

Cedar Grove Retreat

3350 Camp Julia Rd. – Kannapolis, NC 28083 - 704.938.1314

Challenge Course Informed Consent

Risks	Prevention	Solution/Treatment
1. Getting hit by a falling object.	Be alert. Look up before walking near or under course. Wear a helmet.	Inform staff of injuries for assistance.
2. Hair, clothing or jewelry getting caught in pulleys or other parts of the challenge course.	Have long hair tied back. Remove rings, dangling earrings, watches, etc., and wear proper clothing (ie, avoid loose sleeves)	If caught, remain calm and ask Staff for assistance.
3. Injuries or discomfort caused by improper wearing of harness.	Tie harness as secure as possible and check for any loosening throughout the day. Have tied harness checked by two different Staff.	If you have any questions or doubts, ask Staff for assistance.
4. Scrapes and cuts.	Climb within abilities. Wear proper clothing. (i.e., long pants and long sleeved shirt).	Inform Staff of any injuries.
5. Death or serious injury.	Wear proper safety gear. Check to see if carabiners are secure. Make sure belayer is ready BEFORE you climb.	Inform Staff of any injuries.

I have read and understand the risks listed above and how to avoid them and agree to take an active part to protect my fellow participants and myself during this activity. I realize there are other risks and/or dangers that may exist and I will avoid these also, and I will not participate in unsafe practices and I will inform the staff of any dangers known to me that may cause injury to others or myself.

Furthermore, I agree to respect the rights and feelings of the other participants and staff and to act in a supportive and caring manner during my participation of the event.

I understand that I have the right to not participate if I don't feel physically or emotionally safe.

I have read all of this Informed Consent and understand that I may be dismissed from participation for refusing to follow any of the above.

Signed _____

Date _____

Signature of parent/guardian (if under 18)

Date _____

Please Print:

Name _____

Phone _____

Address _____

Age _____