

Preparing for your Challenge Program



Congratulations on your enrollment in the Ritter Springs Challenge experience!

We look forward to getting to know you! In preparation for your experience, here are some things to consider:

Location

The course is located at **Ritter Springs Park** (3683 W Farm Rd 92 Springfield, MO 65803). The 245-acre park offers us large open spaces for activities, a covered pavilion, and is home to our low ropes course. Please note that the site has very minimal indoor space with no heating or air conditioning and very few electric outlets. Our low ropes course is set in a heavily wooded area at the top of a small Ozark hill. Please let us know in advanced if anyone in your group will need special accommodations.

What to Wear

We will spend the entire experience outside so please be prepared for seasonal changes such as light rain, very hot, or very cold weather. Please wear loose fitting, comfortable clothes that are easy to move around in. There is a good possibility that you could get dirty during the day so please wear clothing and shoes that you don't mind "scuffing" up a bit. All participants are required to wear closed toed shoes.

Each person should bring/wear:

- Closed toed shoes with backs
- Appropriate clothing for the season
- Completed waiver and medical form
- Refillable water bottle

Recommended items:

- Sunscreen
- Insect spray
- Camera

Please take any precautions with jewelry, watches, and glasses that you would normally take when participating in outdoor activities. Tobacco products, gum, and candy are NOT allowed on the ropes course.

Food & Water

We have water available for your group at our site, but each person will need to bring their own water bottle. You are welcome to bring additional beverages, lunch, snacks, and other food. As our programming can be physically exerting, it is important to eat well before, during, and after the program. Staying adequately hydrated is important as well. Alcohol is not allowed on the property.

Weather

Group should be prepared for the variety of weather that is typical in Missouri. During severe weather (i.e. extreme heat or lightening) programming will be cancelled and rescheduled.

Liability Waiver & Health History Form

All participants and observers need to bring a completed waiver form to participate in any of the elements on the low ropes course. These are available on our website, from our manager, and at the ropes course site.

Participation

Anyone of "typical" physical condition may participate. If you have any physical conditions that are of concern to you or if you have a disability, please inform us on the Medical Information Form. Our rule on the course is "Challenge by Choice." The activities are designed to be played by those of varying levels of physical fitness, and our qualified staff will assist you in taking the next step in learning and growth.

We look forward to meeting you and providing an exciting experience for your group.

Tel: 417-837-5737

300 E. Harrison

Parkboard.org/SPARC

Fax: 417-831-1769

Springfield, MO 65806

SPARC@springfieldmo.gov

