



Participant Information & Checklist

This information is provided to introduce the benefits, challenges, and responsibilities associated with participation in a Genesee Challenge Course program. Please read the following carefully:

What is adventure education?

Adventure education is the purposeful use of activities with perceived and real risks where the outcome is influenced by the participants. The Genesee Challenge Course is founded upon the idea of learning by doing, and its purpose is to give people opportunities to develop awareness and skills that lead to personal and group achievement.

- Our programs work with you and your group’s goals
- Our programs will give you the opportunity to shape your own learning experience
- Our programs ask for your input

What will I be doing?

- Learning
- Taking risks
- Having fun

Some programs may take place in an outdoor setting, which can present some inherent dangers. Adventure activities can be physically demanding and may include running, jumping, being lifted, and lifting or spotting others. The programs can be mentally, socially, and emotionally challenging as well. The program curriculums vary but may contain some or all of the following experiential education areas: ice-breakers, energizers, team building and problem solving initiatives.

Do I have choices while at the Challenge Course?

The Genesee educational philosophy is “challenge by choice,” which means that we believe maximum benefit and learning occur when the challenges are freely chosen by the participants. Your Genesee facilitators will make every reasonable effort to teach the associated skills and safety procedures which help to create a supportive environment where accepting challenges is encouraged. Your responsibility is to make appropriate choices regarding your participation based on your understanding of the benefits to be gained, risks involved, and your personal health.

- Set your own goals
- Make decisions as a group
- Determine your own level of personal risk

What are some of the risks?

- Risks may include:
- Physical
 - Emotional
 - Social

Taking risks in a supportive and safe atmosphere is vital to experiential education. Safety is the number one priority while participating in challenging activities. Ultimately you will decide upon your own level of risk taking utilizing the challenge by choice philosophy. Risks taken may be physical, emotional, social, or a combination. We learn more about ourselves and our interactions with others by taking risks. Genesee Challenge Course programs strive to provide a safe environment in which to explore these challenges, however participation is ultimately at your own risk.

(CONTINUED - Please read over the *Participant Information & Checklist - Continued*)

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- CONTINUED -

Please follow these guidelines when preparing for your Genesee program:

- **PRIOR TO PROGRAM - Paperwork**
 1. Read & sign the **Assumption of Risk Form**
 2. Fill-out the **Confidential Health Form**
 3. Complete the **Participant Pre-Course Questionnaire** (if one was provided to you).
 4. Submit forms to your Group Leader *PRIOR* to participation in the program.

- **DAY OF PROGRAM - Clothing/Equipment**
***Required* for all attendees:**
 1. **Closed toe & closed heel athletic shoes**
 2. **Water bottle** (or an empty plastic bottle) & a **snack/meal** to eat during breaks
 3. **Rainwear** such as a jacket (with a hood) AND pants that are water proof/resistant. Even on hot weather days in the mountains, rain is cold & temperatures drop quickly. All programs continue outdoors, ***rain or shine.******Recommended* for all attendees:**
 1. **Small bag or backpack** with waterproof bag for personal items in (i.e. phones, wallets, keys, raingear, camera) while not in use.
 2. **Sunscreen & bug repellent**—if outdoors
 3. **Hat with a brim and sunglasses**—if outdoors
 4. **Layers of clothing** for versatility (layers can always be removed easily). Dress *extra* warm in non-cotton clothes (polyester/fleece is best) - the challenge course is 1,500ft higher & cooler than Denver. Wear long, loose pants in cold weather *OR* long, loose shorts in warm weather***Do NOT wear or bring:***
 - ✓ Platform, heeled or slippery shoes
 - ✓ Sandals, flip-flops, open-toe or open-heeled shoes
 - ✓ Jewelry, large belt buckles & earrings
 - ✓ Clothes that cannot get dirty or sweaty

- **DURING PROGRAM - Adhere to regulations**
 - Proceed once instructed & follow all rules
 - Do not use any electronic devices
 - Avoid stepping on props or equipment
 - Don't use chewing tobacco, cigarettes, alcohol or other drugs during the program

- **In case of SERIOUS inclement weather, check the status of the program by calling the Outdoor Recreation Office at (303) 370-6668.** A staff member will be able to answer your questions or a message will be on the voicemail with any changes.

- **If you need to contact the Challenge Course Supervisor on their cell phone at any time on the day of the program call: (303)710-8480**

- **Directions & Parking:**
 - Approx. Address for bus or directions - 27570 Stapleton Dr., Golden CO 80401
 - From I-70, approximately 18 miles west of Denver, exit #253 (named Chief Hosa exit).
 - Turn north (right, if coming from Denver) at the first stop sign, at the top of the exit ramp.
 - Turn east (right) onto Stapleton Drive at the "T" intersection with Moss Rock Rd.
 - Follow Stapleton Drive (gravel road) as it curves around and down to the lower parking lot and trail head (there will be a large locked gate at the end).
 - Park & wait for the Genesee staff to meet you at the gate.

