



Ropes @ PRC

Pallottine Renewal Center

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PARTICIPATION INFO SHEET: EVERYTHING YOU NEED TO KNOW

Pallottine Retreat and Conference Center (PRC) has always recognized the value of nature. Combining the healing powers of nature and outdoor experiential learning combine to create powerful benefits. Our facilitators will strive to help your group emerge from the experience closer and more cohesive. Added benefit is you will have fun!

Low Ropes Challenge courses have been demonstrated across the world to promote reflective learning and to hone leadership skills including active listening, effective communication, planning, collaboration and conflict management while achieving an adventurous and challenging mission.

WHAT TO BRING:

Wear comfortable athletic clothes and CLOSED-TOE shoes. The course is all outside, dress for the weather, bring a bottle of water and a snack if you get cranky when hungry.

PRO TIPS:

- Dress in layers and appropriate for the weather. Bring rain gear if rain is in the forecast.
- Wear comfortable, loose-fitting clothing that you do not mind getting dirty.
- Closed-toe shoes are mandatory (no sandals, flip flops or "athletic" sandals).
- Bring a water bottle that can be refilled throughout the course – cups will NOT be provided at water stations.
- We may be in the sun during some of the stations so bring your hats, sunglasses and sunscreen.
- We recommend not wearing any jewelry especially any necklaces, bracelets or earrings that dangle; those with long hair should wear it tied back.
- Bring a snack to keep your energy up.
- Bring your inhaler, Epi-Pen, any other similar devices and any required prescription medication, if applicable.

RESPECT:

All participants are expected to demonstrate behavior that encourages individual and team learning and growth. Participants are expected to support one another throughout their experience.

CHALLENGE BY CHOICE:

The facilitators will ask participants to step outside their comfort zones, while recognizing that everyone's comfort zone looks different. Our Challenge by Choice philosophy is explained in-depth before you begin the course. You are here to challenge yourself and your teammates.

WAIVERS:

All participants must complete an Acknowledge of 'Risk and Release of Liability' form. These forms help our staff be prepared and protect your safety.

Participants under 18 years of age must have their forms signed by a parent or legal guardian.

Most Important – Have Fun!



For more information, please visit pallottinerenewal.org/ropes