



IRONWOODS CHALLENGE COURSE

Disclosure

Ironwoods Challenge Course program activities involve, but are not limited to, warm ups, games, group initiative problems, high and low challenge course elements, and other rigorous physical adventure activities. **The level of participation is at all times completely voluntary and up to the individuals choice.** Yet, there is a risk that must be assumed by each participant that he or she may suffer an emotional or physical injury or disability during the program. During an activity there may be exposure to plants, animals, or insects that could create hazards such as stings allergies and associated diseases.

Challenge Course and team-building programs are composed of activities that may be unfamiliar to all participants. To insure our participants control over their own personal safety, we have adopted the philosophy of "Challenge By Choice." **At all times, participants in Ironwoods Challenge Course activities are completely in control of their own level of participation.** During our programs you only need to do or attempt to do those things you choose. You must listen carefully to all instructions and briefings, set your own goals free of the influence of the group's goals, make a decision as to your level of participation, and inform others of your choice. No one will force you to do anything; the choice is clearly your own. However, you may perceive pressure to push yourself and we encourage you to tell the group if this happens. During the program, we will provide a challenging setting in which you can expand your limits, while supporting your personal boundaries.

Policy for participation in all Ironwoods Challenge Programs requires that every participant have health insurance coverage. In addition, certain health/medical information must be made known to the instructor(s) conducting programs, so that they are prepared to respond appropriately if the need arises. As a participant, you should seek the advice of a health care provider if you have any health conditions or other concerns regarding participation in the Challenge Course.

Release From Liability

I, the undersigned, assume and understand that there are inherent risks of bodily injury, death or damage to property that accompany my participation in Ironwoods activities. By signing below, I acknowledge that I have fully satisfied myself as to the nature of the activity or activities that I will be participating in, the risks associated with each such activity, and the concept of "Challenge By Choice", and my responsibility to know my own limits. I have consulted with a health care provider regarding any health conditions or concerns regarding participation in the Challenge Course. I understand that the staff is not qualified to determine who should or should not participate in the Course.

I affirm that my health is good and that I am not under a physician's care for any undisclosed condition that bears upon my fitness to participate in Ironwoods activities. I understand that I am free to choose not to participate in any activity offered by Ironwoods. Having chosen to participate in an activity and accepting full responsibility for my own choices, I hereby release the City of Leawood or participating as instructors in these activities, from any and all liability for any type and degree of bodily injury, emotional injury, death, or loss of property.

I have had sufficient opportunity to read this entire document. I have read and understood it, and I agree to be bound by its terms.

Signature of Participant

Print Name

Date

Signature of Parent/Legal Guardian
(if participant is under 18)

Date

Photo/Media Release

I grant to Ironwoods and persons acting for or through them, the right to use, reproduce, assign and or distribute photographs, films, video, and sound recordings of myself for use in materials they may create.

Signature _____ Date _____