



Recreation and Wellness Center

UNIVERSITY OF CENTRAL FLORIDA

What to Bring to the Challenge Course

At the Challenge Course, you will participate in 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 close-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

- Comfortable, Weather-Appropriate Athletic Attire
- Close-toed Athletic Shoes
- Rain Jacket
- Hat/Sunglasses
- Sunscreen
- Insect Repellent
- Water Bottle
- Camera
- Necessary medications, if applicable (Inhaler, EpiPen, etc.)

Unacceptable Items

- Short Shorts, Exposed Sport Bras, Muscle Shirts, Spaghetti Strap Tank Tops
- Ripped Clothing
- Shirts with Offensive Messaging
- Open toe, open heel, or soft-sole shoes (Chacos, Vibram 5 Fingers, Toms, Boat Shoes, etc.)
- Tobacco and Alcohol Products
- Jeans/Cargo Pants/Bottoms with Metal Rivets
- Jewelry (Athletic Tape will be provided by staff to cover any non-removable jewelry)

Challenge Course General Safety Policy

- All participants should follow the Recreation and Wellness Center policies.
- All members must have a liability and medical form on file before taking part in any activities.
- It is advised to have a physical before engaging in any type of physical activity.
- Participants are encouraged to drink water or other hydrating fluids before, during, and after the activity.
- Members of the group cannot use personal climbing equipment and must use the gear provided by the UCF Challenge Course.
- Participants must wear appropriate clothing and close-toed shoes to ensure safety.
- Hazardous jewelry, watches, and hanging clothing items must be removed.
- Alcohol or tobacco products of any kind are not permitted on the premises of the Challenge Course.
- Climbing on any equipment is permitted only during specified program times with staff present.
- 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.
- Any safety hazards should be reported immediately to the staff.
- Participants must abide by the decisions of the Outdoor Adventure staff.