



WATERFORD COUNTRY SCHOOL Inc.
residential and community programs supporting children and families
78 Hunts Brook Road • PO Box 408 • Quaker Hill, Connecticut 06375

Experiential Education & Wildlife

Challenge Ropes Course

Designed to challenge people to go beyond their perceived boundaries, work cooperatively to solve problems, and experience success in an environment that is fun, supportive, and challenging. Based on the program developed by Project Adventure that uses the Challenge Ropes course as a tool, the program includes adventure games, initiative problems, trust activities, and elements of the High and Low Ropes Course on the grounds of Waterford Country School.

Guidelines for Ropes Course Participants

We look forward to meeting you and sharing the Ropes Course experience. The following guidelines are provided in order to assure that your day out on the course is as enriching and enjoyable as possible.

- **Challenge by Choice:** We intend to challenge you both physically and mentally, so come prepared to grow. The bottom line is that participants will decide their own level of challenge and no participant will have to do any activity they do not wish to do.
- **Personal Insurance:** WCS requires that you have health/accident insurance while attending any of our programs. Please check to be sure that you have this coverage and that your policy will be active for the time you are on the course.
- **Information & Release Form:** All participants must fill out and sign the "Applicant Information Form & Release of Liability" before starting a course. A parent or guardian must sign if the participant is under the age of 18.
- **Clothing:** Dress for the weather conditions and be prepared to be outside for 6-8 hours. Wear loose fitting pants and proper footwear (hiking boots, tennis shoes, basketball shoes, running shoes or cross trainers are all ok.) Watches and jewelry should be removed before the course. It is recommended that you bring gloves and rain gear.
- **Food and Drink:** Please bring a personal water bottle. Bring a bag lunch and drink unless arrangements have been made for your lunch to be provided.
- **Safety:** Safety is our highest priority. Instructors will brief participants concerning safety issues before activities. Safety procedures are not negotiable and must be followed. The instructor has the right to deny participation of anyone who refuses to follow instructions.

For More Information:

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