



Dear Camper,

This summer you will have the opportunity to use Camp Metigoshe's high ropes course. The course is called "Higher than the Mountains." Your experience on the course will be an exceptional adventure that will challenge you to grow personally and allow you to bond closely with your cabin mates.

What is a high ropes course? A high ropes course is like an obstacle course 30 feet in the air. You may be climbing, walking, swinging, or jumping in order to complete the challenge.

Does it sound scary? If you think so, this is a perfectly natural response! The Camp Metigoshe high ropes course is a "challenge by choice" course which means that no one will be forced or pressured to climb. The decision to participate above the ground is yours. Camp Metigoshe staff will discourage peer pressure or criticisms for not climbing. You will still be a very important part of your cabin's high ropes experience by encouraging your cabin mates and aiding facilitators on the ground.

Your safety is paramount to Metigoshe Ministries. The high ropes course was built by a professional high ropes course construction company. All individuals using the course are fitted with safety harnesses and helmets. All of our equipment is designed by industry professionals. Camp Metigoshe staff who serve as facilitators have been professionally trained in all aspects of safety, equipment usage, and group building. All campers using the course will receive a thorough orientation and skills will be checked before campers begin their experience on the course.

Because the course is designed to be exhilarating, there is always risk involved. Please complete the enclosed release form—no camper will climb without the signed form. Please do NOT mail your release form back us; rather, turn in the release form along with your health form at the time of registration.

Your experience on the Higher than the Mountains course, whether 30 feet above ground or with two feet planted on the earth, will be an unforgettable "adventure anchored in Christ." On the course, faith will grow, friendships will be built, and gifts will be shared. We are excited for you to join us this summer.

Peace,

A handwritten signature in black ink that reads 'Melissa Reinhart'. The signature is written in a cursive, flowing style.

Melissa Reinhart
Program Director