

Character Challenge Adventures

13218 County Road 40

Park Rapids, MN 56470

www.characterchallengecourse.com



Commit 2 Change

Welcome to C4!

Sarah Coumbe-Guida
President

Travis Guida
Operations Director

Enclosed are the waivers and suggestions for preparation as you look forward to your C4 adventure! Make sure to fill out a waiver form, even if you are not planning to participate. Please have the waivers signed and delivered upon arrival at the course. Please make as many copies as needed. You do not need to be an athletic person to have a great experience! However, a good night's rest, a healthy meal, and some stretching will help.

Attire: Dress in comfortable, non-restricting clothing. Tennis shoes are the best footwear. But any type of close toed shoe is required. Jewelry is not recommended. Bring extra clothing, hats, or sunglasses appropriate for the weather.

What to Bring? Cameras, rain gear, sunscreen, and insect repellent are suggested. We have a public restroom for participant use. We provide all the climbing equipment needed, so we encourage participants to leave their personal climbing gear at home.

Don't forget about our gift shop! *This gift shop includes trendy apparel, hats, customized C4 water bottles and more!* (If interested in pre-order, contact us for special pricing).

Directions: We are located at 13218 County Road 40, Park Rapids MN 56470. Once in Park Rapids, travel north 7 miles. Turn right on County Road 40. The course is 1 mile on the left.

Time: Please be here on time. Our staff members are scheduled only for the time you are. If you are late, we may not be able to extend your time. We often have a full day so please respect the schedules of other groups as well.

Deposit: Upon making your reservation we require a deposit in order to reserve your desired time and schedule the necessary staff.

Reminders:

- Safety is our #1 priority and therefore, please remind your group to follow our facilitator's instructions, staying off ALL equipment including obstacle course unless instructed.
- If anyone in your group is over 250 pounds, please contact us before your event.
- Prepare for a once in a lifetime experience! Your enthusiasm will be contagious! Your experience will help you to learn, overcome challenges, take risks, support others, change patterns and much more!

Character Challenge Course
13218 County Road 40
Park Rapids, MN 56470
(218) 760-8442
www.characterchallengecourse.com

Safety

As mentioned above, safety is always our #1 priority. This includes physical, mental and emotional well being. Please make note of the following as we want to work closely with you to ensure a fantastic experience for your group. Our industry has continued to change and due to some nation wide policy changes our insurance company will be requiring a 250 pound weight limit. This is not new as our waiver has always stated it. This is a sensitive subject to everyone and we want to convey a deep respect for privacy. In an effort to follow these new policies, we ask all guests to be aware that due to weight restrictions, they may be limited in which high events they will be able to participate in. Knowing this information ahead of time is helpful for us to ensure **all guests are included**. We **will always work to ensure and facilitate an inclusive environment** and want everyone to know and understand they serve an important role on the team, regardless of which events they participate in at the challenge course.

Retreat Center!

Many groups are still learning about the DOJO Retreat! Our fathers' names were Don and John. They were all about entrepreneurship, creating vision, working with people and dreaming big. This building is to honor them and their legacy. We host groups of up to 20-25 on overnight adventures. Visit our website for more information and book directly with us to save on the AirBNB fees. <https://www.characterchallengecourse.com/dojo>

Liability form you sign is required by state and insurance entities.
Form located on following page.

Character Challenge Adventures Inc.

Waiver and Release of Liability

In consideration of **Character Challenge Adventures Inc** (known as **C4**) furnishing services and /or equipment to enable me to participate in the High Ropes Course and allowing me the use of part of the C4 facility and adjacent property, I agree that: 1. Risks and dangers exist in my use of High Ropes Course and/or other equipment and my participation in High Ropes Course activities or any other activities at **C4**; 2. My participation in such activities and/or use of such equipment may result in my injury or illness including but not limited to bodily injury, disease strains, fractures, partial and/or total paralysis, eye injury, blindness, heat stroke, heart attack, death or other ailments that could cause serious disability; 3. These risks and dangers may be caused by the negligence of the owners, employees, officers or agents of **C4**, the negligence of the participants, the negligence of others, accidents, breeches of contract, the forces of nature or other causes. These risks and dangers may arise from foreseeable or unforeseeable causes. 4. **There is a 250 lb weight limit on all high ropes activities.** *** Initial***

I, on behalf of myself, my personal representatives and my heirs, hereby voluntarily agree to release, waive, discharge, hold harmless, defend and indemnify **C4** and its owners, Sarah Coumbe-Guida & Travis Guida, its agents, officers and employees from any and all claims, actions or losses for bodily injury, property damage, wrongful death, loss of services or otherwise which may arise from my activity at the **C4** facility whether caused or contributed to, in whole or in part, by the negligence of **C4**, its agents, employees, officers or representatives. I specifically understand that I am releasing, discharging and waiving any claim or cause of action that I may have presently or in the future against **C4**, and its owners, Sarah Coumbe-Guida * Travis Guida, its agents, employees, officers or representatives arising from my activity at the **C4** facilities and adjacent properties. *** Initial***

Safety Pledge: I agree to abide strictly by the rules set forth in the **C4** training and practice course. I also agree to correctly wear my helmet and harness at all times while on the course or designated Climbing area. I understand that a 250 lb weight limit applies to all high elements. I also agree not to be under the influence of alcohol or under the influence of any drugs that can affect my judgment, perception, or movement while participating at **C4**. *** Initial***

MUST be FILLED OUT and SIGNED by PARENT or GUARDIAN if PARTICIPANT is UNDER 18 YEARS OLD

The undersigned parent or guardian has read the above Waiver, agrees to the terms and hereby gives permission for the below named minor to participate in the high ropes and low ropes course at the Character Challenge Course Company and hereby gives staff permission to **authorize medical treatment** as may be deemed necessary. *** Initial***

Digital Release

As a participant and/or lawful guardian of the participant, I hereby voluntarily permit and authorize the Character Challenge Adventures Inc. (C4), Sarah Coumbe-Guida & Travis Guida, and its employees, agents, and personnel who are acting on behalf of the C4 to post on the www.characterchallengecourse.com (Website) and/or C4 mailers/advertising, photographs or video images of me, or any member of my family, or any individual that I am registering. I permit C4 to enter my cell phone number onto a free digital loyalty program and understand I can opt out at any time. I understand that the C4 and its employees, agents and personnel cannot warrant or guarantee that, on placement of such a photograph or video image on the C4 Website, any further dissemination of my photographs or video images will be subject to C4 supervision or control. Accordingly, I release the C4, its employees, agents and personnel acting on its behalf from any and all liability related to all dissemination of such photographs or video images. *** Initial***

I HAVE READ THE ABOVE WAIVER. BY SIGNING BELOW, IT IS MY INTENTION TO RELEASE THE CHARACTER CHALLENGE ADVENTURES, ITS OWNERS, SARAH COUMBE-GUIDA & TRAVIS GUIDA, AND ITS AGENTS FROM ANY LIABILITY FROM PERSONAL INJURY, PROPERTY DAMAGE, OR WRONGFUL DEATH CAUSED BY NEGLIGENCE OR ANY OTHER CAUSE. THIS IS A LEGALLY BINDING AGREEMENT. I understand that a 250 lb. weight limit applies to all high event activities at C4.

I have read the above and agree to the Release of Liability and Digital Release.

Signature of participant

Signature of PARENT/GUARDIAN (if applicable)

Email address

Cell Phone

Participant's Full Name

Age

Address

City

State

Zip

Explorer's Club Participant & Parent Rules and Responsibilities

The following permission form is relevant only for groups planning to participate in our Explorer's Club. Teachers can initial for the entire group. Please make sure to include a roster with names of all participants.

Parents or School supervisor must commit to helping their child(run) participate in a fun, yet safe manner.

Legend's Playground (low ropes playground challenges)

- Always Spot & Support participants.
- No running on playground.

Initial _____

Clyde's Climb (Horizontal climbing surface)

- Climber's feet must not get higher than 30" off the ground.
- No Horseplay or running.
- Step off safely if you lose your balance.

Initial _____

Bulls-eye (Slingshot range)

- Children may not pick up sling shot until given permission.
- Participants must aim at the building at all times. All participants & observers within 5' of the firing line MUST wear eye protection)
- Participants agree to follow all posted rules.

Initial _____

HammerStump

- No Horseplay or running.
- Parents agree to closely supervise their child/s use of the hammer.

Initial _____

Animal Interaction

- No chasing animals or loud noises.

Initial _____

Pipeslide Park

- Adult supervision required.
- Participants must go down feet first.

Initial _____

Leap of Faith (High ropes challenge) **See previous page for more info on safety of high ropes**

1. Park Supervisor reserves the right to refuse anyone access to the attraction if we believe it would be unsafe for them, other guests or the staff. Reasons a guest may be turned away include, but are not limited to, being under the influence of chemicals, or an inability to understand or obey the rules.
2. Must have secure shoes. No bare feet, flip-flops or open heel shoes. Shoes must be tied.
3. Follow all operator instructions and posted rule signs. Please stay on paths.
4. Parents/Group leaders are responsible for the care of their children. C4 staff are on site to facilitate high events, but other low challenges (either listed or unlisted) are not directly supervised and require adult chaperones or parents to ensure safety for all participants.