



## Informed Consent & Release from Liability

The University of Central Oklahoma's Leadership Adventures program can be an activity involving risks or injury. I understand that the challenge course will involve participation in exercises that are, by their nature, physically demanding and will subject the participant to stress, anxiety, and possible hazards, not all of which can be foreseen.

The course includes jumping, climbing and walking on cable, logs, walls, and beams at various elevated heights. There exists the possibility of certain health risks during the challenge course. These may include, but are not limited to, skeletal-muscular injuries (e.g. strains, contusions, or bone fractures) are cardiovascular related disorders (e.g. fainting, abnormal blood pressure, disorders of heartbeat and heart attack).

Because of the risks involved in participating in the challenge course, I recognize the importance of the instructions regarding the rules of the event. I agree to obey such instructions. I have reviewed and understand the **ULEAD Challenge Course Survival Checklist**. In consideration of the University of Central Oklahoma permitting me to participate and engage in all activities related to Leadership Adventures' programs, I hereby voluntarily assume all risks associated with participation in the challenge course and agree to release any all liability. The terms hereof shall serve all a release and assumption of risk for my heirs, estate, executor, administrator, assignees, and all members of my family.

I hereby acknowledge and state that my participation in this activity is entered into as a free and voluntary act with full and complete knowledge of the risks involved.

In addition, in case of accident or need for medical attention, I give permission to the University of Central Oklahoma's staff to take named participant to a doctor and/or emergency facility. (It is understood that all expenses for treatment provided will be borne by the parent, guardian, or participant.)

This release is executed and acknowledge on the \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_\_.

Participant's Printed Name: \_\_\_\_\_

Participants' Signature: \_\_\_\_\_

Parent/Guardian's Signature (if participant is less than 18 years of age): \_\_\_\_\_

### Photo/media Release

I, \_\_\_\_\_, grant to the University of Central Oklahoma, and persons acting for or through them, the right to use, reproduce, assign, and/or distribute photographs, films, videotapes, and sound recordings of said participant, for use in materials they may create.

This release is executed and acknowledged on the \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_\_.

Participants' Signature: \_\_\_\_\_

Parent/Guardian's Signature (if participant is less than 18 years of age): \_\_\_\_\_

**No one will be allowed to participate or be present at a Leadership Adventures' program without this completed and signed released form.**



## Challenge course Survival Checklist

1. Bring your bottle of water or canteen. It is critical that we drink water throughout the day to stay hydrated regardless of how hot it is outside.
2. Loose comfortable clothing for the outdoors is recommended.
3. No open-toed shoes; sneakers, or hiking boots are recommended.
4. Dress appropriately for the weather. We operate in most any weather conditions, including rain and snow. We recommend dressing in layers that are easy to remove if you get hot.
5. If there is a chance of rain, don't forget your rain coat or rain poncho. We will go inside on rare occasions of heavy downpour or lightning. Otherwise, we will continue with our outside activities.
6. Don't forget sunscreen and bug spray. You can get sunburned even on a cloudy day.
7. All sharp jewelry must be removed as well as pens, pencils, car keys, or any sharp objects in pockets.
8. We strongly recommend that valuable items not be brought along.
9. No smoking is allowed on the ULEAD Challenge Course except in the parking lot during a scheduled break. All course equipment must be removed.
10. No one may play ULEAD Challenge Course without proper instruction.
11. Bring along any medication you might need for the day.
12. All necessary challenge course equipment will be provided.
13. Due to the experiential nature of our course, program completion times are subject to change.
14. Cell phones and pagers must be turned off or placed on silent modes.
15. The **EMERGENCY CONTACT** number for the course is (405) 974-3101.
16. Participation is voluntary; though, you must stay with your group. We hope you bring along your willingness to play and learn.

Any questions concerning the Challenge Course Survival Checklist, the Health Background form, or the Informed Consent and Release from Liability form can be directed to Becka Johnson at [rjohnson59@uco.edu](mailto:rjohnson59@uco.edu) or (405) 819-9561.