

CHALLENGE PROGRAM

Greetings!

We are so excited to have you participate in the University of Michigan Challenge Program!

Before you spend the day with us, there are a few things that you and your group should know prior to arriving:

What is the Challenge Program?

The Challenge Program is an activity based teambuilding and leadership development program. We use activities as our medium to foster group dynamics. Your group will be presented with increasingly complex activities as the day progresses. We like to mix in some fun too!

Where is the Challenge Program?

Our location is [1120 Dixboro](#) between Geddes Road and Plymouth Road. We are just south of the Matthaei Botanical Gardens, and is one of the University of Michigan's hidden treasures.

What to expect?

At the Challenge Program you can expect to get to know your group members on a deeper level, learn new aspects of leadership and team development on how you work with others, and to have some fun!

Additional Information:

We are a rain or shine program, so please watch the weather and come dressed appropriately.

We also follow our Challenge by Choice philosophy, which means that each participant is in control of their own level of participation... but you are at the Challenge Program so we encourage participants to stretch their comfort zones while still being safe and secure.

We look forward to having you out to the Challenge Program.

All the best-



Elizabeth Beanie Zollweg
Challenge Program Director

Dear Challenge Program Participant,

Welcome to the University of Michigan Challenge Program. We would like to take this opportunity to share a little information with you about your upcoming program.

What exactly does the Challenge Program entail?

The Challenge Program consists of a graduated series of group-oriented activities. The day begins with warmup activities and games designed to help group members get to know each other and build the foundations for working together. As the day progresses you and your group will be presented with more difficult and complex challenges. Group members then work together to set goals, determine roles, and develop strategies for solving each challenge. Activities range from 'simple' ball tossing activities to more complex challenges involving larger and sometimes fanciful props such as ropes, boards and cables. Most activities take place at ground level; however, some solutions may require some group members to be anywhere between 2 and 12 feet off the ground. Whatever the activity, it is important to remember that the real focus of the day is on working together as a team.

Will participants be required to do the activities?

We will make every effort to design your program with the specific goals, needs, interests and concerns of **your** group members in mind. However, we also recognize that not everyone will feel comfortable or be able to participate in every activity in the same way. At the Challenge Program, we abide by a ***Challenge By Choice*** philosophy which enables **you** to determine the type of participation that is most appropriate for **you**. This might mean contributing to the planning and strategizing and not necessarily the physical action. Utilizing the *Challenge by Choice* philosophy allows everyone to be involved and to challenge themselves, but at their own pace.

We are serious about safety. We expect you to be serious about safety also -- by following instructions, acting prudently, and using good judgment. To emphasize these points, we ask that you read, sign and return to us the attached Release of Liability Form and the Medical Information Form included in this packet.

What are your responsibilities?

During your participation in the Challenge Program, we ask that you work toward a set of goals which include working together, taking care of yourself and others, and giving 100% effort. In order to create the best experience for everyone, we ask that you also agree to uphold certain program standards. These include following all safety guidelines provided by instructors, using equipment only with proper supervision, supporting each other within the *Challenge by Choice* philosophy and letting instructors know your concerns and needs. Furthermore, we remind you to dress appropriately for your program and the weather on that day. (Please refer to the recommended clothing list on the back of this sheet).

We are glad that you are participating in the Challenge Program, and thank you for the effort you'll put into making your program a rewarding experience.

Check List for your day at the Challenge Program

The Challenge Program takes place outside *regardless of the weather*. Please dress appropriately. It is better to have too much clothing than to be cold and wet.

Recommended clothing and other items to bring to the program:

- comfortable **closed-toe** shoes or sneakers
- extra socks (recommended for morning dew or rain)
- walking shorts, long pants or sweats
- T-shirt or long-sleeved shirt
- raincoat in wet weather
- hat and sunscreen as needed
- insect repellent
- lunch and/or snacks and lots of them (we have a refrigerator and microwave available)
- eat prior to your program; it's an activity day that requires energy!
- cameras are optional, but welcome (a great way to remember your day!)

During **cool/cold weather**, "Dress like an onion." Wear layers, as these are more versatile than a heavy coat. sweaters or sweatshirts

- warm hat
- gloves or mittens
- warm socks, wool (we suggest bringing an extra pair also)
- waterproof boots
- coat, shell, or windbreaker

Please leave the following items at home or in your vehicle:

- jewelry (particularly large-stoned rings or dangly earrings and necklaces) belts with large buckles
- sharp combs, pocket knives
- wrist watches
- wallets and purses
- cell phones and pagers

If you bring any of these items, you will have the option to take them to your vehicle or we can lock them in the Challenge Program facility.

Note: We are not responsible for any lost items.

Should you need to give anyone an emergency contact phone number for reaching you during your time at the Challenge Program, the appropriate number is **(734) 998-6766**.

The Challenge Program staff goes to great lengths to provide you with a safe, exciting and rewarding experience. By bringing the recommended clothing and other items to your program, you will be well prepared to have a comfortable and enjoyable day.

If you have any questions about dressing appropriately for a day outdoors, feel free to contact the Challenge Program or Bivouac Quality Outdoor Clothing and Equipment at (734) 764-7616.

University of Michigan Challenge Program Physical/Medical Information Form

Please fill out every item below as accurately and truthfully as possible. Provide details for any significant conditions, injuries and/or illness that may affect your ability to participate in the Challenge Program. This form is the property of the Challenge Program and will remain as a confidential record to the fullest extent permitted by law. Only the instructors and medical personnel have access to this information.

Name: _____ Doctors' Name: _____

Address: _____ Date of Program: _____

Phone: _____

Age Group: over 60 40-59 26-39 18-25

Mobile Phone: _____

under 18 (if so, please add birthdate ___/___/___)

Work Phone: _____

In case of Emergency, please contact:

Doctors' Phone: _____

Name: _____

Relationship to you: _____

The Challenge Program does not provide medical insurance for participants. If available, please provide the following medical and insurance information.

Is the participant covered by medical insurance? YES / NO

Medical Insurance Company/Policy Number: _____

Physical fitness and health information – for program design and in case of emergency.

⇒ Is your ability to sit, stand, or walk, limited in any way? YES / NO

If YES, please describe briefly: _____

⇒ If we do an activity that involves lifting, climbing, or jogging, how likely are you to choose to participate?

Definitely___ Probably___ Maybe___ Probably Not___ Definitely Not___

⇒ What medications are you taking? _____

⇒ Are you pregnant? YES / NO If YES, is this public knowledge? YES / NO

If YES, how far along will you be on the date of the program? _____

⇒ Have you experienced any of the following medical conditions?

Allergic to bees or wasps? YES / NO

If Yes, do you carry an Epi Pen? YES / NO

Asthma YES / NO

If Yes, do you carry an inhaler? YES / NO

Diabetes YES / NO

If Yes, what is your current treatment? _____

Neck/Back Problems YES / NO

If Yes, please describe: _____

⇒ Have you experienced any of the following medical conditions?

Epilepsy/Seizures*** YES / NO

Heart Conditions*** YES / NO

High Blood Pressure*** YES / NO

*****If you answered yes to any of these conditions, and are planning to go up into our High Ropes Course or Climbing Tower, please consult your doctor.**

**Release of Liability Form for the
University of Michigan Challenge Program
Milwaukee Tool Corporation and *electrical training ALLIANCE***

The University of Michigan Challenge Program can provide you with an opportunity to challenge yourself both physically and emotionally. Therefore, before participating in the program it is important that you read the attached cover letter from the Director and understand and agree to abide by the Challenge Program's goals and standards.

Although the Challenge Program has taken precautions to provide the proper organization, supervision, instruction, and equipment for each program, it is impossible to guarantee absolute safety. While it is the aim of the program and the facilitators to provide you with an enjoyable, educational and safe experience, you must realize that there is a degree of risk and personal responsibility for safety when you participate in the Challenge Program.

By consenting to participation in the Challenge Program you agree to use your best judgment in choosing your level of participation and assume responsibility for your own safety and needs during the program and for all risks, including the possibility of bruises, scrapes, and more serious injuries. Signing this form indicates that you understand your responsibilities and that you release the University of Michigan, the Challenge Program, Milwaukee Tool Corporation and *electrical training ALLIANCE* and its employees and agents from all claims and liabilities for injury or damage arising from your participation in the Challenge Program, unless those claims arrive as a direct result of gross negligence or willful misconduct.

Please confirm with your signature that:

- you have read this release form and the attached letter from the Director;
- you understand your responsibilities as a participant, and will use good judgment;
- you understand our *Challenge by Choice* philosophy and agree to inform the Director or your facilitator of any concerns you may have about your personal participation;
- you assume all risks incidental to this program;
- you have provided us with all medical information requested on the reverse side;
- you agree to follow instructions and directions given by your instructors;
- you authorize the use of any photographs or videotape in which you appear while participating in the program.

Signature

Date

Name (Please Print)

Name of Group or Organization

Scheduled Date of Program

If you have any concerns about participating in the Challenge Program, or about this form, please contact us directly at 734-998-6766.