



## *Jumonville*

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### **What You Need to Know for Use of the Multi-Level High Ropes Course**

#### ***What to Expect:***

Ready for some challenge and the thrill of negotiating around various ropes and cables over 30 feet up in the air? You will wear a seat harness and from the time you leave the ground, you will be tied into a belay (safety) system as you climb and move from station to station. We always start with "Ground School" to learn just how the safety system works on the course. After ground school is completed, you will get started with a ride up the flying squirrel assisted by a dozen of your teammates. Once you are on the platforms, you will be following the directions of your instructor/facilitator. You will learn to use "lobster claws" as your safety system as you move around the course from station to station. You will end with a wonderful ride down the zip line and across the field. You won't soon forget this day.

#### ***What not to Worry About:***

No need to worry about falling. You will always be tied in to a safety system once you leave the ground. You also don't have to worry about being forced to do something for which you are not yet ready. We use a "challenge by choice" philosophy where you help to determine your limit. We may push you beyond what you thought you could do, but it will always be your choice.

#### ***What to Wear:***

Make sure your clothes allow for easy movement and are not too baggy. Tennis shoes or boots work best and open toed shoes are not allowed. We will be out in the fresh mountain air so make sure to dress for the weather.

#### ***What to Bring:***

Depending on the season of the year, you may want to bring an extra layer of clothes. It is always easier to shed one layer than to be too cold. Sunscreen may also be wise as the multi-level course is in an open field area with not much shade. Drinking water is always a good idea. Bring your sense of adventure and a willingness to give it your "best effort." That is all we will ask, but we will ask!

#### ***What We Need to Know:***

While we do not require a medical information form, we do need to know if any of the following conditions are present in your group: elevated blood pressure, any heart condition, seizure disorders, asthma, allergies serious enough to cause anaphylaxis, wounds, and/or orthopedic anomalies.

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