



Dear Parent,

Your son or daughter will have the opportunity to experience a challenge ropes course during an upcoming trip to Camp Glen Brook. The lessons learned through such a course can be remarkable. The program can strengthen and harmonize the group as well as increase self-confidence and self-esteem. ***Please sign below and return this form to your child's teacher.***

Program

First and foremost, this activity is "Challenge by Choice". Participants are not forced to do something against their will; nor will teasing or sarcasm be tolerated. Our job as community members is to encourage and make each member feel safe enough, physically and emotionally, to push themselves to new heights. The group must also realize that one person overcoming a fear to climb a simple ladder may actually be a greater triumph and personal milestone than another climbing one of the Alps. Quantity or speed is not as important as setting and working toward personal goals. The fruits of successfully pushing beyond a seemingly impossible mental and physical challenge are incredibly gratifying and long-lasting.

Safety

All participants on the high course wear and learn to properly use personal safety gear including helmets, climbing harnesses, and belay ropes and devices. The course is sequential and is designed to steadily build trust, self-confidence, skills, and knowledge necessary to meet ever-increasing challenges. Our Program Director, Mark Stehlik, is trained as a ropes course instructor. The course was built by one of the leading ropes course engineering firms in the business. The course is thoroughly inspected and certified annually by an outside contractor, the instructor inspects course elements daily, and the personal safety gear is checked immediately before each participant ascends. So, while actual risk of injury is quite low, the perceived risk level can be high when you are up in the trees, which is exactly what makes success so powerful.

Questions

Please contact Mark Stehlik with questions or concerns: 603-876-3342 or mark@glenbrook.org

Return the form below to your child's teacher.

My child, _____, has permission to participate in the Challenge Ropes Course and other related class activities during his/her upcoming program at Camp Glen Brook. I understand that Camp Glen Brook will take measures in accordance with generally accepted practices to minimize risk of injury, but I also understand that all outdoor and practical education has inherent elements of risk of injury associated with them.

Signed: _____ Date: ___/___/___

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