



Adams State Adventure Program Challenge Course

Date: _____

To Whom It May Concern:

Welcome to the Adams State Adventure Program (ASAP)!

Please refer to your packet for the following information:

- Group Leader's Guide
- Planning Questionnaire
- Program Information for Participants Sheet
- Copy of the ASAP Acknowledgement of Risk form. Each participant must bring a completed and signed form to participate.
- ASAP evaluation
- Directions
- Invoice

Thank you for selecting ASAP. We hope you enjoy your experience with us. If you have any questions, please contact me at 719-587-7962.

Sincerely,

Mick Daniel
Coordinator of Adventure Programs
Adams State College Adventure Program
mick_daniel@adams.edu

Thank you for choosing ASAP for your team and group needs. Please complete the checklist to prepare your group for this exciting team-building experience.

If you have questions, please contact us at (719) 587-7962.

Today:

- Confirm your date by mailing non-refundable deposit (50% of total amount). Please refer to the enclosed invoice.
- Photocopy the enclosed *Participant Information* sheet and the *Acknowledgement of Risk* form. Distribute them to group leaders and participants. Each participant must bring a completed and signed form to participate.
- Review our Cancellation, Inclement Weather and Late Arrival Policies on the invoice.

Before The Experience:

- Complete the *Planning Questionnaire* and return it to us as soon as possible.
- Review the *Participant Information* sheet with your group.

The Day of the Event:

- Check all *Acknowledgement of Risk* forms for appropriate signatures, and bring them with you.
- Bring the remaining portion of the payment.

After the Experience:

- Please complete the evaluation form.

Adams State Adventure Programs
Challenge Course

Planning Questionnaire

Date: _____

Group Name: _____ Course Date: _____

Contact Person: _____ Phone # _____ Email: _____

Instructions: Have the group leader complete this questionnaire for us to design a team/relationship building program to best suit your goals and objectives.

1. Please describe your group (how long and how well do individuals know each other).
2. What are your expectations for the group's Challenge Course experience?
3. Identify three strengths of your group and three areas that need improvement.
4. Describe some tasks or projects that require teamwork from your group.
5. How many people in your group have participated in a teams or ropes course before?
6. Does anyone in your group require any special accommodations or assistance for participation in the course? (Please describe)

Adams State Adventure Programs Challenge Course

Program Information for Participants

ASAP is a useful and beneficial resource for schools, community groups, families, college clubs and organizations, sports teams, and corporate businesses. The training facility provides an exciting and unique opportunity for groups to explore team and relationship building concepts. By completing a graduated series of activities in a supportive environment, group members are engaged in physical, cognitive, and social interactions that are appropriate for the team regardless of skill level.

Participating on the Teams Challenge Course requires group members to go over, under, around, and through a series of elements constructed from rope, wood, or cable, and are positioned from ground level to 10 feet high.

The High Ropes Course is designed to challenge your group as individuals and as a team to transverse a series of cables and ropes that are 30 feet above the ground. Each member will be provided a climbing harness and helmet, and then clipped into a dynamic rope belay system for safety.

Participation in all activities is based on the philosophy of “Challenge by Choice”. Participants are greatly encouraged to stretch beyond their perceived limitations that will inspire and initiate a change in themselves and the team.

Highly trained facilitators design a safe, enjoyable, and enriching program that targets the personal and professional goals specified by each group. These activities are metaphors for situations that happen in daily circumstances. The programs designed for the Challenge Course serve as a flexible vehicle for learning through experience.

Program activities include:

Orientation & Goal Setting

Safety and Program Guidelines are outlined. Participants share ownership by identifying personal and group goals.

Warm-ups & Cooperative Games

These activities provide an opportunity for group members to interact and establish an atmosphere of support and cooperation.

Full Value Contract

Group members create their own “rules of play” for their experience.

Problem Solving/Solution Forming Initiatives

An initiative is a clearly defined task that requires group cooperation and some physical effort to affect a solution. All of the activities engage the participant in the decision-making and teamwork process through communicating ideas, planning and implementation. During the process participants have fun, develop a sense of camaraderie, and experience the effect of working together.

Trust and support

These are essential for the group to achieve success as they participate in higher-level challenge activities. This series of activities provides an opportunity for the group members to trust their physical and emotional safety with others.

Processing and Connecting

Most activities include some processing time for the group to reflect on the experience. Participants compare the activity with similar situations in their school, family, work or community setting. They explore patterns of interaction in relation to personal and professional effectiveness. Participants also consider ways to modify and enhance their behavior in relation to future actions.

General Goals

The Challenge Course is designed to enhance emotional, physical and social aspects of participants through cooperative activities, initiatives and challenges.

General goals include:

- Enhance communication and interaction.
- Explore the decision-making, problem-solving/solution forming, and team building skills.
- Create new bonds and increase the camaraderie among team members through involvement in a shared experience.
- Provide the opportunity for groups to identify and use the strengths and assets of each team member.
- Provide an experience that assists in increasing motivation, personal initiative, and self-confidence toward better leadership and team relations.

Adams State College
Adventure Programs
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Alamosa CO, 81102
(719) 587-7962

mick.Daniel@adams.edu

Group Preparation

Your facilitator will contact the group leader prior to the scheduled date to discuss the following:

- Group goals and objectives for the experience.
- Your Group's goals and objectives, diversity, strengths and vision.
- Emotional, physical or spiritual considerations that may affect your group's safety or participation.

For the group's safety and comfort, we suggest the following:

Participants should not wear jewelry. Dress for comfort and weather changes. Wear sturdy, closed-toed shoes and clothes that can get dirty. In the summer, wear light colored clothing, sunglasses and a hat. Bring along sunscreen and bug spray. In the fall, winter and early spring wear layers of clothing, hats and gloves. Bring water and a snack.

*Each participant must bring a completed Acknowledgement of Risk form in order to participate in the Challenge Course events and activities. The parent or guardian must sign forms for individuals under the age of 18. Participation will be denied for forms turned in incomplete.

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ASAP Evaluation Form

Group Name: _____ Facilitator(s): _____

No. In Group: _____ Age Range: _____ Date of Course: _____

We are desire to constantly improve the content and quality of our program. Your feedback is important in helping ASAP achieve this goal. Please answer each question, and we appreciate additional comments.

	<u>Poor/Low</u>		<u>Excellent/High</u>		
1. Facilitator structured the activities to meet the group's goals and needs.	1	2	3	4	5
2. Obstacles and activities were challenging and appropriate for our group.	1	2	3	4	5
3. Facilitator demonstrated a high degree of safety consciousness.	1	2	3	4	5
4. Facilitator asked questions and encouraged comments that will help our group connect the experience to daily life.	1	2	3	4	5
5. The group leader provided enough information prior to the course to prepare our group for the experience.	1	2	3	4	5
6. The facilitator provided enough information in the orientation to prepare our group for the experience.	1	2	3	4	5
7. Please rate the condition and appearance of the facility.	1	2	3	4	5
8. I would recommend the Challenge Course to a friend or co-worker.	1	2	3	4	5
9. My overall satisfaction of the Challenge Course experience.	1	2	3	4	5

What did you like most about the Challenge Course experience?

What suggestions or changes would your make?

How will the Challenge Course be useful to you as an individual or to your group?

Adams State Adventure Program (ASAP)

NOTICE: This is a legally binding agreement. By signing this agreement, you give up your right to bring a court action to recover compensation or obtain any other remedy for any injury to yourself or your property or for your death however caused arising out of your participation in any ASAP programs, now or any time in the future.

ACKNOWLEDGEMENT OF RISK

I HEREBY ACKNOWLEDGE AND AGREE that the activity of rock and indoor climbing, hiking, skiing, snowshoeing, riding in an Adams State College (ASC) van, and challenge course, has inherent risks. I have full knowledge of the nature and extent of all the risks associated with the use of the ASAP, including but not limited to:

1. All manner of injury resulting from falling and hitting climbing equipment, faces, and projections, whether permanently or temporarily in place, or the ground.
2. Rope/wire abrasions, entanglement, and other injuries resulting from activities such as, but not limited to: climbing, belaying, lowering on rope, and any other rope/wire technique.
3. Injuries resulting from falling participants or dropped items, such as, but not limited to, ropes or climbing hardware.
4. Cuts and abrasions resulting from skin contact with the ground or other participants.
5. Failure of ropes, slings, harnesses, climbing hardware, anchor points.
6. Strains, sprains, acute or chronic tendon and joint injuries and other bodily injuries caused by strenuous or repetitive physical exercise.
7. Exposure to extreme weather conditions including violent and unpredictable weather which may cause injury due to extremes of heat or cold, and which may prevent travel to, from, or within an area.
8. All manner of injury resulting from transport by public or private motor vehicle.

I further acknowledge that the above list is not inclusive of all possible risks associated with ASAP and that the above list in no way limits the extent or reach of this release and covenant not to sue. I am aware that backpacking/ hiking/ camping/ mountaineering/ skiing/ climbing/ challenge course participation are physical activities involving a large amount of physical exertion. Participants must be in good general health, free from cardiovascular and respiratory disease, and have good exercise and altitude tolerance.

RELEASE/INDEMNIFICATION AND COVENANT NOT TO SUE

In consideration of my involvement in ASAP programs, I, the undersigned user, agree to release and on behalf of myself, my heirs, representatives, executors, administrators, and assigns, **HEREBY DO RELEASE** the Trustees of the State Colleges in Colorado, Adams State College, and their officers, agents, and employees from any cause of action, claims, or demands of any nature whatsoever, including but not limited to, a claim of **NEGLIGENCE**, which I, my heirs, representatives, executors, administrators, and assigns may now have, or have in the future against the Office of Student Life and Recreation on account of personal injury, property damage or loss, death or accident of any kind, arising out of or in any way related to my use of the ASAP whether that use is supervised or unsupervised, however the injury of damage is caused, including, but not limited to, the **NEGLIGENCE** of the ASAP, its officers, agents, and employees. "NEGLIGENCE" means (1) failing to do something that a reasonable person with similar training, skills, and experience would have done to prevent a foreseeable injury or damage; or (2) doing something that a reasonable person with similar training, skills or experience would not have done because of the risk of causing a foreseeable injury or damage.

In consideration of my use of the ASAP, I, the undersigned user, **COVENANT NOT TO SUE** and agree to **INDEMNIFY AND HOLD HARMLESS** the trustees of the State Colleges in Colorado, Adams State College, and the officers, agents, and employees from any and all causes of action, claims, demands, losses, or costs of any nature whatever arising out of or in any way relating to my use of the ASAP.

I hereby certify that I have full knowledge of the nature and extent of the risks inherent in the use of the ASAP and that I am voluntarily assuming the risks. I understand that I will be solely responsible for any loss or damage, excluding death, I sustain while using the ASAP and that by this agreement, I am relieving the Trustees of the State Colleges in Colorado, Adams State College of any and all liability for such loss, damage, or death

I further certify that I am in good health and that I have no physical limitations that would preclude my safe use of the facilities.

I further certify that I am of lawful age (18 years or older) and otherwise legally competent to sign this agreement. I further understand that the terms of this agreement are legally binding and I certify that I am signing this agreement, after having carefully read it, of my own free will.

Participant's Signature _____ Date _____

Print name clearly!!!

Name: _____

Address: _____

City, State, Zip: _____

Phone: _____

If user is under 18 years old: Parent/Guardian Consent:
I, as parent or guardian of the above minor 18 years of age,
here consent to the terms and conditions set forth in this
Release Form.

Parent/ Guardian Signature

Date



Directions to Adventure Program Challenge Course in Alamosa, CO

From the East:

You will enter Alamosa via Hwy 160, which becomes Main Street and also 5th Street.

From the West:

You will enter Alamosa via Hwy 160, which becomes Main Street and also 5th Street.

From the North:

You will enter Alamosa via Hwy 17. Once intersecting with Hwy 160, take a right and you are on 5th Street.

From the South:

You will enter Alamosa via Hwy 285. At the light take a left onto 5th Street and then the next right onto Richardson Ave.

Once in Alamosa:

Continue along 5th street until you reach Richardson Ave, one block beyond the Safeway, go North. Follow Richardson Ave. until it T's with 1st Street. Take a left on 1st and then right on Stadium Dr. the street after the crosswalk with the stoplight. Once on Stadium, the Challenge Course is on your right after the practice football field, and the last ASC building on the left. Parking is available in a dirt parking lot in front of the Challenge Course, but please do not block the gate.