

### ***PVC Go-Kart Build and Race***

Teams of 4-5 participants will be supplied with a duffle bag filled with PVC plumbing pipes, axle rods and wheels. They will be challenged to design and build a drivable go-kart. Teams will also be asked to present their go-karts to the other groups in a mock marketing presentation. The activity will culminate with a grand prix style race.

### ***Challenge Course – High Ropes***

Students will be outfitted with harnesses and helmets. After a briefing on safety and regulations, the group will be utilizing cables, ropes and wooden beams strung 20 to 50 feet high among trees, the 10th graders will be challenged by a series of climbs and routes giving them the opportunity explore risk-taking, trust and coaching. To help maximize the amount of ropes course opportunities we will split the grade into smaller groups and have multiple high ropes elements running at the same time.

### ***Additional Program Elements***

#### ***Evening Activities***

The programming doesn't end at dinner! After dinner, we will run a group activity for the students and the day will culminate with a campfire and s'mores before everyone returns to their tents for the night.

#### ***Additional Notes***

Students should arrive prepared for the Challenge Hike. This includes:

- Day pack with comfortable shoulder straps (line back with a small garbage bag and stuff the rest of the items in the garbage bag. This is for water proofing just in case foul weather)
- Two large, filled water bottles (24oz.-32oz. is best). It will be consumed. If students want beverages for bus ride, make sure these are not them. Save water for hike.
- Full Lunch. Can bring snacks for bus trip
- Foul weather jacket just in case.
- Sunscreen
- Bug spray (optional)
- Good shoes for hiking. Sneakers with good tread is fine. No flats or thin material shoes.

See attached packing list for all other items needed.

reproduce, assign and or/ distribute photographs, slides, sound recordings and video of my child as needed for it records and marketing and public relations programs.

**Assumption of Risk** I, in my legal capacity as parent/guardian of the minor named below ("Minor"), acknowledge and agree that any use of Central Connecticut Coast YMCA Inc. facilities, services, equipment and premises ("Facilities") and any participation in Central Connecticut Coast YMCA Inc. programs and activities ("Programs") comes with inherent risks including, but in no way limited to: (1) moderate and severe personal injury, (2) property damage, (3) disability, (4) death, and (5) sickness or disease. I voluntarily, for myself and Minor, accept and assume full responsibility for these risks as well as any and all other risks of the use of Facilities and participation in Programs. I agree that I have full knowledge of the nature and extent of all such risks and am not relying on all such risks being described in this document.

**Waiver, Release, Indemnification & Covenant Not to Sue** In consideration of Minor's use of Facilities and participation in Programs I, in my legal capacity as parent/guardian of Minor, agree on behalf of myself and Minor that Central Connecticut Coast YMCA Inc., its officers, directors, agents, employees, volunteers, insurers and representatives ("Releasees") will not be liable for any personal injury, property damage, disability, death, sickness or disease incurred by Minor, however occurring including, but not limited to, the negligence of Releasees. I understand that Minor and I will be solely responsible for any loss or damage, including personal injury, property damage, disability, death, sickness or disease sustained from the use of Facilities and participation in Programs.

I further agree, in my legal capacity as the parent/guardian of Minor, on behalf of Minor, myself, and any and all legal successors and proxies, to release and HEREBY DO RELEASE, WAIVE AND COVENANT NOT TO SUE Releasees from any causes of action, claims, suits, liabilities or demands of any nature whatsoever including, but in no way limited to, claims of negligence, which Minor, myself, and any and all legal successors and proxies may have, now or in the future, against Releasees on account of personal injury, property damage, disability, death, sickness, disease or accident of any kind, arising out of or in any way related to the use of Facilities or participation in Programs, whether that participation is supervised or unsupervised, however the injury or damage occurs, including, but not limited to, the negligence of Releasees.

In further consideration of the use of Facilities and participation in Programs, I, in my legal capacity as parent/guardian of Minor, agree on behalf of myself and Minor to INDEMNIFY AND HOLD HARMLESS Releasees from any and all causes of action, claims, demands, losses, suits, liabilities or costs of any nature whatsoever, including claims of negligence, arising out of or in any way related to the use of Facilities and participation in Programs.

I have read and understand the camp rules included below. I will ensure my child is aware of and will comply with these rules. I accept responsibility for my child's behavior. I have had sufficient opportunity to read this document, have read and understand its meaning, and agree to be bound by its terms. I have answered the above questions accurately and completely.

Minor name (print clearly): \_\_\_\_\_

Signature of parent/guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Name of parent/guardian (print clearly): \_\_\_\_\_

THIS FORM MUST BE SUBMITTED TO YMCA CAMP HI-ROCK PRIOR TO ARRIVAL AT CAMP OR UPON CHECK-IN.

#### **Adult, Family and Group Camping Policies:**

**Speed Limit/Vehicle Safety:** The speed limit on the camp driveway is 10 MPH and on main camp is 5 MPH. Mt. Washington public roads have a maximum speed limit of 40 MPH and many areas with much lower speed limits. Adherence to these speed limits is critical to protect the safety of our campers and our neighbors and their children. Campers MUST obey the posted speed limits on camp and on Mount Washington Roads at all times. Riding in the back of pick-up trucks is strictly prohibited.

**Parking:** Parking on camp is limited. Please keep driving to a minimum while on camp and park all vehicles in designated parking areas when not loading or unloading vehicles.