

*Refreshing Mountain Camp*  
**455 Camp Road**  
**Stevens, Pennsylvania 17578**

**RESERVATION PACKET INTRO**

Dear Group Leader,

Thank you for your interest in RMC. I look forward to working with you as we create an event that will be a “refreshing” experience for everyone that attends. We, at RMC, want your event to be a success and will work with you to ensure that this occurs. Enclosed with this letter are a number of pieces of Reference Material that are meant to help with the planning for the details of your event. You will find the following:

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There are no required forms to fill out (except possibly the Release Forms if you are planning on activities like the High Ropes, climbing tower, etc), just helpful info as you plan the event. You are welcome to submit the Pricing for Activities/Equipment, the Menu Request form, etc. if you wish, but you are not required to do so.

You are bound to have questions as you proceed with the planning, so please feel free to call/email me as often as you need to. Again, we are here to help you have a successful retreat, and “success is in the details”, so let us know how we can help with the details of your retreat.

In general, questions on scheduling should go to Kelsey Adams at [Kelsey@refreshingmountian.com](mailto:Kelsey@refreshingmountian.com), and questions on pricing or your contract should go to Justin Harnish at [Justin@refreshingmountain.com](mailto:Justin@refreshingmountain.com). However, feel free to email both of us if you are unsure of whom to address your question to.

I look forward to working with you on this event.

Sincerely,



Justin M. Harnish  
Reservations

1-888-353-1490 x 125  
(717)738-1490

[Justin@refreshingmountain.com](mailto:Justin@refreshingmountain.com)

# Checklist for Reservation Process

## GETTING STARTED

- Place a Temporary hold on specific retreat dates at RMC.
- Complete a contract
- Write a check to “Refreshing Mt Camp” for Deposit  
(Important Note: If tax exemption will be claimed, the deposit must come from the Tax Exempt Organization, i.e. No Personal Checks)
- Mail all of the following to Refreshing Mountain Camp
  - o 3 pages of the Contract (completed with signatures)
  - o Deposit Check
  - o Sales Tax Exemption Certificate (if Applicable)
  - o Checklist for Scheduling (if Applicable)

## 3-4 MONTHS BEFORE EVENT

- Finalize a Schedule for the event and submit it to RMC for comments/approval.
- Evaluate the Promotion of the retreat to make sure that your target attendance numbers are still accurate.
- Determine whether you will use the Standard Release Form (provided by RMC in this packet) or if you will use your own form.
  - o If you use your own form, make sure that it includes the indemnifications that RMC requires (listed on Page 6 of this packet). Call Justin Harnish if you have questions.  
NOTE: The Release Form is only mandatory if you are planning activities at RMC like the Climbing Tower, High Ropes, etc.
- Submit a copy of your Insurance Certificate for this event to RMC.

## ONE MONTH BEFORE EVENT

- Evaluate the number of Lodge/Private Rooms that you have reserved to see if you need to adjust the reserved number (you can change the number of rooms you want without penalty up to 30 days before the retreat).
- Submit the Menu Request Form if you have interest in selecting your menu for the retreat.

## TWO WEEKS BEFORE EVENT

- Call RMC with final details on schedule, attendance numbers (due 14 days before arrival), and other details.

Once these are all checked off, you are all set to go. 😊

## Activities Pricing Valid for 2010

Activities	Details	<b>*Cost for Over Night Events</b>	Costs for Day Events
Archery/ Sling Shot	Appropriate for children ages 10 to 15 max of 16 children per session	<b>\$45.00 per hour</b>	\$55.00 per hour
Camp Fire	Includes wood, matches, paper, and set up (group lights fire)	<b>\$35.00 Set up</b>	\$35.00 setup
Camp Fire	You buy the wood and do set up	<b>\$3.50 per bundle of wood</b>	\$3.50 per bundle of wood
Canopy Tour	5 zip lines, 70' cat walk, groups of 1-10 persons Approx 2 hour trip	<b>\$250 (1-10 persons) \$25 per person (11+ persons)</b>	Standard Rates (range \$30-\$75 pp) contact RMC for currant pricing
Canopy Tour Run	For groups sizes greater then 10 persons to do Full canopy tour. Participants will go through the Course individually, not with a group Approx 20-25 persons per hour	<b>\$300 per hour</b>	\$350 per hour (additional criteria apply)
Climbing Wall (Indoors)	Approx 15-20 persons per hour	<b>\$75.00 per hour</b>	\$110.00 per hour
Climbing Tower	Outdoors, approx 20-25 persons per hour	<b>\$90.00 per hour</b>	\$110.00 per hour
Climbing Tower at night	Outdoors, approx 20-25 persons per hour	<b>\$100.00 per hour</b>	\$150.00 per hour
Giant's Ladder	Teams of 2 persons race to the top of ladder Approx 20 persons per hour	<b>\$75.00 per hour</b>	\$95.00 per hour
Giant Swing	35' swinging pendulum, approx 15 per hour	<b>\$75.00 per hour</b>	\$95.00 per hour
Group Initiatives	Portable, Teambuilding activities for groups of 26-40 persons	<b>\$75.00 per 1 hour \$100.00 per 2 hours \$150.00 per 3 hours</b>	\$100.00 per 1 hour \$150.00 per 2 hours \$200.00 per 3 hours
Hay Rides	30 to 45 minutes long. Max of 40 persons per trip Uses a spotlight at night to search for deer Recommended after dark	<b>\$60.00 (flat fee)</b>	\$85.00 per trip (minimum) <b>OR</b> \$2.50 per person (33 to 40 persons)
High Ropes	Full Course (15 persons per hour) Half Course (20-25 persons per hour)	<b>\$150.00 per hour</b>	\$200.00 per hour
Low Ropes	10 to 25 persons, Team Building activities	<b>\$50.00 per hour \$85.00 per 2 hours \$120.00 per 3 hours</b>	\$75.00 per hour \$125.00 per 2 hours \$150.00 per 3 hours
Nature Studies	Tree identification Group max of 40 persons	<b>\$45.00 per hour</b>	\$50.00 per hour

<b>Activities</b>	<b>Details</b>	<b>*Cost for Over Night Events</b>	<b>Costs for Day Events</b>
Orienteering	Uses maps and compasses on guided course	<b>\$45.00 per hour</b>	\$50.00 per hour
Paint Ball Obstacle course	15-20 persons at a time. maneuver through obstacles while shooting at targets	<b>\$110.00 per hour</b>	\$160.00 per hour
Physical Challenge Course	Team competitions involving endurance and strength Includes instructions and record sheet	<b>\$45.00 per hour</b>	\$55.00 per hour
Private Pool use	7:00-9:00 PM or 9:00-11:00 Pm	<b>\$55.00 per hour</b>	Refer to pool parties
Wobbly Log	15-20 persons per hour 2 persons try to pass each other on a log 20' in the air	<b>\$75.00 per hour</b>	\$95.00 per hour
Zip Lines	Approx 15-20 persons per hour Available 7AM to 8PM	<b>\$90.00 per hour</b>	\$110.00 per hour
Zip at Night	same as above between 8PM and 11PM	<b>\$100.00 per hour</b>	\$150.00 per hour

<b>Equipment Rentals</b>	<b>Details</b>	<b>*Cost for Over Night Events</b>	<b>Costs For Day Events</b>
Digital Piano Rental	88 Keys, weighted, used in conjunction with Sound Equipment	<b>\$25.00 flat fee</b>	\$25.00 flat fee
Golf Carts	For transportation assistance	<b>\$80.00 per weekend</b> <b>\$110.00 per 3 days</b> <b>\$150.00 per 5 days</b>	\$110.00 per weekend \$150.00 per 3 days \$195 per 5 days
Overhead Projector	For Transparencies	<b>\$15.00 flat fee</b>	\$15.00 flat fee
Portable Sound System	Available to any meeting room Fender P250 with 2 speakers, 2 mics	<b>\$80.00 flat fee</b>	\$105.00 flat fee
Sound System (Gym #2)	Available in Gym #2 and Himrosa Hall Includes 12 Channel board, 3 mics, boxes, 2 monitors, 4 speakers, etc.	<b>\$95.00 flat fee</b>	\$105.00 flat fee
Sound System (Himrosa Hall)	Available in Gym #2 and Himrosa Hall Includes 12 Channel board, 3 mics, boxes, 2 monitors, 4 speakers, etc.	<b>\$95.00 flat fee</b>	\$105.00 flat fee
TV/VCR/DVD Combo	27" Screen	<b>\$25.00 flat fee</b>	\$25.00 flat fee
Video Projector		<b>\$50.00 flat fee</b>	\$50.00 flat fee

\*Conditions:

-Final schedules must be submitted 2 weeks before your retreat **to qualify for discounted rates.**

-Group rotation schedules require 5 minutes of transfer time between elements.

-For your safety, Refreshing Mountain Camp reserves the right to cancel any/all activities at anytime for any reason. If we determine the conditions to be unsafe, the costs for the activities that are cancelled will be fully refunded.

# Refreshing Mountain Camp, Inc.

## GUIDELINES

1. **STATEMENT OF FAITH.** As mentioned in the contract, we do not require that our guest groups fully ascribe to our statement of faith, however, all **religious/cultural/social activities** organized by guest groups may not **conflict** with the Statement of Faith to which the camp ascribes. This statement, as per membership in Christian Camp and Conference Association, is as follows:

### *We believe in...*

*The Holy Scriptures as originally given by God, divinely inspired, infallible, entirely trustworthy and the supreme authority in all matters of faith and conduct,  
The Triune God – Father, Son, and Holy Spirit,*

*The deity of the Lord Jesus Christ, His substitutionary atonement for sin, His bodily resurrection and His personal, visible return to earth to reign in righteousness and glory;  
The Person of the Holy Spirit and His work of conviction, regeneration, and sanctification, who indwells every believer equipping them with gifts for service and witness;  
The necessity of new birth, in salvation by faith in Jesus Christ alone and the importance of a life fully committed to the will of God in Christ; and  
The church as the one universal body of Christ who is the Head, called to be God's redeemed people.*

2. **QUIET HOURS.** Quiet hours are from 11:00 PM to 7:00 AM. This will be strictly enforced by your group leaders. If your group is not in the bunks during this time, it needs to be in some sort of supervised activity **INDOORS** (i.e. Gyms, Dining Hall, Meeting Room, etc.). If RMC staff is required to enforce the quiet hours, your group may be sent to their bunks for the evening.
3. **POOL RULES.** The following are a few of the pool rules at RMC. Group leaders are asked to discuss these with their group members prior to use of the pool.
  - **MODEST SWIMMING SUITS.** Swimwear must be a **ONE-PIECE SUIT FOR WOMEN AND GIRLS (ALL AGES)** or else an opaque shirt must be worn as a cover-up. Certain tankini-style suits are permitted provided that no midriff is showing at any time. Men and boys must wear boxer style suits (i.e. no SPEEDO suits). Light-weight clothing may be worn in the pool (i.e. mesh shorts, cotton t-shirts), but no jeans, sweat pants, or full-length dresses are to be worn in the pool.
  - **WET PLAYGROUND.** No rough-play or climbing on the pipes (there may be little children in this area).
  - **WADING AREA.** No shoulder chicken fights. No more than 3 persons in a “dunk party”.
  - **DIVING AREA.** Face-forward stunts only. One bounce and off.
  - **WATERSLIDES.** One person at a time. Feet first on back only. You must be able to swim to use the slides.
  - **IN GENERAL,** no swimming in the roped off areas, no foul language, and please be courteous of others. Groups should plan to have Pool Monitors (adults/chaperones) assigned to the pool area to assist the lifeguards with enforcement of these and other posted rules.
4. **DAMAGES/PRANKS TO PROPERTY.** Please report damaged facilities and broken equipment to RMC staff. Damage caused by pranks and/or rough play will be billed to your group. Some “hot spot” areas that we watch and bill for are as follows: Fire extinguishers used in non-emergency (\$50.00 fine plus cost to recharge), broken lights in gyms (\$25.00 per bulb), holes in the walls of bunks/meeting rooms (\$100.00 per hole). Pranks (i.e. toothpaste, shaving cream, silly string, etc. on doors, walls, etc) will be billed \$20.00 per incident **IF RMC STAFF NEED TO DO ANY CLEANUP**. Other damages will be billed at the cost to repair.
5. **DRESS CODE.** Please dress modestly. No halter, strapless, or tube tops are allowed. Shirts and shoes must be worn in the Dining Hall and meeting rooms. No two-piece swimming suits for swimming, unless covered by an opaque t-shirt. Cover-ups must be worn to and from the pool.
6. **GYM TIME.** All gym time must have adult supervision. Please avoid activities which might damage the ceiling/lights (i.e. kicking balls against the ceiling).
7. **DISCOURAGED ITEMS.** Guests of RMC are encouraged to leave the following things at home. Cell phones (except group leaders), radios, Televisions, cigarettes and pets. If Radios and/or TVs are brought to RMC, the volume must be kept at a low level and the content must be appropriate for a Christ-centered, family-oriented environment.
8. **PROHIBITED ITEMS.** The following items are prohibited at RMC. Illegal Drugs, Alcohol (except for communion services if warranted), firearms or other weapons, and fireworks.
9. **SMOKING.** Smoking is not permitted in or around any of the camp buildings. The stone parking lot beside the Dining Hall is the only designated smoking area on camp property for those who do need to smoke. A fine of \$100.00 will be imposed for smoking inside any of our facilities.
10. **PETS.** No pets are permitted in any of the buildings. Pets brought to the camp must be kept on a leash at all times.
11. **OVERNIGHT AND DAY PARKING.** Overnight parking should be done in the parking lot next to the Dining Hall. Day parking should be done in the parking lot next to the pavilion. The driveways in front of the bunks are for loading and unloading only.
12. **NATURAL ENVIRONMENT.** Plants and animals are not to be removed from the premises. Guests are asked to cooperate in the preservation of the natural environment.
13. **CHECKOUT.** Before leaving, please gather the trash in the facilities that you used and place it in an organized pile inside of the doors. You can get trash bags at the Dining Hall. You are not required to do any other cleaning of the facilities (i.e. carpet, sinks, toilets, etc.). RMC will take care of all typical cleaning requirements but may bill extra cleaning fees for “non-typical messes” (i.e. prank residue, excessive mud, excessive litter, etc).

**We hope that you enjoy your stay!**

# Menu Request Form

As part of the retreat planning process, we give you, the group leader, the opportunity to submit menu requests for your event. The lists below include customary items that we serve to guest groups. You are welcome to go through each list and circle items that would be of interest to your group and/or cross off items that should not be served (i.e. if your group does not eat pork, then please cross off the pork options or make an appropriate note on the page).

You are not required to submit this form, but if you plan to do so, please submit it at least 1 month prior to the start date of your event. **Please be aware that while we will give consideration to your requests, we do not necessarily guarantee to honor all requests made**, since market concerns and/or the requests of other groups need to also be considered.

**BREAKFAST** - includes a Bread, Cereal, Egg dish, Meat selection, and potato selection. Fresh fruit is also available at each breakfast, along with coffee, tea, juice, etc.

<p><b><u>Breads:</u></b></p> <ul style="list-style-type: none"> <li>-Donuts</li> <li>-Coffee Cake</li> <li>-Strudel</li> <li>-Danish</li> <li>-Toast</li> <li>-English Muffins</li> <li>-Bagels</li> <li>-Biscuits</li> <li>-Pancakes</li> <li>-Blueberry Pancakes</li> </ul>	<ul style="list-style-type: none"> <li>-Pop Tarts</li> <li>-French Toast</li> <li>-Texas Toast</li> <li>-Waffles</li> <li>-Belgian Waffles</li> </ul> <p><b><u>Cereal:</u></b></p> <ul style="list-style-type: none"> <li>-Assorted Cereals</li> <li>-Hot Oatmeal w/ or w/o Brown Sugar &amp; Raisins</li> <li>-Cream of Wheat</li> <li>-Grits w/ Butter</li> </ul>	<p><b><u>Eggs:</u></b></p> <ul style="list-style-type: none"> <li>-Scrambled Eggs w/ Cheese w/ Bacon</li> <li>Western Eggs (Peppers, Onions, Ham, Cheese)</li> <li>-Baked Quiche w/ Broccoli</li> <li>-Egg, Sausage, Ham Casserole</li> </ul>	<p><b><u>Meat:</u></b></p> <ul style="list-style-type: none"> <li>-Sausage Links</li> <li>-Sausage Patty</li> <li>-Sausage Gravy w/ biscuits</li> <li>-Bacon</li> <li>-Pork Roll</li> <li>-Scrapple</li> <li>-Ham strips</li> <li>-Turkey Sausage</li> </ul>	<p><b><u>Potatoes:</u></b></p> <ul style="list-style-type: none"> <li>-Seasoned Potato Cubes</li> <li>-Shredded Hashbrowns</li> <li>-Shredded Hashbrowns w/ Cheese +/- Onions</li> <li>-Hash Brown Patty</li> </ul>
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**LUNCH** - includes a Casserole or Soup, a Sandwich or Baked/Fried Item, a Fry or Chip, a Salad Bar, and a small Dessert.

<p><b><u>Casserole/Soup:</u></b></p> <ul style="list-style-type: none"> <li>-Taco Salad</li> <li>-Baked Pasta</li> <li>-Macaroni and Cheese</li> <li>-Chicken and Noodles</li> <li>-Crust-less Quiche</li> <li>-Chili</li> <li>-Vegetable Beef Soup</li> <li>-Chicken Noodle Soup</li> <li>-Chili Macaroni casserole</li> </ul>	<p><b><u>Sandwich/Fried Item:</u></b></p> <ul style="list-style-type: none"> <li>-Hamburger &amp; Hotdog</li> <li>-Sub/Lunchmeat Bar</li> <li>-Cheese Steaks</li> <li>-Chicken or Fish</li> <li>-Chicken Nuggets</li> <li>-Taco Bar</li> <li>-Pizza</li> <li>-Wet Burritos</li> </ul>	<p><b><u>Fry/Chip</u></b></p> <ul style="list-style-type: none"> <li>-French Fries</li> <li>-Onion Rings</li> <li>-Potato Chips</li> <li>-Corn Chips</li> <li>-Pretzels</li> </ul>
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**DINNER** - includes a main entrée (as listed below), a salad bar, a dessert, and additional items to compliment the main entrée (i.e. starches, vegetables, etc).

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>• Spaghetti w/Meatballs and Sausage</li> <li>• Chicken Fritters</li> <li>• Meatloaf</li> <li>• Baked BBQ Chicken or Seasoned</li> <li>• Garlic Farfalle (Pasta) w/ Fresh Vegetables (Vegetarian)</li> <li>• Baked Meat Lasagna or Baked Vegetable Lasagna</li> </ul> | <ul style="list-style-type: none"> <li>• Roast Beef au jus</li> <li>• Sliced Roast Sugar Ham</li> <li>• Sliced Roast Pork</li> <li>• Fried Fish</li> <li>• Fried Chicken</li> <li>• Stir Fry Chicken w/Vegetables in Teriyaki or Schezwan (Spicy)</li> </ul> |
|---|--|

Group Name: \_\_\_\_\_ Retreat Dates: \_\_\_\_\_

**IMPORTANT NOTE:** If your group has guests attending that may have Dietary limitations (i.e. food allergies, diabetic, vegetarian and/or vegan, etc), it is recommended that these guests plan to bring food along to supplement what RMC will provide. There is access to a frig/freezer, microwave, and sink in the Dining Area that they are welcome to access for preparing supplemental food. RMC does not guarantee that we can meet the needs of specific dietary limitations, due to the large volume of guests that we serve, as well as the “oft-specific” preparation that is required in many of these cases.

Sample Schedule [Name of Event]  
Fall Retreat – [Dates]  
@ Refreshing Mountain Camp

**Friday [Date]**

5:00 pm - Early group arrives to set-up meeting room  
6:30 pm - Group arrives  
7:00 pm – Pizza Snack  
8:15-10:15 - Main Session #1 - Meeting Room  
10:15-11:00 - Free Time, Gym Time, etc.  
11:00 – Quiet Hours

**Saturday [Date]**

8:00 Breakfast  
8:30-9:15 - Devotions  
9:15-11:15 - Low Ropes Course  
11:15-12:00 - Singing/Debrief/Clean-Up  
12:00 - Lunch  
12:30-5:00 pm - Free Time - Hiking, Flag Football at soccer field, Games, Naps, etc.  
    1:00-3:00 pm – High Ropes, Zip Line, Giant Swing  
    3:00-5:00 pm Gym Time  
5:00 - Dinner  
6:00-9:00 - Evening Session (Meeting Room)  
9:00-10:00 - Camp Fire and Hayride  
10:00-11:00 pm Free Time, Gym Time, etc.  
11:00 pm Quiet Hours

**Sunday [Date]**

8:00 - Breakfast  
8:30-9:30 - Devotions  
9:45-12:00 - Final Session - Small Groups - (In Meeting Room)  
12:00 - Lunch  
1:00-2:00 - Clean-up  
2:00 pm – Head for Home

# Check-list of What to Bring to Camp

This list is not season specific, so not all items may apply.  
This list is not necessarily exhaustive nor imperative.

## Clothes

Shirts/sweaters  
Pants  
Jacket  
Sweater  
Sweatshirt  
Shorts  
Belts  
Gloves  
Warm clothing  
Socks  
Undergarments  
Dress/Tennis shoes  
Sneakers/boots  
Swimming attire  
(modest, 1 piece suits  
for girls)

## Bedding

Pillow  
Sleeping Bag  
OR  
Blankets and sheets

## Health

Towels  
Washcloths  
Soap  
Shampoo & Conditioner  
Prescriptions  
Band Aids  
Vitamins  
Hand cream  
Pain killers  
Allergy medicine  
Q-Tips  
Razor & Shaving Cream  
Contacts & Solution  
Toothpaste & Brush  
Feminine Hygiene  
Nail clippers  
Tweezers  
Hairspray, Comb, & Brush  
Baby Powder

## Miscellaneous

Bible  
Notebook and Pen  
Playing cards  
Games  
Sports Equipment  
Camera & Film  
Books  
Musical Instrument  
Glasses  
Spending Money  
Insurance Card

# Checklist of What To Leave At Home

While some of these things are not prohibited, they are definitely discouraged

## Prohibited

Illegal drugs  
Fireworks  
Weapons  
Alcohol

## Discouraged

Cell phones (for campers)  
CD players/Radios  
Pets  
Cigarettes  
Television  
Skateboards

# Transportation to Refreshing Mountain Camp

## **Charter Busing**

Each year, more of our guests choose to arrive by Charter Coach. RMC recommends using one of the following companies: ***Elite Coach, Advance Coach, Ltd, and Executive Coach***. These companies have historically been very competitive on costs (plus they know how to get here) Their contact information is listed below.

### **Advance Coach, Ltd.**

1-800-931-6930

[www.advancecoach.net](http://www.advancecoach.net)

Ask for Jim Garman or Rosene Garman

### **Elite Coach**

1-800-722-6206

[www.elitecoach.com](http://www.elitecoach.com)

Ask for

Denise Keith ext 103 [denise@elitecoach.com](mailto:denise@elitecoach.com)

Kevin Schadt ext 101 [kevin@elitecoach.com](mailto:kevin@elitecoach.com)

### **Executive Coach**

1-800-499-5765

[www.executivecoach.net](http://www.executivecoach.net)

Ask for

Lois Stolfus

Sales and Marketing Director

## **And mention Refreshing Mountain Camp.**

The details of the pricing will be subject to the details of your event.

## Standard Release Form Intro

### To the Group Leader:

Pages #A and B are a Standard Release Form that can be used as a Release Form for your event. If you already have a release form that your organization uses AND you are not planning to participate in any activities like the climbing tower, zip lines, etc., you do not need to have our form completed, provided that you include “**Refreshing Mountain Camp, Inc., its principals, directors, officers, agents, employees, and volunteers**” in your list of indemnified parties.

If you are participating in any activities at Refreshing Mountain Camp (i.e. climbing tower, zip line, archery, etc), you must have each participant complete the release form provided herein.

**It is the responsibility of the Group leader to collect a release form for each attendee of the event. These forms should be turned into the RMC office upon arrival for your retreat/event.**

### FAQs

Does each person need to complete a form?

If you are participating in any activities provided by RMC (i.e. zip line, climbing tower, archery, etc.), then, yes, each participant must submit a completed form prior to being allowed to participate.

Can I, the group leader, sign as the Guardian for those under age 18?

You may only do this if you have received prior, written permission from the legal parent or guardian of the child. This permission is usually a good clause to include in any release forms that you create for this event, however, this situation (i.e. your signature as the guardian) is not ideal and should be avoided.

Emergency Contact info for your retreat:

### Closest Hospital

Ephrata Community Hospital  
169 Martin Avenue  
Ephrata, PA 17522-1002  
717-733-0311

### Doctor

Cornerstone Family Health  
6 West Newport Road  
Lititz, PA 17543  
717-627-2108

### Driving Directions

322 East to 272 North.  
272 North for 1-2 miles.  
Hospital on Right.

### Driving Directions

322 West to 501 South.  
501 South for 5-6 miles.  
Right on Newport Road.  
First left into dr. office.

### Police and Ambulance

911

### Local Government

Clay Township  
870 Durlach Road  
Stevens, PA 17578  
717-733-9675

## Activities Release and Waiver Form (Side A)

### Description of Activities

Refreshing Mountain Camp, Inc (hereafter RMC) provides structured activity opportunities for environmental education and adventure recreation. The following list, though not necessarily comprehensive, lists elements/activities that may possibly be included in the Participant's event at RMC, dependant upon the schedule arranged (either by the Sponsoring Organization or Group Leader):

<b>Activity Options</b>			
Archery	Campfire	Canopy Tour*	Canopy Tour Run*
Climbing Wall*	Climbing Tower*	Giant's Ladder*	Giant Swing*
Group Initiatives	Hay Rides	High Ropes*	Low Ropes
Nature Studies	Orienteering	Paint Ball Challenge Course	Physical Challenge Course
Sling Shot	Swimming	Wobbly Log*	Zip Lines*
* indicates that this type of activity will involve safety equipment like harnesses, helmets, and fall-restraint devices, and participants will potentially be 10-60' above ground at various points of the activity.			

*A detailed description of these activities can be obtained by visiting [www.refreshingmountain.com/activities.cfm](http://www.refreshingmountain.com/activities.cfm) or by calling 1-888-353-1490.*

### Challenge By Choice

Participants in events will be encouraged to participate in activities that may challenge them to push past their perceived fears and comfort, but at no time will a participant be coerced into participating in something that he/she wishes to decline. All activities are "Challenge by Choice" and at any time, a participant may choose to remove himself/herself from the activity.

### Medical Concerns

Participants must be reasonably fit. Activities are designed for use by participants of at least average mobility and strength who are in reasonably good health. Obesity, high blood pressure, cardiac and coronary artery disease, pulmonary problems, arthritis, tendonitis, and other joint and musculo-skeletal problems and some psychological and psychiatric problems, may all increase the risks of the experience and cause the Participant to be a danger to himself/herself or others. If you are uncertain as to whether or not you are fit enough to participate, you should consult your doctor before doing so. Certain activities have weight, height, and age restrictions.

### Inherent and Other Risks

Serious injuries are uncommon in these activities, but the risk of injury certainly exists, by reason of falls, contact with other participants and fixed objects, moving about the grounds on which the activities are initiated and conducted, and otherwise. A number of risks are inherent to the activities. These are risks that cannot be eliminated without changing the essential nature and educational and other values of the activities. The emotional risks range from simple hurt feelings to panic and psychological trauma (fear of heights, for example). The physical risks range from small scrapes and bruises, to bites, stings, skin rashes, broken bones, sprains, neurological damage, and in extraordinary cases, even death. The property on which these activities are located includes uneven, rocky and wooded terrain, cliffs, ravines, springs, animal's holes, and hold potentially harmful plants and animals which may bite or sting. Injuries may be a natural consequence of the activity undertaken, a consequence of structural design or failure, as a result of environmental hazards (including terrain and weather), a result of errors of judgment or other negligence of staff or participants or otherwise; and may occur in spite of the reasonable efforts of staff to prevent them. In all such cases, these inherent risks, and other risks which may not be inherent, must be accepted by those who choose to participate.

**Activities Release and Waiver Form (Side B)**

**Consideration.** I acknowledge the personal benefits accruing to me (and my child, as applicable) by reason of participation in the described event(s) (as listed on Side A of this document) and am aware of the activities in which I, or my child, will be involved through said participation.

**Release / Indemnification.** I hereby, in consideration of such benefits and other good and valuable consideration received, consent to the above listed participation and release absolutely, forever discharge, hold harmless and covenant not to sue RMC, their directors, employees, agents, volunteers and affiliates from any and all present or future liability, claims, demands, actions, or rights of action, whether asserted by me or a third party arising out of my (or my child's) participation in event activities (the "Claims"). I agree to indemnify RMC for any such Claims brought by me or a third party from any costs associated with defending or litigating such claims, including but not limited to attorney fees, costs and legal expenses.

**Assumption of Risk.** I am aware of the risks associated with participation in the above event(s) and do hereby voluntarily assume full responsibility for any risk of loss, property damage or personal injury, including death, that may result from participation in event activities, whether caused by RMC's negligence or otherwise.

**Medical Emergency.** I understand that RMC may not have medical personnel available at the site of the activity. I understand and agree that RMC is granted permission to authorize emergency medical treatment, if necessary. Further, I agree that RMC assumes no responsibility for any injury or damage, which might arise out of or in connection with such authorized emergency medical treatment.

**Understanding.** I represent and acknowledge that I have completely read and understand this document and all its terms, that I have had an ample opportunity to obtain the advice of counsel and that, by signing this document, I understand that I am relinquishing legal rights and remedies that may have otherwise been available to me. I understand that this Waiver and Release shall be construed as broadly and inclusively as is permitted by applicable law and agree that if any portion of this document is held invalid, the remaining shall continue in full force and effect. To the extent the restriction on filing lawsuits is deemed unlawful, I agree to submit any Claims to a Christian conciliation/mediation organization for binding resolution.

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Signature of Participant

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Date

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Signature of Legal Father, Mother, or Guardian if participant is under the age of 18

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Date

**MEDICAL INFORMATION**

Please list any/all of the following that may restrict participation of the individual in programming and/or activities: condition(s), illness or other injury, any allergies, any prescription medications being taken. If none, write NONE: