



FAU Ropes Challenge Course
Campus Recreation and Fitness Center
777 Glades Road, Building #91
Boca Raton, FL 33431

***Send a copy to each participant.*

Information for Participants

Please note that FAU CC programs take place whether rain or shine. Please be prepared for the weather!

While each group has different goals, common program benefits include teamwork, communication, leadership, decision making and personal growth. Many times we have groups come to the course without a clear set of goals. This is not a problem. Other times we have groups that come to the course with a set of goals, but a different set of expectations for how the day will look. In conjunction with the goals expressed by your group contact, our facilitators create your day. With all the mud runs, obstacle courses, television shows like American Ninja Warrior, we also want to make clear that the mission of our course is personal and group development through the use of experiential learning theory.

FAU's Challenge Course is not a playground, obstacle course, or open climb facility.

The FAU CC reserves the right to deny your participation if the following guidelines are not followed. Each participant, for their own and others' protection and safety, MUST:

- A. Submit to your group leader a signed Assumption of Risk form. For those under the age of 18 years, the form must include the signature of the legal parent or guardian of the participant. Group members will not be allowed to participate in the FAU CC Program without a signed form, no exemptions.
- B. Wear appropriate clothing/attire:
 - 1. Dress for the weather and dress in layers. (i.e. T-shirt, long sleeves, shorts, pants, rain shell)
 - 2. Closed-toe shoes with backs, sneakers, or lightweight hiking boots and socks (no open toe sandals).
 - 3. Long pants or rugged shorts that allow plenty of freedom and movement for moderate physical activity that may include being upside down or lifted by others.
 - 4. No loose jewelry. (Including watches, earrings, and necklaces)
 - 5. No large or ornamental belt buckles.
 - 6. Shirts should be long enough to tuck into pants. (No belly shirts or tank tops)
 - 7. Rain Gear. It may not be raining when you come--but it might later on.
 - 8. Hat, sunglasses and sunscreen
- C. Follow these regulations:
 - No chewing gum, chewing tobacco, snuff, or smoking.
 - Participants may not be under the influence of nor possess illegal drugs or alcohol during FAU CC program activities. FAU CC reserves the right to request a participant under the influence of drugs or alcohol to cease participation in the activity and leave the premises.
 - Abide by all directions of the FAU CC program staff and follow all established safety procedures. Failure to do so may be cause to modify or cancel the event.
 - No cell phones, portable game devices or other electronic devices are to be used while on course.
 - Keep off all elements until instructed to use by instructor.
 - Use elements only with approved spotters and safety systems.

- Follow all safety and spotting regulations.
- All programs with participants under the age of 18 years old must provide a responsible adult during the program.

D. Recommended items:

1. Snack or meals are the responsibility of group members unless otherwise stated.
2. Small backpack to hold possessions.
3. Sunscreen.
4. Any needed medications. (Please inform your instructor of allergies and physical limitations)



