



# Venture Out

## University of Missouri

2500 MU Student Center  
Columbia, MO 65211  
Office: 573-882-8585  
Fax: 573-884-7335  
ventureout.missouri.edu  
ventureout@missouri.edu

### ACKNOWLEDGMENT OF RISK AND RELEASE OF LIABILITY WAIVER

#### Acknowledgment of Risk

The risks involved in all outdoor courses at the University of Missouri include, but are not limited to:

- All manner of injury resulting from falling off both permanent and portable initiative structures.
- Cuts and abrasions resulting from skin contact with permanent and portable structures, the ground, or other participants.
- Muscular-skeletal injuries including pulled muscles, dislocations, broken bones, strains, and sprains.
- All manner of injury resulting from environmental factors, including sunburn, heat stroke, heat exhaustion, hypothermia, headaches, outdoor allergies, insect bites, and animal bites.

If your program includes high ropes activities (Alpine Climbing Tower, Odyssey High Ropes Course, and/or climbing wall), the risks in climbing or rappelling at the University of Missouri may include, but are not limited to:

- All manner of injury resulting from falling off the climbing wall, Odyssey Course or Alpine Tower and hitting rock holds and projections whether permanently or temporarily in place, or the ground.
- Rope abrasion, entanglement and other injuries resulting from activities on or near the climbing wall, Odyssey Course or Alpine Tower such as, but not limited to, climbing, belaying, lowering on a rope, and any other rope techniques.
- Injuries resulting from falling climbers or dropped items, such as, but not limited to, ropes, climbing hardware, and dropped or broken holds.
- Cuts and abrasions resulting from skin contact with the climbing wall, Odyssey Course or Alpine Tower.
- Failure of ropes, slings, bolts, cables, climbing hardware, anchor points, or any part of the climbing wall, Odyssey Course or Alpine Tower structures.

#### Release of Liability

- I understand and acknowledge that the high and/or low ropes course I am about to voluntarily engage in bears certain known and unanticipated risks which could result in injury, death, illness, disease, emotional or physical distress, damage to myself, property or to third parties.
- I expressly agree and promise to accept and assume all of the risks existing in this activity (program). My participation in this activity is purely voluntary. No one is forcing me to participate, and I elect to participate in spite of the risks.
- I agree, on behalf of myself, my assigns, executors, and heirs, to release and hold harmless the Curators of the University of Missouri and their trustees, officers, employees, and agents from any and all liability, damage, or claim of any nature whatsoever arising out of my participation.
- I certify that I am in good health and that I have health, accident and liability insurance to cover any bodily injury or property damage I may cause or suffer while participating in this activity or else I agree to bear the costs of such injury or damage to myself.

#### Consent to Publicity

- I hereby consent to any publicity, including the use of my name and likeness, in connection with my participation in a Venture Out program or activity at the University of Missouri. I hereby give the Curators of the University of Missouri the right and permission to own and publish any video or audio recording and/or photographs taken during my participation in a Venture Out course.

**I hereby voluntarily release, forever discharge, and agree to hold harmless and indemnify the Curators of the University of Missouri from any and all liability, claims, demands, actions or rights of action, which are related to, arise out of, or are in any way connected with my participation in this program.**

**My signature below indicates that I have had sufficient opportunity to read this entire document, that I have read it, and that I understand how it affects my legal rights. I agree to be bound by its terms.**

**Signature of Participant:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Print Name:** \_\_\_\_\_

**IF USER IS UNDER 18 YEARS OF AGE, PARENT/LEGAL GUARDIAN MUST CONSENT:** *I as parent or legal guardian of the above minor under the age of 18 years, hereby give my consent to the terms and conditions set forth in this release form.*

**Parent / Legal Guardian Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_



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### HEALTH QUESTIONNAIRE

Group Name: \_\_\_\_\_ Date of Course: \_\_\_\_\_

#### PERSONAL INFORMATION:

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Weight: \_\_\_\_\_  
(needed for zip line)

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ MU Student ID # \_\_\_\_\_  
(for MU ORG funded groups only)

#### HEALTH INFORMATION:

*Please circle the relevant answer and specify if there is a need to elaborate.*

1. Do you have any pre-existing injuries (ankle, back, knees, etc.) that might be aggravated by the event? YES NO  
 If yes, please specify: \_\_\_\_\_
2. Do you have any allergies? YES NO  
 If yes, please specify: \_\_\_\_\_
3. Do you carry an Epi-Pen, inhaler or similar device? YES NO
4. Do you have any other ability or health needs we should be aware of today? YES NO  
 If yes, please specify: \_\_\_\_\_

#### I understand I should not participate in high ropes activities if I:

- Am pregnant
- Have a heart condition or problem
- Have any pre-existing neck or back injuries, especially with my spine
- Have had a recent organ transplant
- 250 pounds or more (for zip line only - participants who do not zip line will rappel down the Odyssey Course)
- A doctor has recommended I do not participate

By participating in a Venture Out course, I understand that any medical information I fail to provide my facilitators may result in injury of me and others, and I am therefore responsible for the injury.

#### EMERGENCY CONTACT:

In case of emergency, contact: \_\_\_\_\_ Relationship: \_\_\_\_\_

Phone number where the emergency contact can be reached at time of participation: \_\_\_\_\_

#### HEALTH AGREEMENT:

My signature below indicates that I have read and understood the above, and have honestly disclosed to the staff any reasons that might affect my safety or the safety of others during these events. Further, I certify that the above information is accurate. *By signing below, I agree to be mindful of my body, its needs, and its limitations during the course, and to communicate with the Venture Out staff if I am unable to complete a challenge safely.*

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent / Legal guardian Signature is required if participant is under 18 years of age.  
 For your information security, do not fax this form after it is has been completed.



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### PARTICIPANT INFO SHEET: EVERYTHING YOU NEED TO KNOW

#### **Venture Out specializes in group teambuilding utilizing high and low ropes courses.**

Low ropes courses are literally low to the ground. These courses, called Team Challenge Courses, include on-the-ground teambuilding activities like logic puzzles and other teamwork-focused games.

High ropes courses are literally high above the ground. These courses, which include the Alpine Climbing Tower and the Odyssey High Ropes Course, incorporate both team and individual challenges. All challenges conclude with a thorough group debrief.

Venture Out facilitators will lead your group through challenges that require communication, teamwork, problem solving skills and leadership. We strive to help your group emerge from the experience closer and more cohesive. You'll have fun with us.

**SAFETY:** Our number one priority during all courses is safety. Physical and emotional safety are essential to successful and enjoyable programs. Our facilitators are trained to ensure a safe environment for everyone.

#### **WHAT TO BRING:**

For all courses, wear comfortable athletic clothes and **CLOSED-TOE shoes**. Venture Out is all outside: dress for the weather, bring a bottle of water, and bring a snack if you get cranky when you're hungry.

#### **PRO TIPS:**

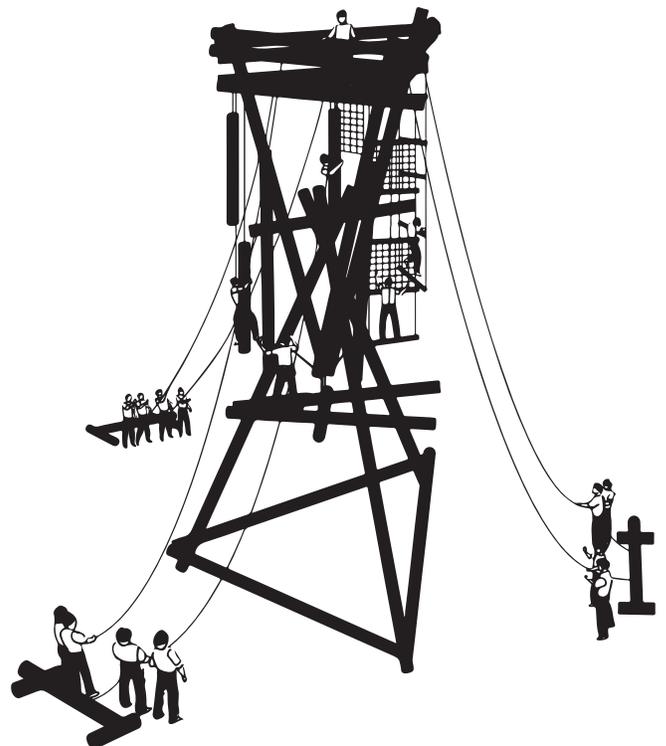
- Dress in layers and dress for the weather. Bring rain gear if there's a chance of rain.
- Wear comfortable clothing that is easy to move around in and that you do not mind getting dirty.
- Closed-toe shoes are mandatory (no Chacos, Texas, sandals, or flip-flops).
- Wear a hairstyle that allows you to wear a helmet.
- Bring a water bottle with water.
- We may be out in the sun a good part of the day, so bring your hats, sunglasses, and sunscreen.
- Don't wear lots of jewelry, and tie back long hair.
- Bring a snack to keep your energy up.

**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 Venture Out experience.

**CHALLENGE BY CHOICE:** We're here to challenge you to challenge yourself. We 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 every program.

**WAIVERS:** All participants in outdoor courses must complete an Acknowledgment of Risk and Release of Liability form and a Health Questionnaire. These forms help our staff keep you safe. **Participants under 18 years of age must have their forms signed by a parent or legal guardian.**

**DIRECTIONS:** Venture Out is located on Epple Field just off of Providence Road next to The Green Tennis Center and Reactor Field. For directions, visit [ventureout.missouri.edu/location](http://ventureout.missouri.edu/location).



**For more information, please visit [ventureout.missouri.edu](http://ventureout.missouri.edu)**

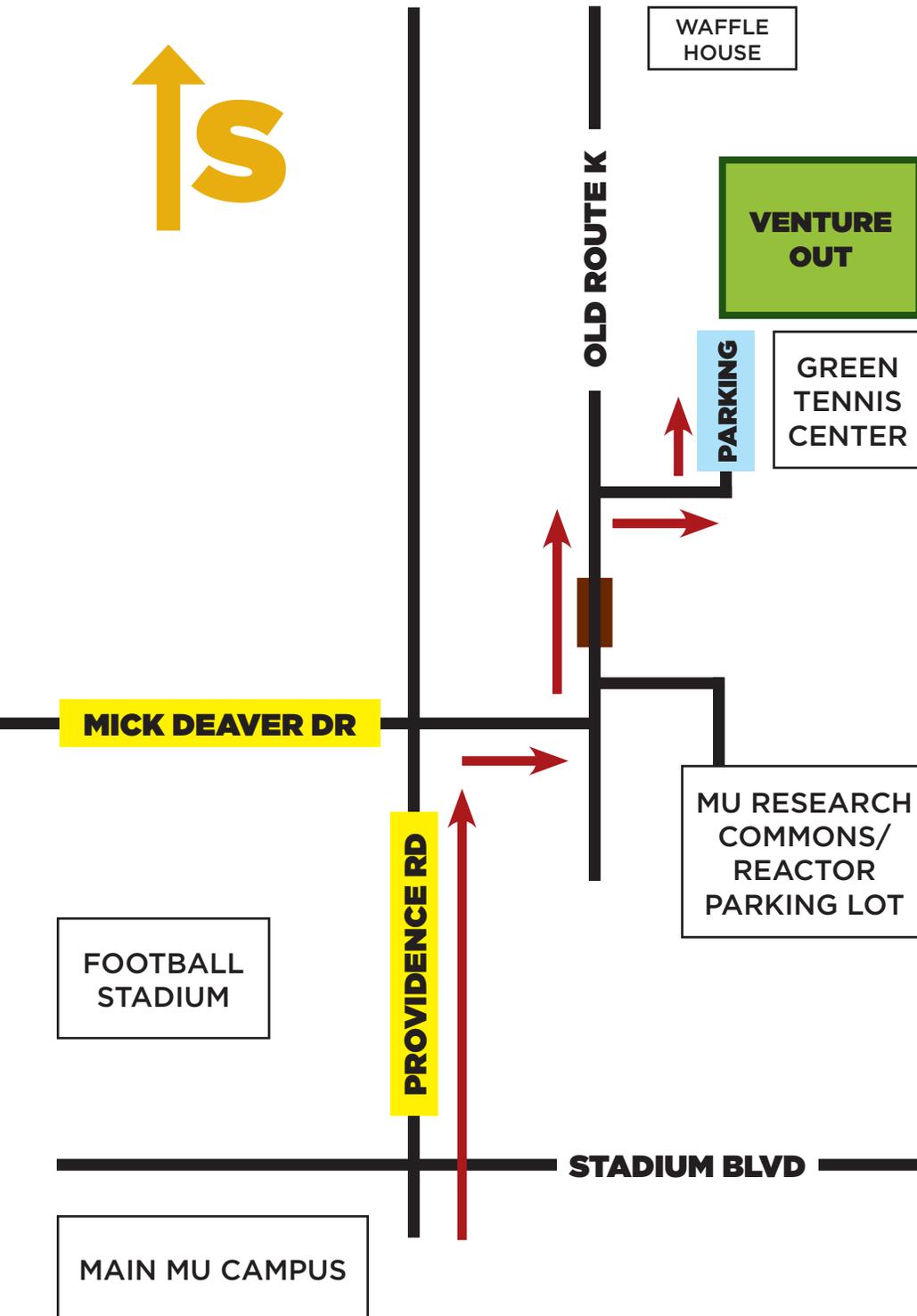


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## DIRECTIONS TO VENTURE OUT



### FROM NIFONG BLVD

- Go north on Providence about .7 miles past Green Meadows Rd.
- Turn left at Mick Deaver Dr. and follow the to the road to the left.
- Go straight (across the bridge) to the Green Tennis Center parking lot and turn right into the lot.
- Venture Out is located down the trail past the Tennis Center. Walk down the path and you'll see us.

### FROM STADIUM BLVD

- Turn south on Providence and go about .4 miles down the hill to the first light (Mick Deaver).
- Turn right at the light and follow the road to the left.
- Go straight (across the bridge) to the Green Tennis Center parking lot and turn right into the lot.
- Venture Out is located down the trail past the Tennis Center. Walk down the path and you'll see us.

### PARKING:

Venture Out has about 20 parking spots. **Large groups should carpool.** Do not park in the green painted parking spaces.

Our address is 2003 S Providence Rd, Columbia, MO 65203, but it does not always show up correctly on a GPS. Visit [ventureout.missouri.edu/location](http://ventureout.missouri.edu/location) for an interactive map and directions from Kansas City and St. Louis.