



Leadership Challenge Course

Participation in this program is voluntary, and you can decline participation in all of, or any part of, the activities occurring during the program.

Contraindications for Participation

You should review your level of participation and may limit or exclude yourself

Have you been told by a physician that you have, or are you aware of having, any medical conditions that could be aggravated by physical activity, such as:

- Problems with your neck, back, shoulders, wrists, hips, ankles or knees
- Heart disease, high blood pressure (>145/90)
- Unstable cardiovascular or respiratory conditions
- Active back or joint problems (recent or recurring injuries)
- Uncontrolled diabetes, epilepsy, or seizures
- Liver transplant recipient
- Post-partum (< 6 weeks since giving birth) or currently pregnant

Zip Line Weight Limit: 300 lbs

Clothing Requirements

All participants must adhere to the clothing requirements list.

Footwear



Closed toed, tie on (with laces) shoes are REQUIRED.

Sneakers are best

Sneakers, boots and other closed toe, tie on shoes are appropriate but ***NOT*** high heels, Teva, flip-flops, crocs, or other types of sandals or slip-ons.



If a participant comes in something other than proper shoes, that individual may end up being just a spectator.

Clothing

Clothing should be loose, comfortable, casual, and durable

Think athletic wear – Shorts and T-shirt are normal and appropriate in warm weather

Jeans or athletic pants and sweatshirts, fleece, or a short winter coat are good for cold weather

Long coats should be avoided

Casual long pants are also OK , like Jeans any time of year



If wearing shorts, recommendation is that they come down to or past mid thigh for comfort and discreteness from the safety harness. – avoid short shorts!

All jewelry will need to be removed prior to conducting high initiatives. It is best to not bring them. We do not have secure storage available.

This includes watches, bracelets, necklaces, rings, earrings (small stud type OK), and face and body jewelry.



Eyeglass wearers should take the necessary precautions to insure their glasses do not fall by wearing a restraining strap or using contacts.



Because of the choking hazard, gum and candy are not allowed.



For health consideration of others and to avoid damage to safety equipment, **no smoking** is allowed on the premises at any time.



NO SMOKING

For safety considerations, **no alcoholic beverages** are allowed on the premises at any time.

Other Recommendations:

Several light layers of clothing are better than one heavy layer if cold.

sunscreen

Hat / gloves for cold weather

Rain Gear

A Fun, positive attitude!!

Participants must abide by all policies regarding the use of the premises and follow instructions of the Staff.

Georgia Tech reserves the right to refuse service to anyone and to take such action as may be necessary in the event the Organization or any participant is in violation of any of the forgoing guidelines and expectations.