



www.DeerRunRetreat.org

**DEER RUN RETREAT CENTER**

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## **IMPORTANT INFORMATION FOR CHALLENGE ROPES COURSE PARTICIPANTS**

Everyone in your group should arrive on time and plan to stay for the entire scheduled time in order for your group to get the most out of your experience.

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All adventure activities are challenge by choice. Participants will be encouraged to give 110 percent but will never be pushed to do anything they do not choose to do. Facilitators allow each individual to make the decision about his/her own personal physical limitations.

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Participants should wear sturdy shoes such as hiking boots or athletic shoes. Absolutely no open-toe or open-heel shoes or bare feet on the ropes course. This is a safety issue.

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Loose-fitting pants or modest length shorts and sleeved shirts (short or long sleeves) are recommended due to the physical activity. Tanktops or midribs are not recommended especially in coed groups. This is both a safety and a modesty issue.

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Please do not have electronic devices including cell phones turned on during your challenge ropes course experience so it will not interfere with yours or another person's retreat experience.

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We recommend that jewelry not be worn on the ropes course because of the possibility of breaking or losing it.

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Insect repellent, sunscreen, and rain gear are recommended depending on weather.

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### **DEER RUN RETREAT POLICY REMINDERS**

Deer Run Retreat Center is a NONSMOKING and NONALCOHOLIC facility.

Completed and notarized WAIVER OF LIABILITY AND MEDICAL RELEASE FORMS are required for Challenge Ropes Course Participants and must be given to a staff person upon arrival.

The group leader should have the forms in alphabetical order to help our staff be able to locate forms quickly in case of an emergency.

Forms can be downloaded at [www.deerrunretreat.org/release\\_forms.shtml](http://www.deerrunretreat.org/release_forms.shtml)