

YMCA Challenge & Adventure Programs

Assumption of Risk and Release of Liability

Print participant name: _____ Print name of group: _____

Instructions: Please read this form carefully. Each participant and/or their parent must sign this agreement before the program begins. Without all appropriate signatures, the individual may not be permitted to participate in the program.

I understand that my participation in programs offered by the Challenge & Adventure Programs at the Greenwood Family YMCA is based on the "Challenge by Choice" philosophy. I recognize that the program is designed to use experiential, engaging, teaching techniques, but that my participation is purely voluntary. At all times I will choose my level of participation in any activity. I have read the Full Value Contract on the back of this agreement and agree to follow the guidelines as presented.

I understand the employees of the Greenwood Family YMCA have received extensive training, and will work to protect the emotional and physical safety of myself and/or my child. I understand that climbing, high ropes course, ground initiatives, and other activities in the Challenge & Adventure Programs at the Greenwood Family YMCA for which I and/or my child take part entails certain risks. I elect to participate in spite of the risks.

Therefore, for myself / my child, I knowingly and voluntarily assume all risks involved in my participation, and do hereby release the Greenwood Family YMCA and its members, trustees, officers, employees, independent contractors and agents from any and all liability, damages, costs and expenses arising out of or relating to bodily or psychological injury, loss of life or personal property that may occur as a result of participating in this program.

I have read and understand and accept the terms and conditions stated herein and acknowledge that this agreement shall be effective and binding upon the parties during the entire period of participation in the said program.

I grant the Greenwood Family YMCA and persons acting through them, the rights to use, reproduce, assign, and/or distribute photographs, films, videotapes, and sound recordings of myself for use in materials they may create.

Signature of participant (required) _____ Date _____ if participant is under 18, signature of Parent or Legal Guardian is Required. _____ Date _____

Age: _____

Address: _____ City: _____ State: _____ Zip: _____

Person to be contacted in case of emergency: Name: _____ Relationship: _____

Home Phone: _____ Business Phone: _____ Other Phone: _____

The Full Value Contract

1. Safety, Safety, Safety
 - Safety is our number one concern in Challenge & Adventure Programs. That is why it is listed three times. There are two kinds of safety to consider: Physical and Emotional safety. Both are equally important. As a participant, I will be expected to follow all safety rules, regulations, and protocol.
2. Challenge by Choice
 - Participation in Challenge & Adventure Programs are directed by the idea of “Challenge by Choice”. Challenge means going beyond the old, pushing into new territory, new ways of doing things, dealing with fear, and accepting help and support. The choice is not whether or not to participate, but to what extent to participate. Always attempt to reach at least one step further than you thought you were capable of reaching.
3. Give and receive feedback
 - Communication is an essential element in Challenge Adventure Programs. Participants should understand that they are responsible for giving and receiving feedback. Often participants are willing to either give or receive feedback, but not both. We encourage participants to do both in order to facilitate healthy communication.
4. Spot with good attention
 - When spotting while bouldering, spot with good attention. To “spotting with good attention” is different than “spotting with good intention”. Spotting with good intention is usually followed by an apology.
5. Balance fun with taking care of business
 - Too much fun or too much seriousness is not good for Challenge Adventure Programs. Work to strike a balance that gets the job done, and by the way, participants usually end up wearing a smile.
6. Give 100%
 - Not much explanation needed. Have fun!