



Lazy F Camp and Retreat Center
16170 Manastash Rd. Ellensburg, WA 98926
509.962.2780 (phone) 509.962.6414 (fax)
office@lazyfcamp.org www.lazyfcamp.org

Challenge Course Group Information & Goal Sheet

Group Name _____

Contact Person _____ Phone _____ hm

Address _____ Phone _____ wk

Dates requested _____ Time of day _____ # of participants _____

Please describe your group: the purpose, function, and/or background of group:

What is the group's purpose in engaging the Challenge Course experience?

Please List group's strengths and weaknesses:

What goals would the group like to accomplish with a challenge course experience?

Anything you would like the facilitator(s) to know about your group (issues, personalities, etc.):

How long has the group been together?



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CHALLENGE COURSE Participant Information

Welcome to Lazy F Camp and Retreat Center, and our Challenge Course! We are excited you will be a part of the Lazy F Challenge Course experience. To make it the best experience possible, we request the following:

- 1. Complete the course Waiver/Personal Data form and return to your group leader prior to course use. No one will be allowed to participate in the challenge course activities without a signed Waiver/Personal Data form. Youth under the age of 18 must have a parent or guardian's signature.**

- 2. Wear Appropriate clothing (comfortable “play clothes”):**
 - Sneakers or hiking boots with socks (avoid soles with protruding “cleats”).
 - Long pants (jeans are great!) that are loose, but don't drag on the ground)pants with elastic waist are not advised, nor nylon or other synthetics). Wear shorts at your own risk!
 - Additional long-sleeved shirt, jacket, warm clothing, and rain gear as weather dictates.
 - **No jewelry, large or ornamental belt buckles.**
 - Safety strap for glasses.
 - Bring any necessary medication (asthma, bee sting kits, etc.).

- 3. We ask that you review and be prepared to adhere to these regulations:**
 - Stay off all elements until instructed in use and given facilitator's permission.
 - Use elements only with approved spotters and safety.
 - Follow all safety and spotting regulations and instructions.
 - Do not step on any ropes.
 - Do not play with any equipment or props used by facilitators.
 - No chewing gum, chewing tobacco, and/or smoking is allowed.
 - Absolutely no smoking, use of illegal drugs, or alcohol is allowed on site.

We look forward to meeting you soon! If you have any questions or concerns, don't hesitate to call me. I would be happy to assist you in any way I can!

Sincerely,

Dave Burfeind
Director



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Challenge Course Release of Liability

**No one will be able to participate in Challenge Course activities without a signed
 Participant's Data Form and a Release of Liability Form!**

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, Climbing 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 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. Please be sure to complete the Participant Data form on the reverse side prior to your scheduled course visit.

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 _____
 (Parent or Guardian's Signature if under 18)

Date _____

 (Please print Parent or Guardian's names)

 Participants Name if under 18



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PARTICIPANT DATA/RELEASE OF LIABILITY FORM

Name _____ Phone _____

Address _____

M _____ F _____ Birth date _____ Age _____ Height _____ Weight _____

Person to notify in case of emergency:

Name _____ Relationship _____
 Address _____ Phone home _____ cell _____

MEDICAL INFORMATION

For your benefit and the safety of others, we need to be aware of any medical conditions you have that might impact your participation. All information is confidential and shared only with your group's facilitator(s).

1. Do you wear: contact lens? _____ Hearing Aid? _____
2. Are you on any medication? _____ What kind? _____
3. Are you allergic to any of the following (please specify):
 Bug bites _____ Medication _____
 Bee stings _____ Other _____
4. Do you have any limiting physical problems (temporary or permanent)? Y _____ N _____
 If yes, please specify:
 _____ Asthma _____ Back Problems
 _____ High blood pressure _____ Kidney problems
 _____ Low blood pressure _____ Bone/joint problems
 _____ Cardiac or respiratory _____ Fear of heights
 _____ Recent surgery _____ Other _____

What should we know about any of the above? _____

Family Medical Insurance: Yes _____ No _____ Name of Insured: _____
 Carrier: _____ Group# _____ Policy # _____
 Name of family physician _____ Phone _____

I, the undersigned, have provided current, factual, and complete information on this form

Signature _____ Date _____
 (Guardian, if participant is under 18 years of age)

****See other side****