

Our programs are based on the idea that people learn best by doing. So...here's what we'll be doing.

Our mission is to engage people in powerful and fun action-based learning activities as a catalyst for building relationships, self-esteem and mutual support. Our work is intended to connect these experiences to real life as an effective means of developing teamwork and personal growth.



So what does that mean...what will *you* be doing?

Challenge Discovery runs a wide variety of programs that involve many different types of activities. It is nearly impossible to describe exactly what your day will look like because there are many variables that go into creating powerful experiences, like weather, abilities, sizes and shapes of people, length of program, etc.

Here's what we can tell you for sure. We are an experience-based learning program which means you will be learning-by-doing. You may be led through the woods wearing a blindfold, climbing telephone poles as high as 40 feet, balancing on logs as you cross an imaginary river or putting together a puzzle. The design of our programs will engage you mentally, physically and emotionally. The activities can require easy, moderate or strenuous physical activities. We always take into account the goals and demographic information of the group when we design our programs to encourage full participation and help the team reach their goals.

With all that having been said, managing risks is our first priority and after nearly 30 years and more than 500,000 people we are leaders in our industry in this area. We have created very basic and fundamental systems that work to manage risks. The reality of it however, is that we are working with real-live people, and people sometimes make mistakes or misjudge their own ability. That is why before every activity, we go to great lengths to inform you of what you're going to do, and any potential risk factors to be aware of so you can make an informed decision. We also remind you to act prudently about your level of participation and that your participation in anything we do is purely voluntary.

Our programs are carefully designed to value every person in the group, even those who decide it is best for them to not physically participate in the event. There are roles for every person in the group no matter how they choose to participate.

We want your experience to be positive and productive. The first step in this process is to have a clear understanding of Challenge Discovery and our programs. We encourage you visit our website for additional information, or call us to ask questions and share concerns.

Preparing for a Challenge Discovery Program:

- **Visit our website, make informed choices — www.challengediscovery.com**
Please familiarize yourself with Challenge Discovery as a company and the nature of the activities you are about to experience to make the best choices possible regarding your level of participation.



- **Dress appropriately for the weather conditions throughout the day!!!**
Challenge Discovery programs are run in all kinds of weather, from 25 degrees to 105 degrees, rain or shine! It is always advisable to bring rain gear and an extra jacket even if you don't think you'll need it. In general, wear loose comfortable clothing that can get a little dirty, dress in layers and do not wear open-toed shoes or sandals.
- **Leave all valuables at home.**
This includes watches, rings, etc. If you forget to leave them at home, secure them in your vehicle upon arrival. We cannot be held responsible for lost or stolen items. You are welcome to bring hats, sunglasses and cameras.
- **Bring medications and forms.**
If you will need to take medications during the day or use an inhaler, be sure to bring them. Check with your coordinator whether forms will be collected before the program or if you should bring it separately. **No one can participate without completed forms.**
- **Eat a substantial meal before attending the program or bring a snack.**
Our activities are physical in nature and require more energy than you might be used to in a normal day. In addition, the program's schedule may not break at a regular time for a meal. Please check with your coordinator to see if you are required to bring a lunch or if lunch will be provided.

Challenge Discovery will provide:

- Sunscreen
- Bug repellent
- Drinking water



General Health Information Guide

Please read this information carefully and consider what may apply to you. This information is intended to help you and the Challenge Discovery facilitators plan a meaningful experience for you. Please remember that your choice concerning your level of participation will be respected throughout the program at all times.

Allergic Reactions and Asthma Concerns

Most Challenge Discovery programs are conducted outdoors in the woods and open fields. If you have had any severe allergic reactions to environmental stimuli such as insect bites or bee stings, pollen, grass, or other outdoor plants please let us know. Examples of severe reactions include shortness of breath, extreme itching, redness, hives or swelling in or around the mouth/throat. If you carry an epi-pen or an epi-kit (epinephrine), please bring it with you. Also, please bring your inhaler or any other necessary medication with you.

Cardiovascular Concerns

Cardiovascular concerns refer to conditions affecting the heart or the vascular system that brings blood to the heart muscle. If after walking or light exercise, you become dizzy, experience chest pain or unusual shortness of breath, or break out in a cold sweat, this could indicate a cardiac problem that would be of concern on the program. We must know if you have been diagnosed with any heart conditions, e.g. angina or coronary heart disease, so we can assist you in planning your level of participation.

Orthopedic Concerns

Orthopedic refers to any part of the skeletal or muscular system including the neck, back, shoulders, hips, elbows, wrists, fingers, knees and ankles. As mentioned, Challenge Discovery programs can involve activities like lifting, stretching, jumping, and climbing. If you have a condition, e.g. shoulders that easily dislocate, that might be aggravated by these kinds of activities, please let us know so that we can help you plan your level of participation. If you use an orthopedic device like a wrist or knee brace, please bring it to the program.

Your General Health

Do you have diabetes?

Have you been treated for a psychological condition or do you have acute anxiety concerning heights?

Do you have an active or chronic medical condition?

Do you have any other concerns about the state of your health?

If you have questions or concerns, please call us at (877) 337-TEAM (8326)

After reviewing the information, please complete the Participant Information/Medical Information Form and Acknowledgement and Assumption of Risks and Agreement of Indemnity Form. Please return the forms to your coordinator unless otherwise directed.

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