

Spruce Lake Retreat - Adventure Activities

EXPECTATIONS FOR GROUP LEADERS AND MEMEBERS



REGISTRATION PROCESS ...

1. **Contract & Deposit:**
Complete and sign the contract. Return it with your set-up fee within the next 3 weeks.
2. **Release Form:**
Photocopy and Release Forms and distribute them to each participant. There is a separate form for adults and children under 18. Minors must have a parent's signature on their form. Bring all completed /signed forms to the AP activity.
3. **Final Report Form:**
Complete and sign the Final Report Form. Return it at least 3 weeks prior to your arrival.
4. **Review this sheet ...** and make sure each person in your group knows the *Expectations of Group Members*.

DURING THE ACTIVITY ...

Stay with the group and keep everyone together and focused on your activity – especially during the indoor activities when other groups may be present.

THE MEETING PLACE & TIME ...

1. Zipline, Outdoor Challenge Course, Outdoor High Ropes, C. Tower, Vertical Playpen, Outdoor Power Swing – **meet** at the foot of the tubing hill along Wilderness Camp road.
2. Indoor High Ropes, C. Wall, Indoor Challenge Course, Indoor Power Swing – **meet** in the Lakeview Program Center.
3. Mini-Zipline **meets** by the pavilion at Wilderness Camp.
4. Cliff Rappel **meets** in the lobby of Spruce Lodge.
5. Meet as a group for initial instructions at the time that is indicated on your contract.



QUESTIONS OF WEATHER ...

1. Even in a light rain, most of the outdoor activities will take place as scheduled (unless there is thunder and lightning).

2. Outdoor High Ropes and Cliff Rappel are not safe to do when wet. They will be cancelled if it is raining or wet.
3. In cases when the weather prohibits an activity from occurring, we may be able to offer another inside option. We do not guarantee that we can provide a substitute activity.

PARTICIPATION & SUPERVISION ...

1. Each individual is free to choose the level of challenge that feels right for them. We encourage everyone to try to go beyond their comfort zones, but we never force anyone to do something they do not want to do.
2. The group is to (1) arrive together for initial instruction and (2) stay for the entire activity – provide encouragement and input for the wrap up session after the activity.
3. All Adventure Activities may be used only under the supervision of an authorized Spruce Lake staff person.

WHAT TO WEAR ...

1. Comfortable and modest clothing that is appropriate for physical activity. Sneakers and boots are the best footwear for adventure activities. **No flip flops**
2. *Closed toes* shoes are a must for every climbing event.



REMEMBER WHY YOU ARE COMING! Spruce Lake Adventure Activities are designed to give each person an opportunity to have fun, challenge themselves and grow in their relationship with God.



FOR MORE INFORMATION ...

Contact our Guest Group Coordinator at 800-822-7505