and voluntarily and that your daughter is a Junior Girl Scout entering 4<sup>th</sup> grade or older.

- I understand that without this form, which must be brought to the event and given to the Facilitator, my daughter may not participate in any activities relating to the *Challenge Course and Climbing Wall*. I agree to instruct my daughter to follow all safety instructions given by staff during these activities.
- I hereby release Girl Scouts of Connecticut, Inc., from any and all claims for injuries to my daughter/ward and/or loss of or damage to her property which may result from or is aggravated by the inherent risks of her participation in the above program activities.
- I agree that I shall hold the Council, its volunteers, and employees harmless from any claims for injuries and/or damage to third parties or their property arising from the negligent or willful misconduct of my daughter/ward.
- My child is in good health and does not have any health condition or disability that might affect her ability to participate in the *Challenge Course and Climbing Wall Activities*. Please check: Yes No.  
If No, please identify the health condition or disability. Please include such items as allergies, medical restrictions, inability to read directions at an age-appropriate level, or similar factors that employees, agents, assigns, or volunteers of the Council should keep in mind when working with your child.

\_\_\_\_\_

- In the event of illness or injury, consent is hereby given to provide emergency medical care, hospitalization, or other treatment, which may become necessary, and to allow transportation to an appropriate medical facility or professional.
- I certify that I, as parent/guardian with legal responsibility for \_\_\_\_\_, do consent and agree to her participation in the *Challenge Course and/or Climbing Wall Activities* on the terms described above and state that I have completed the form truthfully to the best of my knowledge and ability.

\_\_\_\_\_  
Parent/Guardian/s Name (Please Print)

\_\_\_\_\_  
Parent/Guardian’s Signature

\_\_\_\_\_  
Date Signed