



Challenge Course Participant Information & Agreement

Medical Conditions

If you have any of the following medical conditions, we strongly recommend you consult your physician prior to participation.

- Any cardiac condition that may require immediate medical attention
- Severe Allergic Reactions
- Severe, Recurring or Existing Injuries
- Severe Anxiety or Panic Disorder
- Seizures
- Asthma
- Diabetes
- Pregnancy

The Koinonia Challenge Course can be physically strenuous, causing an increase in heart rate and blood pressure. Koinonia is in an isolated environment; immediate medical attention may not be available. **Please inform a crew member if you have any concerns (medical, physical, emotional, etc.) about your participation prior to activities.** Due to the nature of activities, we reserve the right to refuse participation to anyone.

Regulations

- **The maximum weight for our high elements is 250 lbs.**
- Each participant **must** have a signed waiver before participating in activities.
- You may not participate in activities if you are under the influence of any substance that might impair your judgment, including alcohol, drugs or prescription medication.

Special Considerations

- Cell phones do not work on our site.
- Out of consideration of other guests at the conference center, we kindly ask for your cooperation in abstaining from profanity.
- Koinonia is a drug, tobacco & alcohol-free campus. (Smoking is permitted only in the front parking lot)
- No weapons are permitted on our campus.
- Koinonia is not responsible for lost or stolen property.

Attire

- Weather can change quickly in the Redwoods; we recommend dressing in layers.
- Wear sturdy shoes that cover the entire foot; please do not wear sandals or shoes with a heel.
- Please wear comfortable clothing that protects your legs and torso from rubbing caused by the harness.
- Loose, dangling jewelry and long hair should be secured.
- Sharp objects should be removed from pockets.
- Please do not bring or wear any repellent that contains DEET. This chemical is harmful to our equipment. We have nylon-friendly bug spray for your use. If you bring any repellent, make sure it does not contain any DEET.

Koinonia Conference Grounds Ropes Course and Adventure Programs Participant Agreement, Waiver and Acknowledgment of Risk

In consideration of the services of **Koinonia Conference Grounds**, its owners, members, officers, directors, agents, employees, volunteers and all other persons or entities acting in any capacity on its behalf (hereinafter referred to as “**Koinonia**”), I hereby agree to release and discharge **Koinonia**, on behalf of myself, my spouse, my children, my parents, my heirs, assigns, personal representatives and estate as follows:

I acknowledge that outdoor adventure based activity, may include, but is not limited to: low and high ropes courses, zip lines, laser tag, Giant Slide, hiking including travel to such activities, entail known and inherent risks, as well as unknown and unanticipated risks which could result in serious emotional or physical injury, paralysis, death, or damage or loss to myself, third parties and my own or others’ property. I understand such risks cannot be eliminated without jeopardizing the essential qualities of the activity. The risks include among other things: Slipping, falling, falling objects; other people, rope abrasion and entanglement, injuries resulting from climbing and rappelling, belaying, lowering on a rope, rescue systems, ropes course, exhaustion, exposure to temperature and weather extremes which could cause hypothermia, hyperthermia (heat related illnesses), heat exhaustion, sunburn, dehydration; exposure to potentially dangerous wild animals, insect bites, equipment failure including ropes, slings, pulleys, harnesses, hardware, belay devices, anchor points and other gear used in activity, improper lifting or carrying. **Negligence** of other persons, or vehicles; or **negligent** actions of Koinonia staff, directors, officers, employees, volunteers or agents. **Furthermore, Koinonia staff has difficult jobs. They seek safety but are not infallible. They may be ignorant of a participant’s fitness or abilities. They may give inadequate warnings or instructions and equipment being used might malfunction.**

Adventure based activity is a physically active experience. We strongly encourage you to consult with a physician before participating in any physical activity to determine any potential conditions that may adversely affect your participation. Participant may not participate in the program if he or she has any medical (mental or physical) condition which may induce risk to him or herself or to other participants or staff. By signing below, the Participant or responsible parent/guardian acknowledges there are no known health issues, medical concerns or conditions unstated. **I certify that I have no physical conditions which could interfere with my safety or the safety of others in this activity.**

My participation in this activity is purely voluntary, and I elect to participate in spite of the risks. By signing this document, I acknowledge the risks of the activity, including, though not exclusively, those described above and understand they may cause loss of property, personal injuries and even death.

I understand that in signing this document that I am providing both a Medical and Liability Release to KOINONIA CONFERENCE GROUNDS for myself, or the minor child named below. My participation in these activities is purely voluntary. I hereby acknowledge that during attendance in this program session certain risks exist, which may be known or unknown at this time, and may result in physical injury or loss of property. I assume full responsibility for mitigation of such an incident, and I am granting permission for the participation of the named guest (myself or named minor) in all activities, unless specifically noted on this form. I agree that, in the event of dispute between myself as a guest or parent/legal guardian of, or on behalf of, the named minor, I will submit to arbitration by an organization sanctioned for this purpose, in lieu of pursuing litigation in a court of law.

In case of a medical emergency, I hereby give permission to a KOINONIA CONFERENCE GROUNDS employee or agent, and the physician selected, to secure proper treatment, to hospitalize, order injections, anesthesia, and/or operations as may be urgently necessary.

In signing this document, I fully recognize that if injury, illness, death, loss or damage occurs to me or the below minor while participating in adventure based activity. I will have no right to make a claim or file a lawsuit against Koinonia or its officers, agents or employees, even if they or any of them negligently cause or contribute to my injury, illness, death, loss or damage. I further agree, to absolve and hold harmless, even if negligent, KOINONIA CONFERENCE GROUNDS a Non-profit Corporation, its Board of Directors, agents and employees against liability for, damages, losses, or injuries to myself, my property, or the named minor.

I have read and understood these documents, and agree to be bound by the terms.

By signing this form, I give Koinonia Conference Grounds, and its Adventure Program Department, rights to use video and photography of me or said minor for promotional and advertising purposes.

Print Participant’s Name

Participants Signature

Date

Print Parent/Guardian’s Name (if participant is a minor)

Parent/Guardian’s Signature

Date