



## City Park Challenge Course

### Challenge Course Participant Orientation

The purpose of this Orientation form is to provide you with information about:

- The concepts of the City Park Challenge Course and the experience of participating on it
- The activities in which you will be participating
- And to invite questions or concerns regarding your participation

NOTICE: The City Park Challenge Course Program includes physical activities which require some athletic ability, physical stamina and mental concentration. For these reasons, certain medical or physical conditions may limit or prohibit participation in all or some of the program. Please inform LOOP NOLA staff of any medical conditions such as high blood pressure, pregnancy, asthma, seizures, or any other physical or emotional limitations.

### City Park Challenge Course

On the Challenge Course we utilize the Challenge by Choice concept. This means that you determine your level participation in any event. You will not be forced to participate in any activity. We will encourage you to safely attempt the event, but the choice will be yours. Making choices is an art we practice daily in all areas of life. Choosing not to participate in an event is part of our educational process. There are many levels of participation and LOOP NOLA will make every effort to ensure you can still be an active and valuable participating by offering support from the ground.

### City Park Challenge Course Experience

LOOP NOLA is committed to providing the most positive and safe experience possible. In return, we request the following from each participant:

- **Challenge Yourself.** We know it sounds redundant, but we want you to expand your comfort zone and learn new ways to work together and solve problems.
- **Participate with honesty and enthusiasm.** Let us know about any physiological or physical limitations prior to your program day and we make every effort to accommodate. Enthusiasm and positivity are critical when working together as a team to face challenges.
- **Be attentive during all safety orientations and when LOOP NOLA staff members are speaking.**
- **Safety is our number one concern.** Follow all instructions. If safety becomes comprised, LOOP NOLA staff will stop activity immediately.
- **This will be an adventure and we want you to have fun!**

### Ask Questions

If you have questions regarding the activities and your participation, please ask us. Our goal is to deliver a safe, effective and fun outdoor experience. All questions are valid. Your confidence and understanding will heighten your commitment to the program and the benefits you are seeking.