



## **TEAMBUILDING AND ROPES COURSE RESERVATION PACKET 2015**

Corporate team building, family reunions, school programs, birthday parties, social gatherings, and MORE!

### **Teambuilding Initiatives and Low Ropes Course Elements**

We have a series of elements that are both ground level and 12-18 inches off the ground that invite participants to test their stamina, agility, balance, teamwork, and communication. These elements are perfect to bring your group together, witness the strength of your team, and have fun.

### **Outdoor Climbing Wall and High Ropes Course Elements**

These are a series of elements 30-50 feet in the air that require harness and ropes to ascend. Trained staff will lead your group through a variety of activities initiating a sense of adventure, personal success, and group support.

We can adapt our programs for groups of any size and for participants of all physical abilities and sizes.



## CHALLENGE COURSE GUIDELINES

The M.O.R.E. staff looks forward to providing your group with a fun, challenging experience. Please read the following information and reservation form closely and sign this contract. If you have any questions please feel free to contact our office at 552-6271. Remember to complete the reservation form and mail or drop it off as soon as possible.

1. We want to be able to facilitate the best program possible so reservations must be made no later than two weeks before the date of the event
2. The full cost of the program is required upon reservation. Your reservation is not final until payment is received.
3. Waivers and health histories are required for all participants. Only certified waivers from the city of Missoula will be accepted. Those under 18 years must include the signature of the participant's legal parent or guardian on their waiver.
4. Adults supervising the event cannot provide signature on children's forms other than their own.
5. The course can be adapted to fit most physical and/or emotional needs of participants. Please let us know if either is of concern for your group.
6. Safety is the #1 priority, all participants must agree to safety guidelines provided by staff.
7. No tobacco, alcohol, controlled substances, or chewing gum is allowed on the course.
8. We reserve the right to deny a group or individual access to the challenge course with cause.
9. Having your entire group arrive on time is vital to the functioning of the event.
10. Communicate with your group which package you have selected so they are aware of what the day will look like
11. Length of events are only approximate and depend on group size, ability, and weather
12. The M.O.R.E. program works under the principle of "Challenge by Choice". Many of our challenge course elements put people in places outside of their comfort zone. Our philosophy revolves around each individual having the choice to choose their limitations, and recognizes that for each of us success is based on personal aspirations.
13. Wear snugger/tighter fitting clothing that you don't mind getting dirty
14. Close toed shoes are a MUST. NO sandals or bare feet will be allowed on the course.
15. Long dangly piercings on the face or ears must be removed prior to accessing the course.
16. Long hair must be tied back.
17. Water will be provided. Please bring snacks, lunch or eat a meal before coming.
18. Please come prepared for the weather -sunscreen, hat, rain jacket, and warm clothing.

### Weather and Cancellation Policy:

Programs will be held regardless of weather. Rain, sleet, snow, cold, or hot we are out there. Events will only be cancelled by staff when they deem the weather dangerous and extreme. In case of a weather cancellation your event will be rescheduled. If rescheduling is not a possibility parties will receive a full refund.

Requested cancellation must be received and confirmed by the Outdoor Recreation Specialist a minimum of 7 working days prior to your scheduled program. A \$10.00 administrative processing fee is charged for all refunds.

CITY OF MISSOULA - ROPES COURSE AND CLIMBING WALL

**RELEASE & ASSUMPTION OF RISK AGREEMENT**

I am aware and understand that Ropes Course and Climbing Wall are potentially dangerous activities with the potential for death, serious injury, and property loss. These risks, include but are not limited to, hazards of injury to my person or property while engaged in Ropes Course and Climbing Wall activity. I HEREBY ASSUME ALL RISKS OF PARTICIPATING IN MISSOULA'S PARKS AND RECREATION ROPES COURSE AND CLIMBING WALL. I certify that I am physically fit, have trained sufficiently for participation in this activity, and have not been advised otherwise by a qualified medical person. I am aware and understand the risks of personal injury, accidents, and/or illness, include, but are not limited to sprains, strains, torn muscles, and/or ligaments; fractured or broken bones; eye damage; cuts, wounds, scrapes, abrasions and/or contusions; dehydration, and/or oxygen shortage; head, neck, and spinal injuries; shock; paralysis or death; and serious injury or impairment to other aspects of my body and general health and well being.

I give permission for the City of Missoula personnel assigned to my activity to seek emergency medical services for me should I become injured or ill with the understanding that I am responsible for any expenses incurred. I fully understand that the City of Missoula does NOT provide any medical insurance coverage for me while participating in ROPES COURSE AND CLIMBING WALL activities. I also realize that I may be attended by City of Missoula personnel assigned to my activity until medical care is available.

I, do hereby for myself, my heirs, executors, administrators, successors, and assigns, release, acquit, and forever discharge the City of Missoula, its employees, elected officials, and insurers from any and every claim, demand, right, or cause of action, property damage, personal injury, costs, loss of service, expenses of any kind, and any compensation whatsoever, which I may ever assert by reason of my or my child's presence and/or participation in THE CITY OF MISSOULA PARKS DEPARTMENT ROPES COURSE AND CLIMBING WALL, including any claims which might arise from natural, environmental, or weather conditions, and from the nature or condition or manufacture of any structures or appurtenances on the premises, and further including any and all claims which might arise from any use of any equipment which might be attached to or near any structures or appurtenances on the premises, or used in conjunction with the ROPES COURSE AND CLIMBING WALL instruction, and all claims which might arise out of the acts or omissions of other persons on the premises, whether directly connected with THE CITY OF MISSOULA PARKS DEPARTMENT ROPES COURSE AND CLIMBING WALL or not. I hereby authorize the City of Missoula to use my likeness or picture, or that of my child, in any photograph or advertising for promotion of the Parks and Recreation Programs. I hereby acknowledge that this release is voluntarily given with full knowledge of the meaning and consequences of this release.

I have read the above RELEASE & ASSUMPTION OF RISK AGREEMENT and fully understand its purpose. I willingly sign below and represent that I am 18 years of age or older and otherwise competent to execute this document, or that my legal guardian is also signing this document.

NAME OF PARTICIPANT: \_\_\_\_\_

\*Signature: \_\_\_\_\_ Date: \_\_\_\_\_

\*Parent or Legal Guardian if under 18 years of age.

\*Printed Name \_\_\_\_\_

**TWO SIDES TO DOCUMENT**

**PLEASE READ & SIGN - THIS IS A LEGAL DOCUMENT. 5/07**

CITY OF MISSOULA - ROPES COURSE AND CLIMBING WALL

**MEDICAL RELEASE**

NAME OF PARTICIPANT: \_\_\_\_\_

Address \_\_\_\_\_ State: \_\_\_\_ Zip: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_ Relationship: \_\_\_\_\_

I DO\_\_ DO NOT\_\_ have any physical problems, acute or chronic, which instructors should be aware of while I am participating on the Ropes Course and Climbing Wall. PROBLEMS: (list)

\_\_\_\_\_  
\_\_\_\_\_

I consent to willingly participate in the Ropes Course and Climbing Wall Programs. I understand this program involves a variety of activities including but not limited to warm ups, group initiative problems, high and low Ropes Course and Climbing Wall elements, which are rigorous physical adventure activities.

In particular this type of rigorous activity can result in a highly elevated heart rate. I also acknowledge that I have been informed that due to the stresses both emotional and physical which cause this highly elevated heart rate, there have been documented fatalities on other ropes courses as a result of cardiac arrest.

I fully understand that there is risk involved in my participation in this activity. I hereby agree that the City of Missoula and the Parks and Recreation Program will not be held liable for any injury, accident, or heart condition resulting from my willing participation in the Ropes Course and Climbing Wall.

\*\*\*It is recommended that you obtain a thorough physical examination, which includes a symptom limited maximum exercise stress test, if you meet two or more of the following preconditions before you participate on the Ropes Course.

Please check the following preconditions that apply to you.

\_\_\_ Family history of heart diseases

\_\_\_ Smoker

\_\_\_ Obesity

\_\_\_ Diabetes

\_\_\_ Sedentary lifestyle

\_\_\_ Hypertension

SIGNATURE:\* \_\_\_\_\_ DATE: \_\_\_\_\_

\*LEGAL GUARDIAN IF UNDER 18 YEARS OF AGE