



University of Connecticut  
Department of Student Activities  
Leadership Office  
Four Arrows

**GUIDELINES FOR FOUR ARROWS PARTICIPANTS**

There are a few things you need to prepare for...

**DRESS**

- We may be outside. This means you need to dress appropriately.
- Dress in layers that will prepare you for different kinds of weather specific to our region depending on the time of year
- **Sturdy, close-toed shoes-sneakers or boots; with socks are REQUIRED**
- Long pants (jeans, sturdy khakis) are strongly suggested
- Long-sleeved t-shirt or shirt are strongly suggested
- Winter hat or something similar if appropriate for time of year
- Winter gloves or something similar to keep your hands warm if appropriate for time of year
- No cell phones, pagers, watches, necklaces, bracelets, dangling or hoop earrings, rings with jewels or things sticking out.

**SUPPLIES**

TO BE TURNED IN TO YOUR CONTACT PERSON THE WEEK PRIOR TO YOUR PROGRAM:

- Signed (1) "Guidelines" (this form), (2) "Release and Acknowledgement Agreement", and (3) "Emergency Contact Information" forms

REQUIRED TO BRING THE DAY OF THE COURSE:

- UConn students: ID (driver's license or student ID)
- For UConn faculty/staff and other non-UConn participants: Insurance Card or information (in case of emergency)
- Water bottle (make sure your name is on it)

**PARTICIPATION**

- Four Arrows Programs are an adventure. Come prepared with an attitude and an appetite for the exciting, the new, the ambiguous, and the profound. Leave your troubles behind, open your mind, and get ready for a great experience.
- Physical contact during a Four Arrows Programs is inevitable and vital to the program.
- We use the model "Challenge by Choice." You are not required to do anything if you feel it poses unreasonable physical or psychological stress to you; you will be challenged to go beyond your comfort zone and to take new risks.
- Because of safety risks inherent in an adventure program, you must follow the directions of the facilitators.

**WHAT WE HAVE**

- Each facilitator carries a First Aid kit and supplies; let us know if you need anything.

**ACKNOWLEDGEMENT & MEDIA RELEASE**

**Media Release:** Four Arrows periodically uses electronic and traditional media for publicity, educational, or advertising purposes. By indicating my stance and providing my signature on this form, I acknowledge receipt of this document and deny or give permission to Four Arrows and its agents to use such reproductions of my person in any and all forms of media for educational, publicity, or advertising purposes in perpetuity without further consideration from me. I understand that this release is a limited release of any confidentiality rights I may have under the Family Educational Rights and Privacy Act

I hereby waive any right to inspect or approve the finished photographs or printed or electronic matter that may be used in conjunction with them now or in the future, whether that use is known to me or unknown, and I waive any right to royalties or other compensation arising from or related to the use of the photograph.

I understand that I will need to notify Four Arrows if any changes to my situation occur that will impact this media release permission.

Please Check One Box:  Yes, I Give Permission  No, I Deny Permission

I acknowledge that I have read these guidelines, and agree to abide by them while participating at Four Arrows:

Participants Name (print): \_\_\_\_\_ Signature: \_\_\_\_\_

Parent/Guardian (if under 18) Name: \_\_\_\_\_ Signature: \_\_\_\_\_

DATE: \_\_\_/\_\_\_/\_\_\_\_ GROUP: \_\_\_\_\_