

DRY CREEK BAPTIST CAMP

ADVENTURE CHALLENGE COURSE/HIGH ROPES PROGRAM

CLOTHING GUIDELINES

After operating our challenge course for several years, we have determined that these guidelines will enable our participants and facilitators to have a safe, fun, and non-embarrassing experience. Our goal is for participants to grow, both as a team, and individually - without being distracted or encumbered by clothing.

<p><u>RECOMMENDED:</u></p> <p>Tennis shoes or hiking shoes with good, thick soles.</p> <p>Crew neck shirts with sleeves.</p> <p>Shirts long enough to be tucked in are best.</p> <p>To prevent abrasions and injuries, long pants or jeans are better than shorts. Shorts that are worn should have at least a seven-inch inseam.</p> <p>Pants that are moderately loose fitting in the legs. If jeans are tight, stretch denim offers better maneuverability.</p> <p>Long hair should be braided or in a low ponytail.</p> <p>Jewelry should be removed and kept in a safe place. Religious necklaces can be tucked inside shirt.</p>	<p><u>NOT ACCEPTABLE OR PRACTICAL:</u></p> <p>Flip flops or shoes with open heels. Shoes with slick soles are very dangerous.</p> <p>Halter tops, sleeveless shirts, spaghetti straps, tank tops, or short, bare-midriff shirts.</p> <p>Pants or shorts that have writing across the rear. Shorts that are too short. Shorts are not recommended for challenge course activities. If worn, they must have at least a seven-inch inseam.</p> <p>Yoga pants, exercise pants, leggings.</p> <p>Low cut pants or shorts that reveal underwear or bare-midriff.</p> <p>Clothing that is excessively baggy can get caught in pulleys, ropes, and rocks on the climbing wall.</p> <p>Sleepwear of any type.</p> <p>Artwork or text on clothing that promotes human destruction or disrespect - alcohol, drugs, music groups, profanity, etc.</p>
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GROUP LEADERS, PLEASE SHARE THIS INFORMATION WITH YOUR GROUP BEFORE COMING TO DRY CREEK.

Remind your group that they may be sitting or lying on the ground. On the High Ropes elements, seat-harnessed participants will be climbing above belayers and spectators, who will be looking upward. Therefore, a camp leader of the same gender will discreetly ask those dressed immodestly, to change clothing. Group leaders will be contacted first, whenever possible.

I have read and agree to the above clothing guidelines presented by Dry Creek Baptist Camp.

Group Leader Signature: _____