UCLA CHALLENGE COURSE:
Ground-based + high-ropes teambuilding for youth

What participants should expect

Through a series of group games and team challenges, your group will have the opportunity to play, think creatively, work as a team, and be both physically and mentally challenged. Activities may incorporate low-ropes structures (i.e. balancing beams, wooden platforms, suspended cables), or props (i.e. traffic cones, balls, or even a rubber chicken). The group will also have the opportunity to climb 2 high ropes elements, including the High V, Vertical Playpen, Leap of Faith, or Giant's Ladder. While many activities have a physical component to them, physical strength and fitness are not a basis for achieving success. Our team of enthusiastic facilitators will also incorporate age-appropriate reflective conversations to spark learning take-aways and supportive shout-outs to their teammates.

Suggested Items to Wear & Bring

1. Refillable water bottle
2. Sun protection, such as a hat, sunglasses, and sunscreen
3. Athletic shoes that are close-toed, close-heeled, and have a sturdy sole
4. Personal snacks (i.e. granola bar, apple)
5. Clothing:
    a. Something you can easily move in and are okay with possibly getting dirty
    b. Pants are recommended instead of shorts, even in warm weather, as this provides better skin protection from things like sun burn, scrapes, bug bites, etc.
    c. Layers to adapt to cooler temperatures, wind, or precipitation

COVID-19 Mitigation Practices

As information and guidance is constantly changing, we encourage everyone to check current guidance from the Los Angeles County Department of Public Health and UCLA a few days prior to your scheduled program. Included below are our current measures, which are subject to change.

1. In order to access the facility, everyone must show their clearance certificate from the UCLA COVID-19 Symptom Monitoring and Vaccination Verification System. This may be displayed on a phone.
2. For your convenience, we will provide hand washing stations, hand sanitizer, and disposable masks for your use during the program.

Understand

1. **Participation is voluntary**. Staff will present group games, activities, and initiatives. You choose if and how you want to participate. In most, if not all, activities there are options for adaptations and differing degrees of participation. The choice is yours.
2. **Challenge courses and related activities are inherently risky**. The staff are trained in and prioritize risk management. However, you are in charge of your own safety. Challenge course activities, whether on/near the ground or involving climbing, are inherently risky. It is possible to get hurt. Risks include mild injuries (i.e. splinters, scrapes, bruises), moderate injuries (broken bones), severe/life-altering injuries (paralysis, blindness), and even death. Activities can evoke strong emotional and physiological responses. You must follow all staff instructions, choose the level of participation that you are comfortable with, and plan an active role in managing your personal safety.
3. **All participants must sign a waiver prior to participating, and minors must have a parent/guardian signature on their waiver.** A copy of the is attached to this document.

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FAQ

"Challenge course…" Is that like an obstacle course?

Nope. No racing across hurdles, crawling under barbed wire, or shimmying up ropes here. The UCLA Challenge Course is an outdoor facility for adventurous play, experiential education, and team/community building. Think more "summer camp" and less "boot camp."

I have an injury, medical condition, special need, or accommodation. Can I still participate?

Injuries and medical conditions: You should consult your medical care provider for guidance on what kinds of activities you should or should not participate in, and make your choices accordingly.

Special needs and accommodations: The challenge course staff aim to make your experience as accessible and inclusive as possible. They can modify activities, provide varying options for participation, and otherwise plan a series of activities that accommodate a given special need. Advance notice is most helpful. The person making the reservation can provide the challenge course staff with special need details during the reservation process, or you may email challenge@recreation.ucla.edu to share and discuss directly.

Questions?

Please direct any questions or concerns to challenge@recreation.ucla.edu.



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UCLA CHALLENGE COURSE
Location, parking, and arrival information

Location

The Challenge Course is located inside Sunset Canyon Recreation Center (SCRC) at 111 Easton Drive, Los Angeles, CA 90095

Chartered busses

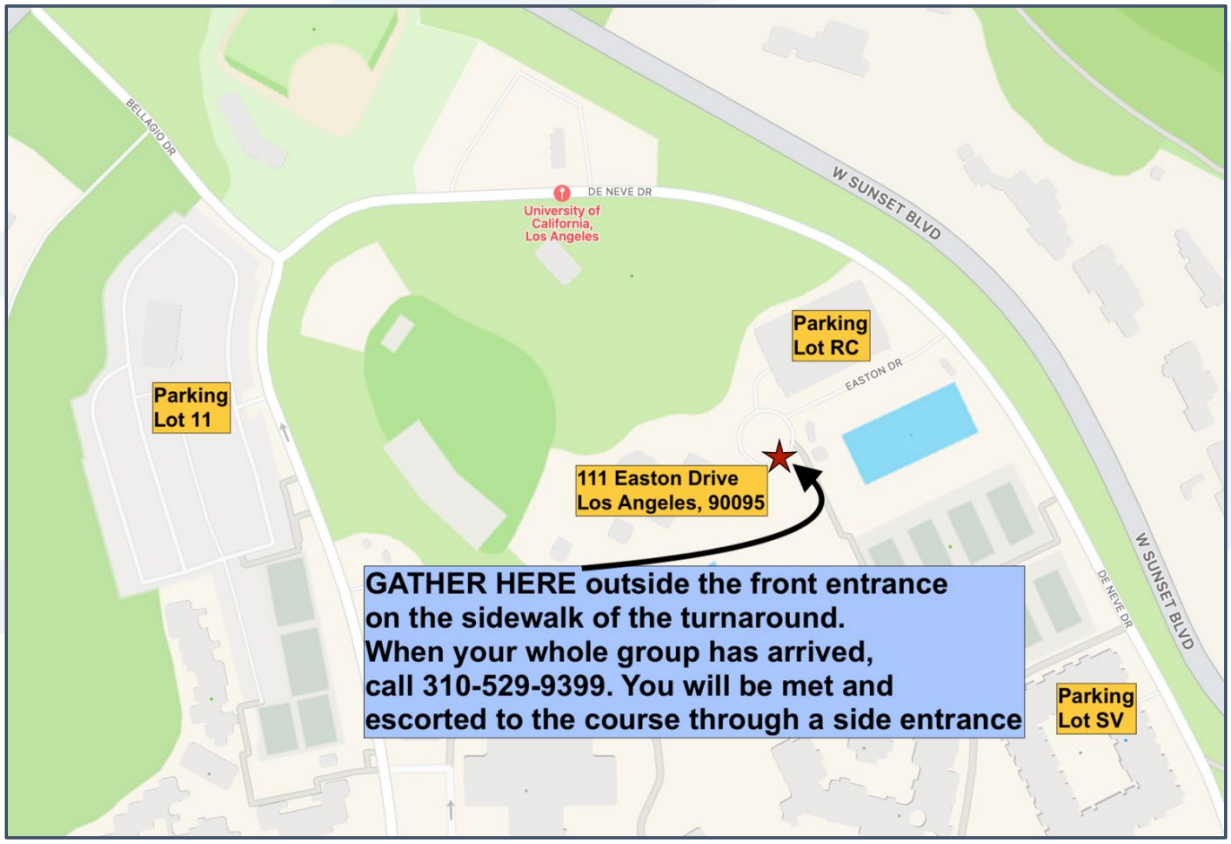
Chartered busses may drop off and pick up directly at SCRC. You must coordinate bus details when you make your reservation. Busses may not wait at the facility entrance. During your program, busses must either depart campus and find space to wait off campus or may reserve and pay for one of the limited bus turnout spaces on campus in advance.

Entering the facility

Gather your group outside the front entrance to SCRC. When your group has arrived, please call the Challenge Course Manager at 310-529-9399 to let them know you are here. A staff person will come greet you shortly and escort you to the Challenge Course via a private side entrance.

Parking

Parking lot RC (Rec Center) is immediately adjacent to SCRC. Parking lots 11 and SV are a short walk from SCRC. Visitors may purchase day passes from the self-service pay stations. For details on parking rates, please visit UCLA Transportation's Visitor Parking page. For students, staff, and faculty with monthly or quarterly parking passes, consult your parking privileges for cross-parking information. This information can be found on the campus parking website.



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University of California, Los Angeles
Waiver of Liability, Assumption of Risk, and Indemnity Agreement

Waiver: In return for being permitted to participate in the following activity or program ("The Activity"), including any associated use of the premises, facilities, staff, equipment, transportation, and services of the University, I, for myself, heirs, personal representatives, and assigns, **do hereby release, waive, discharge, and promise not to sue** The Regents of the University of California, its directors, officers, employees, and agents ("The University"), from liability **from any and all claims, including the negligence of The University,** resulting in personal injury (including death), accidents, or illnesses, and property loss, in connection with my participation in the Activity and any use of University premises and facilities.

Description of Activity or Program: Challenge course program

Assumption of Risks: Participation in the activity carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injury or illness, including contraction of COVID-19, the disease caused by SARS-CoV-2 (including any variants). The specific risks associated with any activity will vary, and may include 1) minor injuries such as scratches, bruises, and sprains, to 2) major injuries such as eye injury, joint or bone injuries, heart attacks, and concussions, to 3) catastrophic injuries such as paralysis and death, and 4) contraction of COVID-19 which can cause serious illness or death to the participant and others.

Indemnification and Hold Harmless: I also agree to indemnify and hold The University harmless from any and all claims, actions, suits, procedures, costs, expenses, damages and liabilities, including attorney's fees, arising out of my involvement in The Activity, and to reimburse it for any such expenses incurred.

Severability: I further agree that this Waiver of Liability, Assumption of Risk, and Indemnity Agreement is intended to be as broad and inclusive as permitted by law, and that if any portion is held invalid the remaining portions will continue to have full legal force and effect.

Governing Law and Jurisdiction: This Agreement shall be governed by the laws of the State of California, and any disputes arising out of or in connection with this Agreement shall be under the exclusive jurisdiction of the Courts of the State of California.

Acknowledgement of Understanding: I have read this Waiver of Liability, Assumption of Risk, and Indemnity Agreement, fully understand its terms, and **understand that I am giving up substantial rights, including my right to sue.** I understand that no precautions, restrictions, guidelines or practices will eliminate the risk of exposure to the virus that causes COVID-19. I confirm that I am signing the agreement freely and voluntarily, and **intend my signature to be a complete and unconditional release of all liability** to the greatest extent allowed by law.

_____
Participant Name (print)

_____ _____
Participant Signature Date

I, the parent/legal guardian of the Participant hereby agree to the above on behalf of the Participant.

_____ _____ _____
Parent/Guardian Name (print) Signature Date