

Dear Voyageur Camper,

This summer you will have the possibility of using Camp Metigoshe's high ropes course. The course is called "Higher than the Mountains" and has been open since 2008. Your experience on the course will be an exceptional adventure that will challenge you to grow personally and allow you to bond with other campers using the course.



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, sitting or jumping in order to complete the challenge.

Does it sound scary? If you think so, you are having 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.

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 or 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 *Assumption of Risk and Release of Liability* form found on the back of this letter and include it when returning your health form prior to camp. The form must be signed by a parent or guardian. No camper will participate without the signed form. Campers need to physically be able to sit independently and mentally be able to follow directions. We will deny participation if there are safety concerns for any camper.

We have found that many of our campers get excited about participating in high ropes once they have seen someone demonstrate the course. Even if you think you have no interest in participating, please consider filling out the form. Having a complete form means you get to experience the course at the level you choose. Not completing the form means you will not experience high ropes while at camp.

Your experience on the Higher than the Mountains course, whether 30 feet above ground or planted firmly on the ground, 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 on the high ropes course this summer if it is a challenge you would like to experience.

In Christ,

Sarah Bull  
High Ropes Course Manager

Katie Edgar  
Program Director