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Outdoor Education Center: Participant Guidelines

Below are guidelines and program information that will help you prepare for your experience at the Outdoor Education Center!

Before the Program Date

- **Forms:** All participants must complete the “Participant Agreement, Waivers, and Release of Liability” form and the “Participant Information” form prior to participating in an Outdoor Education Center program/event/activity (Participants under age 18 must have the forms signed by a parent/guardian). It is requested that these completed forms are provided to ICPRD at least **5 business days prior** to the program/event/activity.
- **Medical Conditions:** If you have any physical/mental/emotional condition that requires special attention, assistance, or accommodations, please inform the ICPRD staff (and note on your “Participant Information” form) so that we may make accommodations and/or assist you in performing activities appropriate for your condition.
- **Weight Limit:** Due to industry recommendations, **participants weighing over 250 lbs will not be allowed to climb in High Challenge Course and/or Climbing events.** Participants above this limit can contribute/participate in the program in alternative ways.
- **Weather:** For forecasted showers, the program will usually continue as scheduled (with minor modifications possible). For more severe weather, such as continuous/heavy rain, storms, high winds, or extreme temperatures (below 32° or above 96° all day), the program may be rescheduled. The OEC staff will communicate with the group leader, who is expected to communicate with group members regarding potential weather issues and/or rescheduling/cancellation.

Day of the Program

- **Arrival:** Please plan to arrive to the OEC (or other designated location) 15 minutes prior to your scheduled program start time (check with your group leader). Our staff will meet your group in the main parking area, and then escort the group to the appropriate program area. **It is an expectation that all group members begin and end the program together.** If a group member has a schedule conflict, this needs to be communicated to the OEC staff prior to the program date.
- **Attire:** Please plan to wear clothing appropriate for the outdoor environment you will be in (Cold temperatures= multiple layers of clothes, gloves, hats, etc. Warm weather= comfortable, durable, cool clothing. Forecasted precipitation= rain gear). Shorts are allowed, but be aware that abrasions and/or poison ivy reactions can occur easily when the legs are exposed. For climbing/high course events, please wear pants/shorts that are at least knee-length. You may get dirty (we are outside!), so do not wear your best clothes.
 - **Shoes:** Sneakers, trail/running shoes, or light hiking boots (with a flexible sole for climbing) are required for proper support and protection of the foot and ankle. Open-toed shoes are not allowed.
 - **Accessories:** Please do not bring or wear accessory items such as earrings, watches, necklaces, rings (flat bands are ok), and bracelets. Glasses are ok, but there may be times when you are asked to remove them. These items can be lost or damaged, or can cause entanglement or injury.
 - **Electronics:** Phones or other mobile/electronic devices are distractions, and could potentially get lost or damaged. We ask that you leave these items at home, however if that is not feasible, we will ask you to store these items in a designated location, and access them only during break periods.
 - **Other:** If you have long hair, we recommend that you pull it back/up during participation. Wear or bring insect repellent during seasons/times that insects may be an issue. **Tobacco, alcohol, and/or drugs are not allowed at any time.**
- **Food & Beverage:** Plan to bring any needed food (lunch, snacks) with you. We typically allot 30 minutes for lunch, so there will not be enough time to leave and get lunch during the break. Water is provided. Please bring a water bottle for refilling (cups can be provided). Some groups choose to arrange catering for meals, or catering can be arranged by ICPRD with advance notice (the meal cost will be charged to the group).
- **Decisions & Challenges:** Our OEC programs are founded on the philosophies of respect and growth. We encourage everyone to participate and challenge themselves, in order to grow as a team and an individual. Our staff will provide information that will allow you to make informed decisions, allow you to choose appropriate challenges, and determine your level of participation. We do not force/require participation.

We appreciate your understanding and cooperation with these guidelines.

Our goal is to provide you with an enjoyable and meaningful experience! Feedback is welcome and encouraged!