Congratulations on your enrollment in the ropes course experience! We look forward to getting to know you and assisting you during your experience. To prepare for your participation, the following are some things to consider.

**Attire:**
There is a good possibility that you could get dirty during your experience. Please wear clothing and shoes that you will not mind “scuffing” up a bit. During rainy or wet days we do not use the ropes course. If a rain storm arrives we will leave the course so there is a small chance you may get a little wet.

*Clothing should be:* loose, comfortable, casual, durable, long pants or sweats are preferred, you may wear shorts but you increase your chances of getting scraped.

*Shoes should be:* low heeled, comfortable such as running shoes or sneakers, able to get dirty, or wet.

*Jewelry, watches, and non-prescription sunglasses:* are not allowed on the course so please do not wear or bring these.

*Glasses and contact lens wearers:* please take any precautions you would normally during participation in outdoor activities. If you wear glasses consider using a restraining strap so they do not fall off.

*Tobacco products, gum and candy:* are not allowed on the ropes course.

**Who may participate?**
Since the ropes course requires a bit of climbing, bending, reaching, swinging, balancing, lifting and other physical activities anyone of “adequate” physical condition may participate. The course director will determine whether your condition is “adequate” for the planned experience based upon your responses to the attached medical information section. To maintain our outstanding safety record the course director will make conservative judgements so as to best protect you against injury. For this reason it is mandatory that you complete the medical information section honestly. Lastly, the ropes course follows the principle of **challenge by choice.** This means that at any time should you wish to stop your participation (permanently or just temporarily) you may do so without any question or penalty. Just let a ropes course facilitator present know that you wish to stop your participation.

**Positive Attitude!**
The most important thing you can bring to the ropes course is a positive attitude. You will be asked to do new things, help other members of your group, and be enthusiastic. PLEASE remember to bring your positive attitude to get the most from the experience.
Medical Coverage and History
(Note: this information is kept in confidence by the ropes course director, and will not be revealed to other participants. If so desired, it may be returned in a sealed envelope)

NAME OF PARTICIPANT: ______________________________
Signature of person completing this form: ________________________________

Do you have health insurance? _____YES     _____NO
If yes, name of company: ____________________________________________

Please check if you presently have, or previously have had, any of the following. Provide detail below any checked.

_____ Problems with hearing or wear a hearing aid.
_____ Dizzy spells, fainting, convulsions
_____ Shortness of breath
_____ Chest pains
_____ Palpitations of the heart, irregular heartbeat, heart murmurs
_____ Low or high blood pressure
_____ Heart attack
_____ Hernia
_____ Chronic pain in neck, back, shoulders, arms or legs
_____ Broken bones, joint dislocations, serious sprains, weakness of muscles
_____ Any severe injury to head, chest, or internal organs
_____ Any surgeries
_____ Severe illness requiring hospitalization or prolonged incapacitation
_____ Episodes of depression, anxiety, hysteria, or nervousness
_____ History of diabetes, thyroid trouble, or bleeding problems
_____ Currently on any medications
_____ Special dietary restrictions
_____ Hypoglycemia
_____ Currently pregnant
Assumption of Risk and Informed Consent

I, (please PRINT complete name)_________________________________________________,
fully understand that my participation in Virginia Wesleyan College’s Outdoor Achievement
Center ropes course could result in injury including but not limited to muscle sprains and strains,
broken bones, cuts and scrapes, pulled hair, torn clothing, bleeding, accidental striking by other
participants, similar injuries or death. Also, my participation requires that I be of adequate
physical condition and I do hereby accept all responsibility for my own physical well-being.
Being fully aware of the degree of risk and injury to myself, I hereby release Virginia Wesleyan
College, Dr. Douglas Kennedy, and ropes course facilitators assisting him of any liability
resulting from accident or injury incurred by myself while participating in the ropes course
experience. I acknowledge that I may terminate my participation at any time without penalty by
informing a ropes course facilitator of my decision to do so. I acknowledge that I have been
given ample opportunity to ask questions regarding any aspect of this release form and by signing
in the space provided below I do acknowledge that I have read completely, fully understand all
aspects of this release form and the ropes course information, have completed truthfully the
medical coverage and history form, and agree to the terms of each in its entirety.

Print Participant’s Name:____________________________________________________
Participant Signature:_________________________________________  Date:_________
Print Witness Name:________________________________________________________
Witness Signature:____________________________________________ Date:_________

Participant’s Under 18 (To be completed by parent or guardian):
I have reviewed the ropes course information, the completed medical coverage and history
section, and the statement above, and agree with each.

Print Parent/Guardian Name:________________________________________________
Parent/Guardian Signature:____________________________________  Date:_________
Print Witness Name:________________________________________________________
Witness Signature:____________________________________________ Date:_________

--------------------------------Outdoor Achievement Center Use Only Below This Line---------------------------------