



1101 West Liberty Street ♦ Medina, Ohio 44256 ♦ 330.725.8461 1.866.896.6222

***Medina County Career Center Challenge Course Training  
Participant Release of Liability and  
Acknowledgement of Risk Form***

***PARTICIPANT REGISTRATION FORM  
CONFIDENTIAL***

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_  
STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_ PHONE: (\_\_\_\_) \_\_\_\_\_  
GROUP: \_\_\_\_\_ SCHEDULED DATE OF CHALLENGE COURSE \_\_\_\_\_

**MEDICAL CONDITION/WELLNESS REPORT**

The Medina County Career Center is committed to designing programs that are available to people of all physical abilities. Attached is a general description of the Career Center Challenge Training Course. Please review the descriptions carefully and indicate whether you would require any special accommodations to participate in the program. If you have indicated a need for accommodations, please describe the reason and the suggested accommodations.

\_\_\_\_\_ Yes, accommodations are requested

Reasons and suggested accommodations: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

In case of an emergency, please contact: \_\_\_\_\_  
Phone: (\_\_\_\_) \_\_\_\_\_

(Additional information on reverse side)

I recognize that during the "Medina County Career Center" program, I will be given the opportunity to participate in activities that could be both physically and mentally challenging and involve some elements of risk. If I choose to participate in any of these activities, I will do so after careful consideration of my physical health and mental abilities. I understand that participation in any of these activities is my choice and is completely voluntary.

I assume full responsibility for my safety. I hereby release the Career Center from any liability related to my participation in these activities, other than harm caused by gross negligence or willful misconduct of the Career Center, their employees, independent contractors, principals, and assigns.

All information provided is correct and complete.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Company or Affiliation

***IF YOU ARE UNDER THE AGE OF 18, YOUR LEGAL PARENT OR GUARDIAN MUST READ THIS ENTIRE PAGE AND SIGN ON THE LINE BELOW.***

As a parent or legal guardian of the minor named on the above line, I approve of his or her participation in the "Career Center" program. I have read the entire page and by signing, agree to the conditions of this "Career Center" Challenge Course Training Participant Release of Liability and Acknowledgement of Risk Form. I hereby release the "Career Center" from any liability for the choices the above named minor will make.

I have read the agreement carefully and I fully understand its contents. I sign of my own free will and by doing so release any and all claims against the indemnified parties, resulting from any participation in the "Career Center" Challenge Course and associated activities.

\_\_\_\_\_  
Signature of Parent or Guardian

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Date

***RELEASE OF DIRECTORY INFORMATION***

Photographs may occasionally be taken of participants for use in the news media or school district publications as well. We will not release any "directory information" for commercial or other purposes not related to school business.

If you do not wish us to release "directory information" and/or to have your picture appear in a photograph, videotape, film or slide, please sign below.

\_\_\_\_\_ Do not release "directory information". (Please initial). \_\_\_\_\_

# *Medina County Challenge Course Elements*

## **Types of Activities**

The Medina County Challenge practices Challenge by Choice. We will not force anyone to do an activity. We do expect one to expand their perceived limits. We want participants to Play Hard, Play Safe, Play Fair, and Have Fun. In a typical day program, a participant may only do a few elements. The program utilizes a variety of games and activities which can involve reaching, twisting, stretching, supporting weight with one's arms, and walking on uneven terrain. Please list in the Medical Condition/Wellness Report any concerns that we should be aware of before you participate in these activities.

**Dress** – You need to dress for the weather and for the activities. Wear good footwear. No open toed or slip on footwear. Sturdy shoes, boots, or tennis shoes are appropriate. Wear loose fitting clothing. Shorts are acceptable. Do not carry keys, cell phones, Mp3 players radios, cd players, etc. You may be asked to remove jewelry that may cause you or someone else injury. No tank tops or bare midriffs. Weather can change throughout the day. Rain, snow, wind, hot or cold temperatures, direct sun, and shade are all conditions that you may encounter on the course. Programs are not cancelled due to weather.

## **High Elements**

**Cat Walk** – A horizontal position pole suspended between two trees. The belay cable is positioned above the log parallel to the ground, and at a height of nine to ten feet above the log.

**Task:** To climb to and traverse the log.

**Dangle Duo** – A vertically oriented 4x4 ladder suspended from an overhead cable. The rungs are around 4 feet apart but vary. A separate belay cable is suspended above the upper most rung.

**Task:** The participants (2) have to climb the ladder using only the support of the 4x4 and/or the other participant. The use of the side cables for climbing is out of bounds.

**Flying Squirrel** – A horizontal position cable suspended between two trees. A belay pulley is positioned on the cable and a static line (11.5mm) runs through the pulley to the ground.

**Task:** The participant is attached to one end of the static line and the group hauls the participant up to the pulley.

**Jeebie Lunge** – A single, tensioned foot cable with a series of multilane ropes suspended from an overhead cable that goes to the center of the foot cable. From the center point, a diagonally crossing multiline is attached to the foot cable and the tree. Two belay cables runs approximately 10 feet above and parallel to the foot cable.

**Task:** To climb to and traverse the foot cable using the multiline handholds and cross another participant on the foot cable.

**Dangling Spider** – A horizontally position pole suspended between two trees. The belay cable is positioned above the log parallel to the ground, and at a height of nine to ten feet above the log.

**Task:** To climb to and traverse the log to a rappel line, attach to the rappel line and rappel down.

## Low Elements

**T.P. Shuffle** – A log 20 feet long raised a foot off the ground.

**Task:** Half the group starts at one end of the log, and the other half of the group starts at the opposite end. Facing toward the center of the log each group must move to the opposite end of the log without anyone touching the ground.

**Spider Web** – A prefabricated web strung between two trees 14 feet apart made of 17 open web sections. The web is made of multilane rope and bungee cord.

**Task:** To pass each member of the group through a separate opening without letting any part of the body touch any part of the web. Once a member uses an opening that part is closed to further passage. Participants may not dive through the opening.

**Islands** – Three wooden platforms of different sizes placed 6-8 feet apart. The group gets three wooden planks that are shorter than the distance between platforms.

**Task:** To get the group from the first platform to the last platform without any of the group or planks touching the ground. Participants may not jump from one platform to the next.

**Fidget Ladder** – A diamond shaped rope and wood ladder strung at an angle between two trees.

**Task:** Using hands and feet for balance, an individual attempt to maneuver up the ladder starting at the low end to the top of the ladder.

**Nitro Crossing** – A spliced loop rope swing is suspended from a cable. Trip wires are positioned at the beginning and end of the problem.

**Task:** The group has to obtain the rope using any resource found in the group and cross the area bordered by the trip wire without touching the ground.

**Trust Fall** – A platform 4 feet above the ground from which an individual falls backwards into the arms of the spotters.

**Trolleys** – Six 2x6 boards with three (3) 4-foot ropes attached to each board. Three boards are attached to each other with rapid links to make a set of trolleys that nine (9) individuals can use.

**Task:** To have the group walk a prescribed course with their feet on the trolleys.

**Mohawk Walk** – Five (5) separate sections of cable tightly strung one to two feet off the ground with various handholds to use for support.

**Task:** Using all members, the group must traverse the entire length of cables without falling off.

**The Wall** – A smooth surfaced wall 12 feet high with a platform on the back.

**Task:** Using all members, the group must get everyone up and over the Wall starting on the smooth surface.

**Whale Watch** – A 6x14 foot platform balanced on a fulcrum.

**Task:** The basic task is to have the group balance the platform with all members aboard.

**Porthole** – A tractor tire is hung between two (2) trees 5 feet above the ground.

**Task:** To pass each person in the group through the tire. Participants may not dive through the tire.