

Williamsburg Christian Retreat Center

Faith Adventures Ropes Course

General Information

PRIOR TO COMING

AGE MINIMUMS: The minimum age limit for doing Zip Line or Tree Climb is 9 years old. The minimum age for Low Ropes is 11 years old. The minimum age to do High Ropes is 12 years old.

WEIGHT RESTRICTIONS: (for high elements) Due to rescue scenarios a weight limit of 250 lbs has been placed on all our high ropes elements which include the Zip Line, Tree Climb and High Ropes Course.

CLOTHING: All participants are encouraged to wear long pants and sneakers or boots (no open-toed shoes or sandals). Activities will be rough on clothing and clothing may get dirty. We suggest old clothing, shoes or boots be worn. Women are encouraged to refrain from wearing crop top, tank top, midriff revealing tops, or spaghetti-strap tops. **T-shirts are preferable.**

BUG REPELLANT: We strongly suggest that participants utilize bug repellent while participants on the ropes course, and to check for ticks after the ropes course. Mosquitoes and ticks are not uncommon in our wooded setting. Ball caps or other hats are also good for keeping bugs off your head.

MEDICAL/CONSENT FORMS: Enclosed forms are to be filled out, and signed by each participant (and parent for minors) for the "Faith Adventures" Ropes course. Make copies if needed. Bring these with you on the day of your course.

WHILE AT WCRC

CHECK-IN: The contact person (not the entire group) should come to the registration office in Magnolia Center and bring the following:

1. Completed and signed Medical/Consent Forms
2. Payment in full for cost of course

RESTROOMS: Are located at the Pool House (there are no restrooms on the course).

TO BEGIN THE COURSE: Meet at the three crosses worship area across the field from Magnolia Center.

WATER & MEALS: Water is provided. Bring bagged lunches if participants in a full day (low and high) unless you have made prior arrangements to have meals served by WCRC.