

## ACKNOWLEDEMENT OF RISK URI Center for Student Leadership Development

Adventure based activities are exciting, challenging, and both physically and mentally demanding. Some activities may be stressful and possibly hazardous. These programs provide goal-oriented activities that offer participants an opportunity to explore new behaviors related to trust, teamwork, service and leadership capabilities. These activities may include field games, initiatives, low elements 3-5 feet high, and high elements (approximately 30-40 feet high) that are constructed of rope, cable, and wood. Instructors who have been specifically trained in the operation and safe practices of adventure-based activities and challenge course programs supervise all activities. Our philosophy is "challenge by choice," meaning that participants agree to choose their own level of challenge and agree not to be coerced by instructors or other participants.

URI has taken precautions to provide proper equipment and qualified instructors. It is impossible, however, to guarantee absolute safety. While it is the aim and responsibility of the program and the instructors to provide you with an enjoyable and safe experience, you must realize that there is a degree of risk and personal responsibility for safety when you participate in adventure activities. You will receive instruction in safe, up-to-date practices and safety instructions related to all elements and activities and be supervised throughout the program. Participants are advised to call hazardous situations to the leader's attention.

Injury can occur. By consenting to participate, you assume all risks incidental to use of the course and challenge activity materials, including the possibility of bruises and other injuries. Signing this form indicates your recognition and understanding of the responsibilities and hazards inherent in your group's participation on the course.

Please confirm with your signature that you have read this information, that you understand your responsibilities as a participant in leadership/service programs and an adventure-based program. It is important that you assess your physical condition; only you know if you are in shape to go through the challenge course. Also, please sign to show that you agree to follow instructions and directions given by your instructors, and that you will act with good judgment.

### FAILURE TO PROVIDE A SIGNED CONSENT FORM WILL RESULT IN A BAN FROM PARTICIPATION.

PARTICIPANT NAME (please print legibly): \_\_\_\_\_ ORGANIZATION: Leadership Institute 2023

PARTICIPANT SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_ EMAIL: \_\_\_\_\_  
(or parent/guardian signature, if under 18)

### PHOTO/MEDIA RELEASE (PLEASE CHECK BOX IF YOU DO NOT AGREE)

- I do not grant the University of Rhode Island's Center for Student Leadership Development the right to use, reproduce, assign and/or distribute photographs, films, videotapes, and sound recordings of me for use in materials they may create.

### GUIDELINES FOR CHALLENGE ACTIVITY PARTICIPANTS

#### DRESS

- Dress appropriately for potential indoor and outdoor activity. This includes proper layering for the weather forecasted during your program. If it rains, we may still be outside.
- Sturdy shoes-sneakers or other closed toed shoes and socks are REQUIRED!
- Long hair must be tied back.
- NO perfume or scented lotions
- NO cell phones, watches, necklaces, bracelets, dangling or hoop earrings, rings or watches...leave them all at home!

#### SUPPLIES

- Programs may include both time in open areas and in the trees. Unscented sunscreen and bug spray are recommended.
- Bring a water bottle (remember any trash you bring in you will also need to bring out)

#### PARTICIPATION

- Challenge course programs and activities are an ADVENTURE! Be prepared for new experiences.
- Physical contact during a challenge course is inevitable & vital to the program. Prepare to get close-to, touch & be touched.
- We use the model "Challenge by Choice." You are not required to do anything if you feel it poses extreme physical or psychological stress to you; you will be challenged to go beyond your comfort zone and to take new risks.
- Because of safety risks inherent in an adventure program, you must follow the directions of your facilitators at all times. Participants who are not following the direction of the facilitator or who are creating an unsafe environment may jeopardize their participation in the activity.