

Challenge Course Policies and Expectations

Thank you for partnering with the Center for Leadership & Service for your teambuilding and training needs! We are excited to provide this experience for you, and ask that you please share the enclosed information with your participants as it will help to provide a safe and meaningful experience for all! Our department's trained facilitators will guide your participants through our portable challenge course elements which will focus on elements of trust, communication, integrity, conflict resolution and teambuilding. We can tailor our facilitation to meet your group's needs, and ensure that all activities will be led in a safe, energetic and respectful environment.

Food & Water:

- Please eat a substantial breakfast or lunch before participating in the challenge course. Outdoor activities often require more energy than a regular day at school or the office. For full day challenge course programs, each participant should bring a bagged lunch unless other arrangements have been made. The program schedule will allow for a 30-minute lunch break.
- Some groups prefer to bring snacks to have on hand. You are welcome to bring snacks to share if you wish. It is suggested that water is provided to course participants.

Clothing:

- Each participant should dress for the course with comfort and safety in mind.
- Loose fitting clothes that allow for unrestricted movement are best. Dresses/skirts/short shorts are not recommended.
- Dress for the season and bring warm layers if needed. Ponchos and/or raincoats are a good idea if rain is expected.
- Each participant's footwear should be comfortable and suitable for the weather conditions. Close-toed shoes such as sneakers, running shoes, or light hiking boots are required. **Participants with inappropriate footwear will not be allowed to participate. Examples of inappropriate footwear include flip-flops, sandals, etc.**
- Jewelry (rings, earrings, watches, necklaces, bracelets, etc) is not recommended.
- Sunscreen and bug repellent are highly recommended.
- For safety reasons, tobacco, gum, iphones/ipods/earbuds and candy are not permitted on the Challenge Course site.

Participant Expectations:

- Participants should arrive on time in proper attire;
- Participants will be expected to model safe and inclusive behavior at all times;
- Participants should maintain a positive attitude and open mind throughout the activities;
- Offense or negative language will not be tolerated by participants or group leaders;
- ALL group members in attendance are participants in the program in some capacity. While our staff promotes "challenge by choice" all members present will be asked to engage positively with the group, based on their comfort level with each element.

Participant Waivers:

- All participants must complete the attached waiver prior to engaging in the Challenge Course activities.

Please contact leadserve@utk.edu or 865-974-1039 should you have any questions or concerns.
The Center for Leadership & Service looks forward to working with your group!

RELEASE, ASSUMPTION OF RISK, AND HOLD HARMLESS AGREEMENT

In consideration for being allowed to participate in challenge course activities (“Activity”), which is a voluntary extracurricular activity being led by the University of Tennessee’s Center for Leadership and Service (“University”), I hereby release, waive, discharge, and covenant not to sue, and agree to hold harmless for any and all purposes University, and its trustees, officers, employees, and agents (“Releasees”) from any and all liabilities, claims, demands, or injuries, including death, that may be sustained by me while participating in the Activity, while in transport to the Activity site, using equipment or facilities available to participants in the Activity, or while on the premises owned or leased by Releasees, including injuries sustained as a result of the negligence of Releasees. I acknowledge there may be physically strenuous activities. I know of no reason why I should not participate.

I am fully aware that there are inherent risks involved with the Activity and I choose to voluntarily participate in the Activity with full knowledge that said activity may be hazardous to me and my property. I acknowledge that the University may provide transportation by bus or van to an off-site facility. I voluntarily assume full responsibility for any risks of risks of loss, property damage or personal injury, including death, which may be sustained by me as a result of participating in the Activity, including injuries sustained as a result of the negligence of Releasees. I further agree to indemnify and hold harmless the Releasees for any loss, liability, damage or costs, including court costs and attorney’s fees that may occur as a result of my participation in the Activity.

I also give the University permission to obtain any emergency medical care or treatment by a physician, physician’s assistant, surgeon, hospital, paramedic, or medical care facility as may be needed by me and accept responsibility for the costs. I acknowledge that the University does not provide medical insurance for me and that I am responsible to obtain sufficient insurance.

I agree to follow all instructions and procedures established by University regarding the Activity and transportation to the Activity. I give the University permission to publish in print, electronic, or video format the likeness or image of myself for the general promotion of the University and its programs.

It is my express intent that this Waiver and Hold Harmless Form shall bind the members of my family and spouse, if I am alive, and my heirs, assigns and personal representatives, if I am deceased, and shall be governed by the laws of the State of Tennessee.

In signing this Waiver and Hold Harmless Form, I acknowledge and represent that I have read and understand it and sign it voluntarily as my own free act and deed; no oral representations, statements, or inducements apart from the foregoing agreement that has been reduced to writing have been made. I execute this document for full, adequate and complete consideration fully intending to be bound by the same, now and in the future.

SIGNED this _____ day of _____, 20____.

Participant Signature: _____

Printed Name: _____

Parent or Legal Guardian/Advisor Signature: _____ (If Participant is under 18 years old)

Parent or Legal Guardian/Advisor Printed Name: _____ (If Participant is under 18 years old)
