



CHALLENGE COURSE WHAT TO BRING

The Challenge Course is a series of activities that require your attention to safety. Because of this, appropriate attire and alertness are necessary to participate. Appropriate athletic attire and closed-toed shoes are required to be worn at all times. The possession or use of alcohol, tobacco, or illegal drugs is not permitted. Failure to come prepared for the Challenge Course could result in cancellation of program or a participant forfeiting their opportunity to participate.

ACCEPTABLE ITEMS

- Appropriate athletic attire
- Close-toed athletic shoes
- Rain Coat
- Hat
- Sun Screen
- Bug Repellant
- Water Bottle
- Camera
- Inhaler
- EPI Pen

UNACCEPTABLE ITEMS

- Short shorts, sport bras, muscle shirts, or spaghetti strapped tops
- Ripped Clothing
- Shirts with offensive messages
- Footwear without backing
- Dangling Jewelry or tongue piercing
- Tobacco and Alcohol products
- MP3 players, Cell phone

CHALLENGE COURSE GENERAL SAFETY POLICY

1. All participants should follow the Recreation and Wellness Center policies.
2. All members must have a liability and medical form on file before taking part in any activities.
3. It is advised to have a physical before engaging in any type of physical activity.
4. Participants are encouraged to drink water or other hydrating fluids before, during, and after the activity.
5. Members of the group cannot use personal climbing equipment, and must use the gear provided by the UCF Challenge Course.
6. Participants must wear appropriate clothing and closed-toe shoes to insure safety.
7. Hazardous jewelry, watches, and hanging clothing items must be removed.
8. Alcohol or tobacco products of any kind are not permitted on the premises of the challenge course.
9. Climbing on any equipment is permitted only during specified program times with staff present.
10. Participants should not step on climbing ropes, hang on guy wires, swing on ropes, or do any other activities that would pose a risk to the participant and the equipment.
11. Any safety hazards should be reported immediately to the staff.
12. Participants must abide by the decisions of the Outdoor Adventure staff.