

## **Letter of Instruction for Participation on Ropes Course (what to bring--what to leave)**

1. **NO** Jewelry- could be lost or broken (rings, necklaces, bracelets, earrings-etc.)
2. Wear comfortable older clothes - things that will be ok to get dirty. It is several hours in an outdoor environment. Everyone should wear pants or shorts-no dresses or skirts.
3. Because it is outdoors, wear suitable clothes. If hot, wear sunscreen, hat, etc. If cooler, wear layers that can be removed as the students heat up with the activities. - **NOTE:** Even if the weather is cool, there is still a possibility of getting a lot of sun. It may be good to think about sunscreen in February, March and April due to the fact we will be outside most of the day.
4. Tennis shoes or rubber soled shoes are needed.
5. Cut fingernails short. (If you have long nails, please be aware of their safety and the safety of others.)
6. The school will arrange for a sack lunch from the cafeteria. There will be some drinks and chips to purchase if the students get hungry. Snacks are \$ 0.50 each - if you think they will need snack please make sure they have the necessary money.
7. The students will leave the school at 8:30 - travel by bus about 1/8 of a mile to the ITPC center and arrive at the Marshall Anderson Challenge Course. The ITPC center has 4 bathrooms with easy access, a central meeting area, and phone. We will remain there until the afternoon, when the students will return to school and return home in the usual manner.
8. All instructors are trained in First Aid and CPR techniques and have current certification on file. All of the course instructors have had 80 hours of training, plus experience in facilitating many groups through the course.
9. We are looking forward to your students coming, and can't wait to get to know them.

**---NO STUDENT MAY BE ON THE COURSE UNLESS THEY HAVE FILLED OUT A  
RELEASE FORM WITH MEDICAL INFORMATION.  
There is NO exception.**