

# 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><b><u>RECOMMENDED:</u></b></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><b><u>NOT ACCEPTABLE OR PRACTICAL:</u></b></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 <b>must</b> 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>
---	---

**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: \_\_\_\_\_