

# PREPARTICIPATION SURVEY

## CHALLENGE/ ROPES COURSE

Organization Name: \_\_\_\_\_

Scheduled Date: \_\_\_\_\_ Time: \_\_\_\_\_

# of Participants: \_\_\_\_\_

Average age of participants: \_\_\_\_\_

**Group Fitness Level:** This is of major importance for the safety of participants & facilitators.

ATHLETIC 1 2 3 4 5 6 7 8 9 10 OUT OF SHAPE

Known physical limitations or disabilities of participants: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

**LOW ROPES OBJECTIVES:** FINDS CHARACTER STRENGTHS AND WEAKNESSES WITHIN GROUPS/INDIVIDUALS; IDENTIFIES LEADERS

Please specify one or more Group Goals and Objectives of Challenge Course:

\_\_\_ TEAM BUILDING

\_\_\_ COMMUNICATION

\_\_\_ LEADERSHIP TRAINING/ SEARCHING

\_\_\_ HONESTY

\_\_\_ BIBLICAL APPLICATION

**HIGH ROPES OBJECTIVES:** CHALLENGES/ENCOURAGES INDIVIDUALS TO TAKE RISKS BASED ON FAITH

Please specify interest in high ropes elements:

\_\_\_ CAT WALK

\_\_\_ MULTI GRAPEVINE

\_\_\_ ZIP LINE

\_\_\_ POWER POLE

\_\_\_ CLIMBING WALL



## **CHALLENGE BY CHOICE:**

WE OPERATE ON A CHALLENGE BY CHOICE BASIS. AS A RESULT, A PARTICIPANT CAN DO AS LITTLE OR AS MUCH OF THE ACTIVITIES AS THEY WOULD LIKE. THE GOAL OF THE CHALLENGE COURSE IS TO COME AWAY WITH NEW IDEAS ABOUT THE GROUP, INDIVIDUALS AND HAVE A GOOD EXPERIENCE. FOR THIS REASON, WE PROMOTE ENCOURAGEMENT TO OVERCOME FEARS, ***BUT*** THE FACILITATOR WILL DETERMINE WHETHER IT HAS PASSED FROM ENCOURAGEMENT INTO PRESSURE TO DO AN ACTIVITY. AGAIN, WE HOPE TO GIVE THE PARTICIPANTS A FUN LEARNING EXPERIENCE, NOT TO HAVE THEIR FEELINGS HURT.

## **DRESS CODE:**

- CLOSED TOED LOW HEELED SHOES – NO SANDALS OR FLIP FLOPS OF ANY KIND
- ANY SHORTS OR PANTS ARE OK (ATHLETIC SHORTS ARE NOT RECOMMENDED FOR MALES)
- JEWELRY OF ANY TYPE INCLUDING WATCHES AND NON-PRESCRIPTION SUNGLASSES MUST NOT BE WORN
- LONG HAIR MUST BE PULLED BACK AND TIED

## **GENERAL RULES:**

- **ALWAYS DO ONLY WHAT THE FACILITATOR INSTRUCTS**, NOTHING MORE, IF YOU HAVE A QUESTION ASK. THIS IS FOR THE SAFETY OF THE PARTICIPANTS
- SPOTTING WILL BE USED ON ALL APARATICES WHICH COME WITH THE FOLLOWING GUIDELINES:
  - A- attitude- be focused for all spotting. For safety
  - B- body position- feet staggered, strong leg back, knees bent, back straight, arms up and flexed, all fingers together
  - C- communication- must communicate to ensure the spotters and participants are prepared.
  - D- Decision making- be aware of all surroundings to keep both spotters and participants safe.
- SPOTTERS AND PARTICIPANTS MUST WEAR HELMETS.
- NO STACKING MORE THAN TWO PEOPLE HIGH.
- NO JUMPING OFF EVENTS.
- NO PERSONS MAY PARTICIPATE IN HIGH ROPES EVENTS IF THEY CAN NOT PROPERLY FIT INTO THE HARNESS.
- PERSONS WITH MEDICAL ISSUES THAT COULD BE AGGREVATED BY EVENTS SHOULD NOT PARTICIPATE.
- THERE MUST BE AT LEAST ONE FACILITATOR ON THE COURSE WHO IS CURRENTLY CERTIFIED IN FIRST AID AND CPR.
- THE FACILITATOR SHOULD BE MADE AWARE OF ANY HEALTH PROBLEMS PARTICIPANTS HAVE THAT MAY INFLUENCE THEM ON THE COURSE. THIS INCLUDES ALLERGIES TO BEE STINGS AND POISON IVY, AS WELL AS ASTHMA, DIABETES, HEART CONDITION, PREVIOUS INJURIES WITH CHRONIC SYMPTOMS OR RECENT SURGERIES.

