Challenge Course Participant Information

The information below is to help you prepare for your day at the Genesee Challenge Course!

What will I be doing?
You will be participating in challenge course activities in an outdoor setting. These activities can be physically demanding and may include running, jumping, being lifted, and lifting or spotting others. The programs can be mentally, socially, and emotionally challenging as well. The program curriculums vary but may contain some or all of the following experiential education areas: ice-breakers, energizers, team building and problem-solving initiatives.

Do I have choices while at the Challenge Course?
The Genesee educational philosophy is “challenge by choice,” which means that we believe maximum benefit and learning occur when the challenges are freely chosen by the participants. Your Genesee facilitators will make every reasonable effort to teach the associated skills and safety procedures which help to create a supportive environment where accepting challenges is encouraged. Your responsibility is to make appropriate choices regarding your participation based on your understanding of the benefits to be gained, risks involved, and your personal health.

What are some of the risks?
Taking risks in a supportive and safe atmosphere is vital to experiential education. Reducing risk is the number one priority while participating in challenging activities. Ultimately you will decide upon your own level of risk taking utilizing the “challenge by choice philosophy.” We learn more about ourselves and our interactions with others by taking risks. Genesee Challenge Course programs strive to reduce as much risk as possible to provide an environment where participants explore these challenges, however participation is ultimately at your own risk.

PRIOR TO PROGRAM - Paperwork
- Complete and sign the Health and Waiver Form
- Make sure that the form is signed!
- Submit forms to your Group Leader PRIOR to participation in the program.

DAY OF PROGRAM - Clothing/Equipment

Required for all attendees:
1. Closed toe & closed heel athletic shoes
2. Water bottle (or an empty plastic bottle) & a snack/meal to eat during breaks
3. Rainwear such as a jacket (with a hood) AND pants that are water proof/resistant. Even on hot weather days in the mountains, rain is cold & temperatures drop quickly. All programs continue outdoors, rain or shine.

Recommended for all attendees:
1. Small bag or backpack with waterproof bag for personal items in (i.e. phones, wallets, keys, raingear, camera) while not in use.
2. Sunscreen & bug repellent--if outdoors
3. Hat with a brim and sunglasses--if outdoors
4. Layers of clothing for versatility (layers can always be removed easily). Dress extra warm in non-cotton clothes (polyester/fleece is best) - the challenge course is 1,500ft higher & cooler than Denver. Wear long, loose pants in cold weather OR long, loose shorts in warm weather

Do NOT wear or bring:
- Platform, heeled or slippery shoes
- Sandals, flip-flops, open-toe or open-heeled shoes
- Jewelry, large belt buckles & earrings
- Clothes that cannot get dirty or sweaty

DURING PROGRAM - Adhere to regulations
- Proceed once instructed & follow all rules
- Do not use any electronic devices
- Don’t use chewing tobacco, cigarettes, alcohol or other drugs during the program

Challenge Course Address: 27570 Stapleton Dr. Golden, CO 80401