

Information Letter

Dear Participant,

NHCC Recreational Activities Department is excited to have you visit the Low Ropes Course. We look forward to getting to know you and your group. In preparing for the course, here are some things to consider:

Attire

There is a good possibility that you could get dirty during the day. Please wear clothing and shoes that you will not mind scuffing up a bit. During rainy or wet days we generally continue, so bring a rain jacket if you have one. We will come inside if there is a thunderstorm or other severe weather.

Clothing should be:

- Loose.
- Comfortable
- Casual
- Durable
- Long pants or sweat are preferred during cooler seasons.
- In very hot weather, shorts with shoes and socks may be preferred.
- Layered (layers suitable to the seasons will allow you to be comfortable all day).

Shoes should be:

- Low heeled.
- Comfortable, such as running shoes or sneakers.
- Suitable for the weather conditions (consider mud, rain, ect.)

Jewelry, watches, and non-prescription sunglasses:

- Should be left at home or in your car in a safe place, as we ask that they be removed before going out to the course.

Glasses and contact lenses:

- Take any precautions that you would normally take when participating in outdoor activities to protect your eyes and your eyewear.

Alcohol, tobacco, non-prescription drugs, weapons, gun and candy

- All of these items are strictly prohibited in the NHCC Ropes Course. Leave all of these items at home, not in your car. (Gum and candy may stay in your car) and not on your person.

Who may participate? Anyone of “normal” physical condition, age 8 and above may participate. If you have any physical conditions out of the ordinary, please inform us so that we may assist you in performing activities safely. The activities are designed to be played by those of varying levels of physical fitness, and our qualified staff will assist you in taking the next step in learning and growth.

We look forward to your visit!!