

Challenge Program

Participant Information

The challenge course is a space where participants and their group will challenge themselves mentally and physically. Although some of these activities can be physically demanding, they are designed to be within the capability of any participant who is in reasonably good health. Please make sure the medical disclosure form is completed with the most up-to-date information on the participant's medical needs.

Paperwork to complete and bring with you on the day of the course:

- Participant Release of Liability
- Medical Disclosure form
- (Optional)- PAR-Q *does not need to be turned in*

What to wear:

- Long pants (loose and comfortable; shorts or capris must be mid-thigh to knee-length)
- T-shirt (loose and comfortable; shirts must have sleeves and cover the midriff.)
- Closed Toe shoes (no flip flops, sandals, or crocs; avoid slip on shoes please)

What to bring:

- Water bottle
- Sunscreen
- Snacks (optional, but recommended)
- Hat and/or sunglasses

What you agree to:

- No one will be allowed to participate if suspected of being intoxicated.
- CSUB's Campus is a Tobacco – Free Zone (No smoking or other products).
- No horseplay will be tolerated. Safety is our priority.
- Participants must abide by all policies regarding the use of the premises and follow all instructions of the Challenge Program Staff
- Participants must comply with all state and federal laws while on CSU Challenge Course property.

Before your adventure:

1. Get plenty of rest the night before.
2. Eat a wholesome nutritious meal before you arrive.