



# The SHINE Mentor Program

## Leadership Retreat

University of California San Diego  
Outback Adventures  
North Point Ln, La Jolla, CA 92093

Dear Parents/Guardians:

SHINE Mentor students will participate in an all day Challenge Course activity at the University of California San Diego. Students will gain teambuilding, communication and leadership skills through a safe and fun environment. Please visit <https://recreation.ucsd.edu/adventures/trips/> for more details.

**Date:** Saturday, February 15, 2020  
**Departure:** 7:00 AM  
**Arrival:** 8:00 PM  
**Pick Up:** Mesa Heights Community Resource Center  
2150 S. Arizona Avenue, Yuma, AZ 85364

Lunch and snacks will be provided.

If you have any questions please contact Coach Luz at (928) 782-3823 Ext. 151.

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**Parents please sign and have your child return it no later than December 12, 2019.**

I give my child consent to actively participate in The SHINE Program and all activities, field trips, and events the Program may coordinate. I, the undersigned, hereby release The SHINE Program, its sponsors, and all associated personnel (managers, assistants, coaches, volunteers, etc.) of any liability that my child may incur while participating in The SHINE Program. It is further understood that my child will respect and follow program rules and codes of conduct. The SHINE Program reserves the right to photograph facilities, activities, and program participants for potential future use. All photos will remain the property of The SHINE Program and may be used for publicity. The SHINE Program will not provide transportation and it is my responsibility to provide transportation for my child.

_____	_____	
Student's Name	Food allergies / Medication	
_____	_____	
Emergency Phone Number	Address	
_____	_____	_____
Parents / Guardians' Signature	Phone Number	Date



Your Name \_\_\_\_\_  
Please Print

Age \_\_\_\_\_

Organization \_\_\_\_\_

**UCSD OUTBACK ADVENTURES  
MEDICAL QUESTIONNAIRE**

(For use with programs using the UCSD Odyssey Course or Leap of Faith)

**Please read:** This form is intended to remind staff and participants of the seriousness of attempting adventure activities with a pre-existing medical condition or personal safety concern.

**Questions**

**Response**

- |  |     |    |
|--|-----|----|
| 1. Do you have any pre-existing medical conditions?<br>If yes, please explain: _____   | Yes | No |
| 2. Are you taking any current prescription or non-prescription medication?<br>If yes, what are they and what are they for? _____   | Yes | No |
| 3. Do you have any heart conditions?<br>If yes, please explain: _____  | Yes | No |
| 4. Do you have high blood pressure?  | Yes | No |
| 5. Do you have any allergies (food, bees, insects, and medicines)?<br>If yes, please explain: _____  | Yes | No |
| 6. Do you foresee any problems participating in the upcoming Challenge Course activity due to a lack of physical exercise back home?<br>If yes, please explain: _____                                  | Yes | No |
| 7. Do you feel any pressure or coercion from employer or others to participate?  | Yes | No |
| 8. Do you have a disability (physical, intellectual, emotional)?<br>If yes, please indicate the functional implications and any concerns about participation related to the disability. _____<br>_____ | Yes | No |
| 9. Describe your current level of physical activity: _____<br>_____  |     |    |
| 10. Do you weigh over 75 pounds?   | Yes | No |

**Zipline Weight Restrictions:** The zipline hydraulic systems have a weight range of 75 to 275 pounds. Please speak with your Lead Facilitator if your weight falls outside of this range to discuss alternative options for exiting the course. Your weight does not impact your accessibility to the rest of the Odyssey High Course.

In case of emergency, contact: \_\_\_\_\_ Phone: \_\_\_\_\_  
Medical Insurance (company and policy number): \_\_\_\_\_

**Participant (or parent/guardian if participant is under 18 years of age) - please read and sign I have honestly disclosed to the staff any medical, psychological or personal information relating to my health and personal safety. I will remember that a "Challenge by Choice" atmosphere exists at all times and I should not feel pressured to participate.**

\_\_\_\_\_  
Participant Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent/Guardian of Minor

\_\_\_\_\_  
Date

UNIVERSITY OF CALIFORNIA, SAN DIEGO

**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:** UCSD Challenge Course - SHINE Program

**Date(s):** 2/15/2020

**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. The specific risks vary from one activity to another, but the risks range from 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.

**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.

**Acknowledgment 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 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)                      Date of Birth

\_\_\_\_\_  
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



# UC SAN DIEGO RECREATION OUTBACK ADVENTURES



## Welcome to the UCSD Challenge Course!

The UCSD Challenge course has 3 main elements: ground based challenges, Team Odyssey Course and the Leap of Faith. Our ground based challenges do not involve technical equipment, heights or climbing. The Odyssey Course and Leap of Faith both involve ropes, safety gear and climbing. Depending on what your group organizer has chosen, you may be doing one, two or all three of these elements.



Your program is designed to foster teambuilding and personal growth through a progression of experiential activities that target some or all of the following: community building, goal setting, healthy risk taking, personal & group awareness, communication skills, leadership development, creative problem solving, and of course FUN. Our unique facility and talented staff help foster a low risk environment and encourage individuals to define their own limits within the guiding principles of *challenge by choice*. The UCSD Challenge Course is accessible to people of with a wide variety of physical abilities.

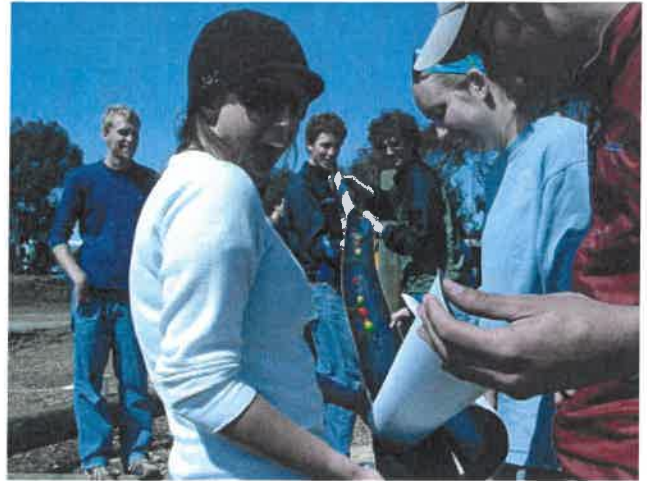
### A few things you need to know about the day

- Participants must be at least 10 years of age to participate.
- The minimum weight requirement on our zip line is 75lbs. Lighter participants can climb down our cargo nets to return to the ground.
- All participants must complete a liability waiver and a medical history form prior to participation. Minors must have the form signed by a parent/guardian. Links to both can be found at <http://recreation.ucsd.edu/outback-adventures/challenge-course/booking-&-forms.html>.
- No one is required to climb. We encourage everyone to challenge themselves on and off the ground in a way that is appropriate for them. We will be there to guide you through this experience.
- Your physical, mental and emotional safety is our primary concern.
- There will be extra water to refill your bottles.
- If possible, please use the restroom before your program. A portable toilet is located a short walk away.
- You will spend the entire program outside (sun protection is necessary)!



## Programs that include the Odyssey Course and/or the Leap of Faith

- You will be wearing a climbing harness, helmet and attached to a safety system.
- Every climbing system we use has multiple backups.
- We have an excellent safety record.
- Participants work together in groups of ~8 on the high Odyssey course. Each group travels with a trained facilitator.
- A zip line is an optional exit from the Odyssey Course or may be experienced on its own.
- No one is required to climb.



### What to wear for all programs:

- Wear athletic shoes, closed-toe shoes only (no sandals, open toes or heels). **People without proper footwear will not be allowed to participate.**
- Long pants are recommended, especially for Odyssey Course / Leap programs.
- Shorts OK, but no short shorts.
- Wear shirts that go below your waist. No mini t-shirts or tank tops. For Odyssey/Leap programs, you will be in a harness and be more comfortable in a longer shirt.
- Sweatshirt or other jackets. Weather on coast can get foggy and chilly any time year. It can also get quite chilly on the Odyssey Course.

- Rain / wind jacket (if the weather is questionable).
- No dangling jewelry (including earrings) or rings; leave your valuables at home.

### Other essentials

- Sunglasses
- Sunscreen
- Hat
- Water bottle
- An open mind



**If you have any questions, please contact:**  
UCSD Challenge Course Office  
Phone: (858) 822-3558  
Email: [teamchallenge@ucsd.edu](mailto:teamchallenge@ucsd.edu)