



Adventure Program Information Packet

At Camp Hebron we strive for excellence in adventure programming by customizing the experience to achieve your goals. Our mission at camp and through adventure programming is to cultivate a sanctuary where participants connect with God, nature and each other. Below is an overview of our adventure program offerings including prices, descriptions of activities and other relevant information.

Half Day Experience (3 Hours): \$150 Minimum Fee

(Generally, 9:00-12:00 or 1:00-4:00)

Full Day Experience (6 hours): \$250 Minimum Fee

(Generally, 9:00-4:00 with a 1 hour lunch break.)

Per person rates apply after the minimum fee has been reached.

A \$100 nonrefundable deposit is required of all Day Groups who aren't staying overnight at Camp.

Activity times can be customized to meet your group's needs.

Per Person Rates

Cooperative Games: \$10/ Person	High Challenge Course: \$20/ Person
Climbing Wall: \$15/ Person	Outdoor Rock Climbing: \$30/ Person
Low Challenge Course: \$15/ Person	Canoeing (½ Day to 3 Days): <i>Prices Vary</i>

**Cooperative Games and Team Building (portable initiatives) can be facilitated at a location other than Camp Hebron with prior approval. This may incur additional cost due to travel.*

What we need from you:

- Adventure Activity Agreement signed with necessary deposit (this reserves your event)
- Group Goals
- Adventure Participant Information and Release Form for each participant (can be delivered day of event)

Booking your event: We request you make reservations at least 4-6 weeks prior to the desired date of your event. We will do our best to accommodate your group's request. **For available dates, contact Megan McMaster, Adventure Program Manager at meganm@camphebron.org or 717-896-3441 ext. 164.**

Weather: Although we can facilitate activities in varying weather conditions (i.e. high and low temperatures, rain, snow, etc.) adverse weather can affect the group and/or the event in such a way that would deem it unsafe to continue. We may be able to modify your experience and move indoors during inclement weather. Decisions to cancel an event will be made with the group leader and we will do our best to accommodate your group. Please encourage participants to be prepared for the appropriate season.

Camp Hebron Adventure Program Activities

Below you will find a brief description of the various adventure activities that we regularly offer. These can be a nice add-on for groups who book an overnight reservation looking for intentional team bonding or as a single day event for your group. Intentionally designed adventure activities best serve groups of 8 or more people. We are also willing and able to offer other adventure activities such as canoeing or climbing off-site.

Group Games (Ages 8+)

Group games are games and activities that primarily focus on group cooperation and fun. They are often used to simply create an environment where a group of people can laugh and have fun together while involving some basic aspects of community building. Some examples would be variations of tag, capture the flag, Giant Dutch Blitz and the Camp Hebron classic- Gold Rush.

Cooperative Games/Portable Initiatives (Ages 8+)

Cooperative games involve various group-oriented activities, which can be customized based on the goals of your group. Each activity presents miniature challenges designed to promote greater team unity and more effective teamwork. They are problem solving and balancing challenges that may involve some lifting and jumping. Specific activities can be discussed during the planning process. Co-ops can be done here at Camp Hebron, or at an off-site location of your choice.**Additional fees incur to cover travel costs.*

Challenge Course

A challenge course is a series of individual and group elements that require a combination of teamwork and individual commitment. Each element has its own specific challenges that are meant to foster growth both individually and corporately. Our challenge course is inspected regularly to ensure compliance with current safety and construction standards.

Low Challenge Course (Ages 8+)- This offering involves various group-oriented activities, which can be customized based on the goals of your group. Each activity presents challenges designed to promote greater team unity and more effective teamwork. At Camp Hebron we have 12 different low elements along with a myriad of portable initiatives and activities. Specific activities can be discussed during the planning process. There are a wide variety of challenges a facilitator can add to an activity which make multiple experiences on the Low Challenge Course unique every time.

High Challenge Course (Ages 11+)- Camp Hebron has a 5 element static course roughly 40' in the air. The course finishes with an exciting zip-line ride. We also have a "dangle-duo" element, which is a challenging element for two people to ascend by working together.

Climbing Wall (Ages 6+, Under 10 years must accompanied by an adult.)

Our climbing wall is located indoors in the Hemlock Center gymnasium. It is roughly 30' high and has 6 different climbs set on varying pitches and difficulties. This can be facilitated with a team belay which serves to enhance group cohesion and trust while maintaining the individual challenge of climbing. We can also train participants that are over the age of 18 to belay, which would involve 15 minutes of instruction prior to your scheduled time.

Table Rock- Rock Climbing & Rappelling (Ages 11+)

Take a 45-minute, invigorating hike up the Peter's Mountain Trail, here at camp, to do some rappelling and rock climbing at Table Rock, located on the Appalachian Trail. Rappel down the 30-foot rock face, and then climb up the beginner route adjacent to the rappel.

Charter/Guided Trips (Ages 9+, depending on the trip)

We can charter trips to various rock climbing, caving and canoeing locations. We can do overnight trips in which we provide all camping and cooking gear, or day trips to various sites within a short drive from Camp Hebron. Customize your trip to fit your group's needs, and we'll take care of all of the details. Prices vary by length of trip and activity. Please contact the Adventure Program Specialist for more information.

**Programming for younger audiences can be considered. Please contact us to discuss your group's needs.*

What to wear/bring for a safe and fun experience:

- Seasonally appropriate clothing (pants/sweatshirt in cooler weather)
- Rain gear (top and bottom recommended)
- Closed-toe shoes or boots (sandals & "5-finger" type shoes are not appropriate)
- Ensure shorts are mid-thigh or longer for harness safety
- Hat/gloves and extra layer in the cold months
- Avoid cotton due to lack of insulating ability when wet
- Please consider modesty when dressing
- Full water bottle
- Consider a snack depending on duration of the experience
- Bug spray that does NOT contain DEET (not a good combo with safety equipment)



Participant Information and Release Form For Adventure Programs

Camp Hebron's adventure programs integrate a variety of activities that include warm-ups, games, group initiatives, low and high ropes, rock climbing, rappelling, mountain biking, canoeing, kayaking, indoor climbing wall and other rigorous physical adventure activities. The level of individual participation is up to each person. Camp Hebron's minimum age requirements are as follows: High Challenge Course-11 years; Low Challenge Course-8 years, Climbing Wall-6 years, Outdoor Rock Climbing-11 years. There are inherent risks involved with each activity that must be assumed by the individual.

Certain health/medical information must be made known to the instructor(s) conducting your adventure experience so that they can appropriately respond if necessary. This information will be held in confidence. **Each individual that will participate in any part of our adventure activities must fully complete and return this form to Camp Hebron prior to participation. Failure to do so will forfeit your participation in adventure activities.**

1. Name _____ Date of adventure activity _____ Age _____

2. Do you have any limiting physical, medical, and/or emotional conditions or limitations?

- YES -NO If yes, please identify and explain:

3. Have you undergone a kidney transplant or had other surgery in the last two months? - YES - NO

3. Are you currently seeking or have received care for any of the following: - YES -NO

Heart Disease High Blood Pressure Pregnancy (Currently)

If yes, please explain:

RELEASE OF LIABILITY and PUBLICITY RELEASE

I understand that aspects of Camp Hebron's adventure programs may be physically and emotionally demanding. I affirm that I am in good health, and that I am not under a physician's care for any undisclosed condition that bears upon my ability to participate in these activities. I recognize the inherent risk of injury or disability in these activities. I understand that each participant must assume the risk of injury that could result from any of these activities. I release Camp Hebron, all staff members, volunteers, and board of directors from all liability for any injury to me from participating in these activities. The participant grants Camp Hebron, Inc., and persons acting for or through them the right to use, reproduce, assign, and/or distribute photographs, films, videotapes, and sound recordings of myself, for use in materials they may create and distribute (unless instructions to the contrary are written below).

Signature of Participant *Printed Name of Participant* *Date*

Parent/Guardian signature *Printed Name of Parent/Guardian* *Date*

Daytime Phone: (_____) _____

Mailing Address: _____

Emergency Contact: _____ Phone: (_____) _____