

Spruce Lake Retreat - Adventure Activities

EXPECTATIONS FOR GROUP LEADERS AND MEMEBERS

REGISTRATION PROCESS ...



1. **Contract & Deposit:**
Complete and sign the contract. Return it with your deposit **3 weeks prior to the event date**.
2. **Release Form:**
Photocopy Release Forms and distribute them to each participant. There is a separate form for adults and children under 18. Minors must have a parent's signature on their form. **Bring all completed /signed forms to the AP activity.**
3. **Final Report Form:**
Complete and sign the Final Report Form. Return it at least *3 weeks* prior to your arrival.
4. **Review this sheet ...** and make sure each person in your group knows the *Expectations of Group Members*.

DURING THE ACTIVITY ...

Stay with the group and keep everyone together and focused on your activity – especially during the indoor activities when other groups may be present.

THE MEETING PLACE & TIME ...

1. Zipline, Outdoor Challenge Course, Climbing Tower, Vertical Playpen, Outdoor Power Swing – **meet** at the foot of the tubing hill along Wilderness Camp road.
2. Indoor High Ropes, Climbing Wall, Bouldering Wall, Indoor Challenge Course, Indoor Power Swing – **meet** in the Lakeview Program Center.
3. Mini-Zipline **meets** by the pavilion at Wilderness Camp.
4. Meet as a group for initial instructions at the time that is indicated on your contract.



WHAT TO WEAR ...

1. Comfortable and modest clothing that is appropriate for physical activity. Sneakers and boots are the best footwear for adventure activities. **No flip flops**
2. *Closed toes* shoes are a must for every climbing event.

PARTICIPATION & SUPERVISION ...

1. Each individual is free to choose the level of challenge that feels right for them. We encourage everyone to try to go beyond their comfort zones, but we never force anyone to do something they do not want to do.
2. The group is to (1) **arrive together for initial instruction** and (2) **stay for the entire activity** – provide encouragement and input for the wrap up session after the activity.
3. All Adventure Activities may be used only under the supervision of an authorized Spruce Lake staff person.

QUESTIONS OF WEATHER ...



1. Even in a light rain, most of the outdoor activities will take place as scheduled (unless there is thunder and lightning).
2. In cases when the weather prohibits an activity from occurring, we may be able to offer another inside option. We do not guarantee that we can provide a substitute activity.

REMEMBER WHY YOU ARE COMING!

Spruce Lake Adventure Activities are designed to give each person an opportunity to have fun, challenge themselves and grow in their relationship with God.



FOR MORE INFORMATION ...

Contact our Guest Group Coordinator at 800-822-7505