

**Mount Saint Francis Retreat Center
Team Building Course
High and Low Ropes
Participation Agreement**

Print participant name

Print name of group

Instructions: Please read this form carefully. Each participant and/or their parent must sign this agreement before the program begins. Without all appropriate signatures, the individual will not be permitted to participate in the program.

I understand that my participation in programs offered by the Team Building Course at Mt. St. Francis is based on the "Challenge by Choice" philosophy. I recognize that the program is designed to use experiential, engaging, teaching techniques, but that my participation is purely voluntary. At all times I will choose my level of participation in any activity. I have read the Full Value Contract on the back of this agreement and agree to follow the guidelines as presented. I also understand that use of alcoholic beverages, illegal drugs, or any serious infraction in areas of concern could result in being asked to leave the premises.

I understand the employees of Mt. St. Francis have received extensive training and will work to protect the emotional and physical safety of myself and/or my child. I understand that climbing, high-ropes elements, ground initiatives, and other activities in the Team Building Program for which I and/or my child have enrolled, entails certain risks. I elect to participate in spite of these risks.

Therefore, in consideration of and on condition of myself and/or my child's presence at Mt. St. Francis, I, my family, heirs, executors and administrators do hereby waive and release the Province of Our Lady of Consolation, Mt. St. Francis Retreat Center and its members and employees from any and all claims of damages, costs and expenses arising out of or relating to bodily or psychological injury, loss of life or personal property that may occur as a result of participating in this program.

I have read and understand and accept the terms and conditions stated herein and acknowledge that this agreement shall be effective and binding upon the parties during the entire period of participation in the said program.

I grant Mt. St. Francis and persons acting through them, the right to use, reproduce, assign and or distribute photographs, films, videotapes, and sound recordings of myself or my child for use in materials they may create.



Signature of participant (required)

Date

Signature of Parent or Guardian is REQUIRED
if participant is under 18.

Age (may write "adult" if over 18)

Address

City

State

Zip

Person to be contacted in case of emergency: Name: _____

Home Phone: _____

Business or Cell Phone: _____

◆ Please list any health concerns that might limit you or your child's participation:

Full Value Contract for Team's Course

1. **Safety, Safety, Safety** – Safety is our number one concern on the team's course. There are two kinds of safety – physical and emotional – both are equally important. It is important to get everyone to agree to be aware of both kinds of safety and to help protect all of the members of the group.
2. **Give and receive feedback** – Members of the group should understand that they are responsible for both giving and receiving feedback.
3. **Don't put yourself down** – We don't use the words "I can't" on the teams course – either out loud or to ourselves.
4. **Don't put others down** – This should be self explanatory. We don't discourage or name call.
5. **Spot with good attention** – Pay attention when spotting – "Oh sorry, you hit the ground" is not acceptable.
6. **Balance fun with taking care of business** – Too much fun or too much seriousness is not good for any group. Strike a balance and the job gets done.
7. **"Carefront"** – Not really a word, but it means that if a confrontation is needed, do it with care.
8. **Stay with the group** – This means both mentally and physically.
9. **Call group when needed** – At any time, any member may call out GROUP. Everything freezes (within reason), and the group hears what the member calling "group" has to say.
10. **Learn from your mistakes** – There are no good or bad mistakes, just opportunities to learn.
11. **Challenge by choice** – This means that each participant may select the level of challenge that he or she is willing to experience.
12. **Give 100%** – 99.9% won't do!

We want your experience on the Team's Course to be a positive one.
By reading and agreeing to these guidelines, you will be one step closer to making that happen!

◆ Important info regarding proper dress to insure comfort and safety ◆

- ▶ Wear closed-toed shoes with back. No sandals or clogs allowed. Sturdy, supportive tennis shoes that tie, buckle or velcro are best.
- ▶ Do not wear jewelry such as hoop or dangle earrings, bulky watches or belly button rings. Rings in piercings that can not be removed will need to be taped.
- ▶ Dress appropriately for the weather. Bring rain jackets, gloves and hats when needed. Layer clothing (for example, sweat shirt over t-shirt & sweats over shorts). No spaghetti straps or baggy shorts for modesty's sake.
- ▶ Be aware that nylon jackets, pants, etc. could pose a hazard, due to it's slippery nature.