

**4-H CAMP PALMER, INC.  
CHALLENGE BY CHOICE COURSE**

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

STATEMENT OF UNDERSTANDING/MEDICAL INFORMATION

I am aware in signing this statement for participation in the programs at 4-H Camp Palmer, Inc. that certain activities are physically demanding. Therefore, physical fitness will increase your enjoyment and ability to participate in the activity. If for any reason you question your ability to participate in the activity, please consult with the instructors prior to participation. While it is impossible to foresee all possible dangers, some of the specific hazards which you might encounter while using the High Ropes Course and Team Building Course include: slipping or falling on the trail, bumps, bruises, cuts, insect bites, poison ivy, sprains, fractures, or other injuries. Please note that most activities are conducted in the out-of-doors in all kinds of weather so proper dress (rain gear, warm clothing) are essential to avoid undue exposure to the elements. The instructors of the course will take every reasonable precaution to minimize exposure to known risks, however, as a participant you acknowledge the nature of the activity and the fact that not all the stresses and hazards connected with the activity can be foreseen. You have the personal responsibility to follow the established safety rules and procedures to the extent that you participate in such activities. If at any time you have questions about the activity, you have the responsibility to consult with your instructor. Sponsoring agencies have the responsibility of providing a progression of appropriate activities which lead to the experiences at The Challenge By Choice Course at 4-H Camp Palmer, Inc.

I recognize that there is a significant element of risk in any adventure, sport or activity associated with the outdoors. Knowing the inherent risks, dangers and rigors involved in the activities, I certify that my family and I, including any minor children, are fully capable of participating in the activities.

I assure full responsibility for my family and myself, including any minor children, for bodily injury, death, loss of personal property, and expense thereof, as a result of my family member(s) participating in the Challenge by Choice Course.

X \_\_\_\_\_  
SIGNATURE DATE  
(parent or legal guardian must sign for all persons under 18 years of age)

**NOTE: ALL PARTICIPANTS SHOULD WEAR LONG PANTS (NO SHORTS) AND ATHLETIC SHOES ON THE ROPES COURSE AND THE TEAM BUILDING COURSES.**