

SU Staff & Faculty Challenge Day!

Saturday June 4, 10:00am – 12:00pm or
Saturday July 23, 10:00am – 12:00pm

SU Staff and Faculty Members,

Thank you for your interest in the Syracuse University Staff and Faculty Challenge Day! We are excited you will join us for a day of fun. You are encouraged to bring your immediate family members (spouse, children, etc.). However, please ensure they provide their valid SU ID Card, be at least 7 years old and weigh between 50 and 300 pounds. **Program is only open to SU employees and their dependents.**

To Register:

- Please complete the information below with your name and SU ID Card number as well as your family members' name(s) and SU ID Card number(s).
- Bring this form and a check payable to **Syracuse University** for \$10 per person to either of the following locations:
 - Recreation Services, 241 Archbold Gym
 - University Wellness Initiative, Suite 101 Skytop Office Building
- **Registration is due two weeks prior to the program (Monday May 23rd or Monday July 11th respectively)**

	Participant Name:	SUID and/or Relationship to Employee	E-Mail*
1	SU Employee:		
2			
3			
4			

*Please provide at least one e-mail address to enable you to receive important information prior to the program.

I hereby verify that all the information on this form is true and correct to the best of my knowledge:

Employee Signature

Date Signed

How to be prepared for the Outdoor Challenge Course:

- All participants are required to wear **closed toe shoes** while at the course. Athletic style shoes such as sneakers or boots work best. Please, no Crocs or other foam, sandal-type footwear will be allowed, even if the toe is closed.
- Please be prepared to be outside during a variety of weather conditions, including rain and wear proper clothing based on these conditions. The program will take place rain or shine.
- All participants should bring at least one full bottle of water.
- All participants must complete the **Assumption of Risk Waiver**. *Those under 18 will need a parent/guardian signature.*
- Syracuse University staff and faculty members must accompany their spouse/dependent(s) at all times, even if they are not participating.

During the challenge course program, participants will be actively engaged in a variety of physical challenges, which may be comparable to activities such as; walking, moderate hiking, climbing a ladder, lifting, and other light forms of physical activity. There are also times when participants may become engaged in more vigorous activity, which may be comparable to activities such as; running, swimming, shoveling snow, or an aerobic workout. If you have any concern with becoming engaged in these types of activity, we would encourage participants to consult their physicians prior to attending the program. Please contact us at 443-9935 with questions.