

**UNIVERSITY OF UTAH**  
**Neuropsychiatric Institute ROPES Program**

**IMPORTANT: THIS IS A LEGAL DOCUMENT,  
PLEASE READ AND UNDERSTAND THIS DOCUMENT BEFORE SIGNING.**

**ASSUMPTION OF RISK, WAIVER OF  
LIABILITY AND INDEMNIFICATION AGREEMENT**

This Agreement must be completed in order to participate in the activities associated with the University of Utah challenge course.

Participant (print full name): \_\_\_\_\_

I, the undersigned, am either the Participant named above or the parent and/or legal guardian ("Guardian/Parent") of the minor Participant named above. I am familiar with the curriculum and the activities which take place in the above named course.

**TERMS AND CONDITIONS**

I will participate or authorize the Participant to participate in the above program at the University of Utah (the "Program"). I understand that such participation can include foreseeable and unforeseeable risks, difficult or uncomfortable conditions, risks of falling, equipment failure, and other hazardous activities inherent in the program which may expose the participant to illness, injury, or death. Participant or guardian/parent freely and voluntarily participates or allows participation in the program with the knowledge of the danger involved and hereby agrees to assume and accept any and all risk of injury or death.

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Participant or Guardian/Parent of Participant agrees that the site of any lawsuit arising out of or related to participation in the Program shall be Utah and that this Agreement will be governed by and construed in accordance with the laws of the state of Utah, without application of any principles of choice of law.

**(OVER)**

Participant does not have any medical conditions that would prevent participation in course Program.

Participant has adequate health insurance to cover the costs of treatment in the event of any injury.

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\_\_\_\_\_ I am signing this Agreement for myself as Participant. I acknowledge that I am eighteen (18) years of age and that I understand the terms of this Agreement. I also acknowledge that this Agreement shall bind my heirs and personal representatives.

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Signature of Participant

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Signature of Legal Guardian and/or Parent of Participant

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Signature of Participant (under 18)

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Date

## Preparing for a day with the UNI R.O.P.E.S. Program

As you prepare for your time on the ROPES course please be aware that we plan to be outside. Dressing in layers and anticipating the weather will add to your comfort and enjoyment. Please dress to be active in clothes and shoes that are comfortable and durable. Sun, wind, rain, heat, or cold can all be part of a day on the course – please be prepared.

### **What to wear:**

Shoes: closed-toed with rubber soles. Tennis shoes are great!

Loose, casual, comfortable clothing that covers you and lets you move. T-shirts, longer shorts, and or long pants are all good choices depending on the weather and you.

Layer clothing for the weather and bring rain gear if it looks like rain.

### **What to bring:**

Water bottle

Sunscreen

Hat

Bee sting kit (if you are allergic to bees), inhalers

### **What to leave** at home or in the car:

Jewelry and valuables – please remove jewelry before arriving at the course. Rings, earrings and necklaces can be broken and or pose a hazard to you or a peer.

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## R.O.P.E.S. Program

### Achieving Organizational Goals Through Experiential Learning

Located in Research Park at the University of Utah, the UNI R.O.P.E.S. Program serves the Salt Lake Valley and the surrounding community. As part of our services we offer team building and experiential group learning programs on our “R.O.P.E.S.” challenge course for youth groups, school groups, businesses, community, and government organizations.

#### What we offer:

Our facilitators work with you and your staff to provide a unique experience to enhance the performance of your team through experiential learning. Experiential learning is a holistic approach, which incorporates physical activity while also providing social and emotional challenges.

Our program uses an experiential learning approach involving the principles of action and reflection. Action involves hands on decision-making and group problem solving activities. Reflection is the processing of the skills used in the activities and then relating them to real life experience.

We develop a specific goal directed program to meet each group’s purpose for participating. The activities we choose assist in promoting individual and group change. Goals can include, but are not limited to: team cohesion, conflict resolution, problem solving, trust, communication skills, leadership skills and self esteem building.

Our program is recognized under the acronym **R.O.P.E.S.** The acronym exemplifies the program’s overall philosophy:

- \***RECREATION:** “ re-creation” promoting personal and group change through activity
- \***OBSERVATION:** observing ourselves, others and the team process
- \***PROBLEM –SOLVING:** practicing insightful skills through unique challenge situations
- \***EXPERIENTIAL LEARNING:** learning by doing
- \***SELF-ESTEEM:** developing a sense of purpose and achievement



#### What is a Challenge or Ropes Course?

A challenge /ropes course is a collection of various elements constructed mainly of cables and wood. We describe the elements as “ground”, “low” or “high”. Ground and low elements create opportunities for group effort, communication, insightful problem solving, and cooperation. The high elements focus more on individual accomplishment requiring team support. Our physical course is an indoor and outdoor course consisting of twelve high elements, over fifteen low elements and an unlimited number of ground initiative games and equipment.

#### Does participation require top physical fitness?

NO. Experiential learning activities at U.N.I. are physical, but not athletic. Whatever the physical fitness or capability of team participants, there is a role for everyone on the team in activities.

#### The Bottom Line

Our program fees vary depending on the size of the group, duration and complexity of the program. To schedule a course or discuss training design and cost, contact the Ropes Course Coordinator at **801-587-3148** or 801-339-7289.



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**MEDICAL DISCLOSURE/ HEALTH FORM**

*We require that this form be filled out in full*

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

Phone number: \_\_\_\_\_

*In case of an emergency, please notify:*

Name: \_\_\_\_\_

Phone number: \_\_\_\_\_ Relationship: \_\_\_\_\_

Physician name: \_\_\_\_\_ Physician phone: \_\_\_\_\_

Medical Policy and number: \_\_\_\_\_

1. Do you smoke? Number of packs per day \_\_\_\_\_ YES NO
2. Do you wear glasses or contacts? YES NO
3. Are you currently under a physicians care? YES NO  
If yes, please explain: \_\_\_\_\_
4. Are you allergic to bee stings? YES NO  
If yes, do you carry a bee sting kit? YES NO
5. Do you have any allergies? YES NO  
If yes, please explain: \_\_\_\_\_
6. Have you had a recent injury, illness, or operation? YES NO  
If yes, please explain: \_\_\_\_\_
7. Do you have diabetes, seizures, frequent fainting/ dizziness? YES NO  
If yes, please explain: \_\_\_\_\_  
Are you on medication for any of the above? YES NO
8. Do you have any neck, back, or shoulder pain or injury? YES NO  
If yes, please explain: \_\_\_\_\_
9. Does your weight present health problems or limit physical activities? YES NO  
Please explain: \_\_\_\_\_
10. Do you have a history of heart problems or high blood pressure? YES NO  
Please explain: \_\_\_\_\_  
Are you taking medication for heart and or blood pressure? YES NO
11. Are you currently taking medication not mentioned above? YES NO  
If yes, please explain: \_\_\_\_\_
12. Do you require special assistance of any type? YES NO  
If yes, please explain: \_\_\_\_\_

Doctors' orders are required to participate in activities for participants who answered yes to 3, 6, 8, and 10.

Participant's

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## DIRECTIONS TO U.N.I. ROPES COURSE

501 Chipeta Way

University of Utah Research Park

From south of the University of Utah ....

**From 215 take Foothill Drive to 800 S, also called Sunnyside.**

Turn Right on Sunnyside.

**Turn Left at first light onto Arapeen Drive.**

**Make a right onto Chipeta Way.**

**The road will curve to the left as you progress up the hill.**

**The hospital will be directly in front of you. Follow this road and turn at second right (just before the Fort Douglas cemetery).**

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**The course is on the hill behind/east of the hospital.**

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Hat

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Gum or candy

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Address: \_\_\_\_\_  
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Phone number: \_\_\_\_\_

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Name: \_\_\_\_\_

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***R.O.P.E.S. PROGRAM GOALS FORM:***

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Your name:

Group Name:

Number of participants:

Program date:

Scheduled time:

Background:

Please tell us about the nature of your group: how long has the group been together; what is their mission; what dynamics exist within the group that may have an impact on its experience?

Prior Experience:

Please describe any group or experiential activities this group may have done prior to coming to the course.

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Special Requests:

Please explain any special requests your group may have. (For example, list specific activities or exercises that you would like to do, ways you would like the group split into smaller groups, etc). Is there anyone with special needs?

**UNI R.O.P.E.S. Program  
501 Chipeta Way  
Salt Lake City, UT 84108  
Phone: (801) 587-3148  
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As you prepare for your time on the ROPES course please be aware that dressing in layers will add to your comfort and enjoyment. Please dress to be active in clothes and shoes that are comfortable and durable.

### **What to wear:**

Shoes: closed-toed, snug fitting, with rubber soles. Tennis shoes are great!

Loose, casual, comfortable clothing that covers you and lets you move. Dress in layers, the gym is often chilly and we may be outside if the weather is nice – please be prepared.

### **What to leave** at home or in the car:

Jewelry and valuables – please remove jewelry before arriving at the course. Rings, earrings and necklaces can be broken and or pose a hazard to you or a peer.

Please turn off cell phones/pagers

Gum or candy

### **What to bring:**

Warm Hat

Water bottle