

Name of Group: \_\_\_\_\_

Date of Course: \_\_\_\_\_

**Challenge Course**  
**By Adventure Ministries, LLC**  
**at Epworth By The Sea**

**VOLUNTARY RELEASE FORM**

By signing this release form, I agree to release and hold harmless Adventure Ministries, LLC, Epworth By The Sea, and their employees for any damages or injuries, mental or physical, which I might incur as a result of my participation in the Challenge Course activities.

I recognize that there is an element of risk involved in any outdoor activity associated with team building and challenge courses. Typical activities may include, but are not limited to, walking, running, climbing and lifting. Knowing the inherent risk and rigors involved in this sort of activity, I certify that I am capable of participating.

I acknowledge that I have been given the opportunity to ask questions and make choices regarding my participation and that I may choose not to participate in any activity or challenge that I am presented throughout the duration of the course. **By signing in the space provided on this form, I acknowledge that I have read this form, understand the age and weight limitations, and agree to the terms of it in its entirety.**

**Print Name**

**Sign Name**

(If participant is under 18 years of age a parent or guardian must sign for them).

**Print Child's Name (if applicable):** \_\_\_\_\_

Please list any special needs or limitations.  
\_\_\_\_\_

**Note: The group leader must present a signed copy of this form for each participant prior to the beginning of the course. Participants must be at least 6<sup>th</sup> grade or older. For those participating in the high elements, there is a minimum weight of 65 pounds and a maximum weight of 265 pounds.**