BRING OUR 4-H TEAM TOGETHER

The challenge course program offers team-building initiatives and low and high ropes elements that encourage individuals to step out of their comfort zones through situation-based challenges that lead to positive group and self-discovery.

LOW ROPES AND HIGH ROPES PROGRAM

This program works to strengthening confidence and teamwork through development of challenges from elements close to the ground to structures that require a participate to climb. Participants will have the opportunity to solve problems and accomplish tasks as a team in a fun, cooperative environment. This program will begin by having the group work together to achieve group success and process to individual's success of overcoming personal obstacles with the support of the group. Our belief is that all participants should leave with a sense of belonging to their group and a high level of personal achievement.

DAILY SCHEDULE

Full Day Program, 6 hours

9:00-10:00AM
Introductions & cooperative games

10:00-11:30AM
Team-building and low ropes

11:30-12:00PM
Lunch

12:00-2:15PM
High ropes

2:15-3:00PM
Debrief & closing activity

TEEN DAY

Who: 4-H Member 13 and older

Where: Metro West YMCA,
45 East St., Hopkinton, MA

When: May 20, 2017

Cost: $10 per youth

RSVP: April 18, 2017

Make Check out to:

Massachusetts 4-H Foundation

Mail To:

2017 4-H Spring Teen Day
Youth Application
Due by April, 20, 2017

Name: _____ County: _____

Street Address: _____

City: _____ State: _____ Zip Code: _____

Parent/Guardian Name _____

Parent Cell Number: (_____) _____Parent E-mail: _____

Grade in School: _____ Date of Birth: _____ Gender: ___ Female ___ Male Years in 4-H: ____

Club Name _____

Parent's/Guardian's Signature _____

Activities

Field Games and Teambuilding Initiatives

This is a process of co-operative games that provide the group an interesting challenge. These games are designed with the purpose to work together, problem solve and develop skills as one team. These challenges provide the framework to reflect upon the behaviors of the group and how this affects the success of the group. Groups will be asked to discuss their performance, both as individual and as a group, and how they plan to improve for the next activity.

Low Ropes

This is a series of structures that are low to the ground that are used to challenge the group to accomplish a given task. The Low Ropes Course requires a mature commitment to safety and cooperation. Individual initiatives offer a wide range of challenges, both physical and mental. Safety is addressed through careful facilitation and participant spotting.

High Ropes

A course composed of structures that are high off the ground and give the opportunity for a participant to ascend up an element to achieve a personal goal. Participants are kept safe by using climbing harnesses, helmets, rope and climbing safety system. The course can be physically, mentally and emotionally challenging as well as requires many components of fitness including balance and coordination. While these activities may seem very individual there is a great benefit to teamwork and encouragement from the team on the ground.

Do you require any special accommodations to participate in 4-H Spring Teen Day? (Any food allergies, special diet, medical concerns, etc.): _____

*If you require a special accommodation, we will contact you regarding your needs prior.

***Return form to your Local 4-H Office with payment of $10 by (April 20, 2017).**

4-H Youth Development UMASS EXTENSION

UMass Extension is a unit of the Center for Agriculture, Food & the Environment in the College of Natural Sciences. UMass Extension is an equal opportunity provider & employer, United States Department of Agriculture cooperating. Contact your local UMass Extension office for information on disability accommodations or the UMass Director if you have concerns related to discrimination, 413-545-4800 or refer to www.extension.umass.edu/civilrights.

UNIVERSITY OF MASSACHUSETTS AMHERST

APPRECIATION OF RISK FORM

GROUP PARTICIPANT ACKNOWLEDGEMENT

METROWEST YMCA

GROUP NAME: _____ PROGRAM DATE: _____

PARTICIPANT'S NAME: _____

I have voluntarily undertaken the use of the **MetroWest YMCA Climbing Wall, Archery, and Challenge / Ropes Course.**

Appreciation of Risk

I understand that the program I am about to undertake is at my own risk. I understand that the challenge course, climbing wall, archery, and adventure activities involve physical and emotional challenges. I understand that it is clearly my responsibility to determine the appropriate degree and style of my participation. I am aware of the risks of participation, which include, but are not limited to, minor injuries such as bruises, contusions, broken bones, concussions, and catastrophic injuries such as paralysis and even death. I am aware that the course and activities are supervised by trained staff, skilled in the safe operation of the facility.

Photo Release

I allow the YMCA's use of my child's photo image, voice, and video in promotional materials and online posts unless specifically noted otherwise in writing. I understand the use of photo/video equipment by my child's host organization (school, organization, and program) or other participants from same organization is at that organization's discretion and not the YMCA's.

Health

I affirm my health is good and that I am not under a physician's care for any undisclosed condition that bears upon my fitness to participate in the activities. If any current injuries, disabilities or illnesses exist that are pertinent to your participation please list, additionally, please list any medications we may need to be aware of:

_____

_____

First Aid & Emergency Care

In the event of a medical emergency, I authorize the staff to administer first aid and/or attain further medical treatment and transport me to a medical care facility where medical professionals may perform the necessary procedures.

Acknowledgement

By signing below, I acknowledge that I have fully satisfied myself as to the nature of the activity or activities that I will be participating in, the risks associated with each activity, the concept of "Challenge by Choice", and my responsibility to know my own limits.

SIGNATURE: _____ Date: _____

PARENT'S NAME IF UNDER 18: _____

SIGNATURE of Parent/Guardian if under18: _____

Home Phone: _____ Cell Phone: _____

EMAIL: _____

Emergency Contact: Name: _____ Best Phone Number: _____