



REBEL CHALLENGE COURSE

The University of Mississippi
Department of Campus Recreation & Ole Miss Outdoors
Turner Recreation Center, University, MS 38677



Participant Responsibilities and Informed Consent

1. The Challenge Course Facilitators have had both training and experience to prepare them for their role as a leader of the activities associated with our Challenge Course.
2. Participants usually experience a great deal of excitement, motivation, and learning which can benefit them personally, professionally, emotionally, and spiritually.
3. Participants will be invited to participate in a variety of activities including such things as: stretching exercises, warm-ups, active games, group initiative problems, and high and low rope course elements any of which may involve rigorous physical activity.
4. Although safety procedures will be reviewed, any activity could result in injury, embarrassment, or distress. It is the participant's responsibility to adhere to all stated safety practices. Our principle of "Challenge by Choice" means that each individual has the responsibility to choose the level of participation she or he will give to each activity. While all will be encouraged to try new things, it is the participant's responsibility to avoid extending himself or herself beyond physical and emotional readiness.
5. Many of our Challenge Course activities will take place outside. You could encounter poison ivy, stinging insects, ticks, rough trails, uncomfortable or severe weather and/or other natural elements.
6. It is the responsibility of each participant to provide accurate health and medical information to the course leader(s) such as: allergies, physical disabilities or handicaps (temporary or permanent), mental or neurological disorders, current medications, etc. This information will be held in confidence unless permission is given to share items with other participants. It is wise to let the group know about certain conditions so condition aggravation or injury can be avoided.
7. Participants are expected to work together and strive to meet stated group goals and stated individual goals.
8. Participants are expected to support and encourage each other throughout these activities. Strive to avoid put-downs or killer phrases which devalue oneself or another person and identify for the group any occasion when you feel devalued so that devaluing behavior can be changed.
9. Everyone is expected to participate honestly in the verbal processing of each activity.
10. Additional information and guidelines for preparation:
 - Any of your personal belongings could be damaged or lost.
 - Wear comfortable cotton or wool clothing suitable for the outdoors. Wear long pants that allow freedom of movement and do not drag the ground. Longer shorts are fine for warm weather. Do not wear a skirt, dress, or pants with elastic waists. If doing the high elements, do not wear large baggy pants – the harness will not fit.
 - Wear athletic shoes and socks. Open-toed and open-heeled shoes not permitted.
 - Minimum of t-shirt long enough to tuck in is required. Do not wear tank tops or shirts with bare backs or shoulders. A long sleeved shirt is advisable for some elements and activities such as rappelling. Bring additional items or layers as weather indicated (shirts, jackets, rain gear, etc.)
 - A soft hat or cap is fine but may need to be removed for some activities.
 - Do not wear large belt buckles, large hair pieces, or jewelry (including watches, bracelets, necklaces, finger rings, earrings or other pierced-body items.) Such items will have to be removed before participating in most challenge activities to prevent injury to self and others.
 - Before participation, empty pockets of keys, knives, wallet and any other objects. If you wish to carry such personal items, it is suggestion that you do so in a hip pack or day pack which can be set aside during activities. Make sure your pack has your identification on it.
 - Use of chewing gun, chewing tobacco, snuff, smoking, or consuming alcohol will not be permitted during activities.
 - Eye glasses must be shatterproof and a safety strap is advisable.
 - Eye protection (glasses, sunglasses or goggles) are recommended for some high elements.
 - Use of insect repellent is advisable. Use on socks, lower pants legs and expose skin – following instructions of the product. Be careful to not get any repellent on ropes and other equipment. Wash your hands before handling ropes if necessary.
 - Ole Miss Outdoors will provide necessary equipment and safety devices such as installed props and equipment at stations, ropes, belay devices, pulleys, harness, helmets, gloves, etc.

Each participant must complete the following information, sign the statement below, and return this form to the course leader prior to participation in the Rebel Challenge Course. You may make a photocopy for yourself if you wish.

Waiver & Release of Liability

THE UNIVERSITY OF MISSISSIPPI (INCLUDING ITS AGENTS AND EMPLOYEES) (THE "UNIVERSITY") IS NOT RESPONSIBLE FOR ANY PERSONAL INJURY, DEATH OR LOSS OF PROPERTY YOU SUFFER WHILE PARTICIPATING ON THE REBEL CHALLENGE COURSE.

In consideration of my participation, I release the University of Mississippi and the Mississippi Board of Trustees for State Institutions of Higher Learning (Including its agents and employees) (the "Board") from all present and future claims of any type, arising as a result of my participation in the Ole Miss Outdoors program. I voluntarily waive all claims, both present and future, that may be made by me, my family, estate, heirs or assigns against the University and/or the Board.

I, _____ (name), agree to act in a responsible and safe manner while participating within all elements and activities related to the University of Mississippi **Rebel Challenge Course** on _____ (date) and while traveling to and from the activity site.

I understand that I will be exposed to risks and hazards inherent to the aforementioned activity and that there are dangers involved that cannot be fully foreseen or controlled by Ole Miss Outdoors. I acknowledge that no one can warn me of all the dangers associated with the aforementioned activity and that the responsibility is upon me to investigate any activity, hazard, or thing which may be dangerous or that I do not understand. By signing below, I agree to follow all instructions and guidelines at all times for everyone's safety, and willingly assume the risks and responsibilities that are involved in order to participate in this activity.

I assume the risks of personal injury, accidents and/or illness, including but not limited to sprains, strains, torn muscles and/or ligaments; fractured or broken bones; eye damage; cuts, wounds, scrapes, abrasions and/or contusions; dehydration, drowning and/or oxygen shortage; exposure or weather-related conditions; head, neck and/or spinal injuries; bite or attack by animal, insect, or marine life; allergic reaction; 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 activity leaders to seek emergency medical, rescue, or evacuation 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 University and/or the Board do NOT provide any medical insurance coverage for me while participating in this activity. I also realize that I may be attended to by the activity leaders until medical care is available.

I acknowledge that photographs and video tapes may be taken during the activity and allow reproductions of these photographic materials to be used in promotional activities initiated by Ole Miss Outdoors, the Department of Campus Recreation, and the University of Mississippi.

I agree to assume all risks and responsibility for any and all claims for damages, including personal injury and death, medical expenses, disability, lost wages, loss of hearing capacity, and property damages and loss incurred while participating in the outdoor program including any transportation to and from the activity. I agree to indemnify and hold harmless Ole Miss Outdoors, the Department of Campus Recreation, the University, the Board or any of its agents and employees (hereinafter referred to as Organizers) from any loss, liability, damage or costs, including court costs and attorney fees, that they may incur due to my participation in the activity, *whether caused by the negligence or the Organizers or otherwise*. I understand this agreement is binding on my family, heirs and executors.

I have read the above Waiver and Release of Liability 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.

Legal Printed Name _____ Date _____

Signature _____ Date of Birth ___/___/___ ID# _____

Local Address _____ City _____ State _____ Zip _____

Home Phone () _____ Work Phone () _____

In Case of Emergency Contact _____ Relationship _____

Home Phone () _____ Work Phone () _____

Parent/Guardian: Printed Name _____

Signature _____

Please initial this box if you give the University permission to feature any photographs or videos taken of you on the Challenge Course for brochure or website promotional purposes.