

# *Learn the Ropes*

## *Participants*



### **What should I wear to the course?**

You Dress for the weather! You will be outside for an extended period. What you can tolerate for an hour is not the same as an entire day. On cool days, please bring several extra layers and in cold weather, gloves and hats are very useful for an enjoyable experience. In case of inclement weather, please bring a rain jacket and rain pants.

#### What To Wear

Please wear clothing that is comfortable and allows for freedom of movement.

- Top: T-shirts, sweatshirts, or button-down casual shirts
- Bottom: Loose fitting pants or long shorts (stay away from nylon)
- Shoes: Closed-toe athletic shoes such as hiking boots or tennis shoes. Sandals and opened-toe shoes are NOT permitted.
- Jacket, sweater, rain gear: appropriate clothing for the expected weather conditions.

#### What Not To Wear

Examples of inappropriate attire based on the nature of the activities include: flip flops, dress shoes, running or other nylon athletic shorts and tank tops. In addition, please do not wear any jewelry, including watches, earrings, rings, etc. These items can easily be caught in the equipment and cause injury.

### **What else should I bring?**

Signed Release form, sunscreen, please bring a water bottle (reusable) to stay hydrated. We do have places to refill your water bottles, Any necessary medications, such as inhaler, Epi-pen, etc.

### **What happens if it rains?**

Programs will go on as long as there is no lightning or high winds. If there is a light or intermittent rain, your program will continue (come prepared that day with a jacket) if it is safe, we will be to be on the course. We do not cancel for light rain, but in the case of heavy rain, thunderstorms, during the program, we will take cover for a while as the weather passes. We do have the option of taking the program undercover and doing teambuilding activities as an alternative.

### **Do I need to be in outstanding physical condition to participate on the course?**

In a word, NO! All physical abilities are welcome! While some of the challenges available can be physically demanding, they can all be altered to levels of physical activity that are suitable for almost anyone. Many of the activities push the mind more than the body.

***START YOUR ADVENTURE***

# *Learn the Ropes*

## *Coordinators*



### **How do I get to the course?**

The low ropes and high ropes courses are in Camp Guyasuta, 300 23<sup>rd</sup> street, Sharpsburg, PA 15215. Our staff will meet your group in the parking lot to take them to where we will start.

### **What if I must cancel my program?**

If you need to cancel your program, you must give 60 days notice to Camp Guyasuta. You should contact Kim Daniher at [kim.daniher@scouting.org](mailto:kim.daniher@scouting.org) directly if you need to cancel/re-schedule. If you cancel less than 60 days from the date of your program, you will have to forfeit your deposit or be asked to provide payment in advance for the next program you schedule with us. If a group is late, they lose that amount of time unfortunately we can't just add time to the end of the program.

### **What time should I be there?**

Please tell all your group members to be at the parking lot at the specific time you have requested for your program. It is best if you plan on arriving 15 minutes prior to the start of your program. This will help ensure your group starts on time. All participants being on time helps start the day right and gives your group more time to meet their goals and have a great time!

### **Chaperone Guidelines For Groups?**

We ask that there are a minimum of 2 adult chaperones who accompany your group. Should your group require more, that is fine. All chaperones must complete a waiver

### **How much time will the program require?**

We tailor the amount of time on the course to whatever your group wants or needs. We typically schedule half-day programs for 2 hours low or high and full day programs for 4 hours,

### **How do I become a facilitator?**

Camp Guyasuta will periodically seek out new facilitator staff to undergo the extensive challenge course training and join our staff. For more information about becoming a facilitator, contact Mike Daniher at [mike.daniher@scouting.org](mailto:mike.daniher@scouting.org) or 412-812-1758

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