

## SPRINGFIELD COLLEGE'S EAST CAMPUS CHALLENGE COURSE ACTIVITY OVERVIEW

The Springfield College Challenge "Ropes" Course consists of a variety of activities that are categorized as "low" or "high" elements. The "low" elements are a series of team activities that may place participants on beams, platforms, ropes, and/or cables 4 inches to 4 feet off of the ground. In these instances, group members and staff act as spotters to minimize the chance of falling. The purpose of these activities is to promote group problem solving, communication, trust, and cohesiveness.

The "high" components of the Springfield College Challenge "Ropes" Course provide an opportunity for participants to participate in activities that require them to walk across beams, cables, and ropes that can be up to 35 feet off of the ground. In addition, participants access the "high" elements by climbing trees that have large step-like staples, or by climbing a well-constructed wooden structure. Participants exit the "high" course and elements by means of a pulley and rope system that gradually lowers the participant to ground level. *The use of harnesses, carabiners, helmets, pulleys, and ropes protect participants in case of a fall while accessing, participating in, and exiting the "high" elements. Participants are instructed on how to use this equipment, practice the use of equipment, and are supervised by trained staff while participating in "high" elements of the Springfield College Challenge "Ropes" Course.*

Successful participation in the Springfield College Challenge "Ropes" Course program is not dependent on one's physical strength or athletic ability, but on the willingness to face mental challenges and work as a responsible and caring group member. At any time during Springfield College's Challenge "Ropes" Course program participants may choose not to engage in a specific activity, or continue with the program.

While the safety of participants is the top priority for the Springfield College Challenge "Ropes" Course program, potential injury can occur as a result of participation. Because the Springfield College Challenge "Ropes" Course program takes place out-of-doors, natural risks of the setting include but are not limited to, exposure to sun, heat and other weather conditions; roots, and uneven terrain; poison ivy, mosquitoes, and other plants and animals.

The level of activity is comparable at times to a typical physical education class setting. Participants will be moving about in a set area for short periods of time with many breaks in between activity. Participation is voluntary and participants understand that they may choose not to participate at any time.

**This document is to serve solely as informational regarding the nature of the program and not in any form as a liability waiver.**