

## UNDERSTANDING OF RISK

### Background Information:

The activities are designed to physically and mentally challenge the participants. Physically, the activities may involve stretching, balance, strength, and cardiovascular work. Participants will be asked to take physical and emotional risks, but physical prowess is not necessary to successfully complete the challenges.

The challenge course consists of cables, ropes, poles and tires. The course is constructed in such a manner as to create a challenging and unique series of group and individual obstacles.

The challenge activities are used as a catalyst for personal, group, and educational growth. The activities emphasize the importance of trust, teamwork, group cooperation and support, going beyond self-perceived limits and the positive utilization of stress.

### To The Participants:

I, \_\_\_\_\_, in consideration for being permitted to participate in \_\_\_\_\_ (group name) Cañon City Area Metropolitan Recreation and Park District Program understand that even under the safest conditions, these activities have a number of inherent risks and hazards that are beyond the control of the Cañon City Recreation and Park District and its staff. I agree to personally assume this risk. I understand that every care and attention will be given to the health and safety of the participants, but that Challenge by choice Ropes Course, Climbing, and Outdoor Activities and its leadership staff cannot be held liable for any injuries or illnesses sustained which were not directly caused by their failure to take due care.

I further understand that the challenge activities may be physically, mentally; and/or emotionally demanding. I understand that I should be free of any mental, medical, and/or physical conditions that may create undue risk to myself or others who may depend on me. If in doubt, I will seek medical advice prior to my participation in the adventure program.

I agree to comply with the safety rules and regulations set forth by the Challenge by Choice Ropes Course, Climbing, and Outdoor program staff. I also agree to inform them of any situation(s) that may be a danger to myself or my co-participants. These situations may include:

- Broken, equipment
- Feeling sick or very tired
- Having extreme difficulty performing a skill

The Cañon City Recreation District has my permission to use my / my child's / my ward's likeness, name, voice and words in television, radio, film, newspaper, magazines and any other media, and in any form, for the purpose of advertising or communicating the purposes and activities of the recreation district / ropes course and/or applying for funds to support those purposes and activities.

I also agree that my participation in the Cañon City Recreation and Park District Challenge by Choice Ropes Course, Climbing, and Outdoor Program is voluntary. I have carefully read this agreement and understand its content, and I sign it of my own free will.

\_\_\_\_\_  
Signature of Participant

\_\_\_\_\_  
Date

\_\_\_\_\_  
(Signature of Parent, if participant is under 18 years of age)

GROUP NAME \_\_\_\_\_ COURSE DATE \_\_\_\_\_