



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Camp Y-Koda High Ropes & Challenge Course Release Form

The high ropes & challenge course is a challenging outdoor personal development and team building activity which consists of high elements. The high elements and climbing wall require a belay for safety. Participants climb up to 40 feet up & are kept safe by using climbing harnesses, helmets, ropes and belay teams. The course can be physically, mentally and emotionally challenging as well as require many components of fitness including balance and coordination.

Participant's Name:
Age:
Address:
Climbing Date:
Emergency Contact Name:
Emergency Contact's Phone Number:

Per the YMCA Camp Y-Koda High Ropes and Challenge Course Policies; the following are limitations to participate in climbing: Participants must be at least 9 years of age and at least 42 inches tall. Participants with a history of recent surgery, heart conditions, high blood pressure, or neck/back trouble need to have a doctor's written consent. Those who are pregnant are not permitted to climb. Weight limit of 265 lbs.

Please list any physical, mental or health conditions that Camp Y-Koda climbing staff should be aware of before participant climbs:

I understand that the High Ropes and Challenge Course at Camp Y-Koda requires physical actions such as: climbing, balancing, lifting and rappelling. I understand that my participation is my own choice and I, at all times, have the option to pass on an element. Climbing is inherently dangerous and participants must assume all the risks of climbing.

High Ropes & Challenge Course participants hereby agree to waive any claim for liability against the Sheboygan County YMCA arising out of the use of the High Ropes Course and YMCA Camp Y-Koda facility and further agree that they will indemnify and save harmless the Sheboygan County YMCA from any and all claims of every kind and description which may be brought against the Sheboygan County YMCA on account of death, injury, or damage to persons by reason of the acts or omissions of the users in their use of YMCA Camp Y-Koda. Specifically, the Sheboygan County YMCA will not be held responsible for participants not following directions or not specifically adhering to all defined rules and for any incident occurring because of any unknown physical conditions of participants.

Participant or Parent/Legal Guardian Signature: _____

* If participant is under 18 years of age, parent or legal guardian must sign above.