



DEER RUN RETREAT CENTER

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Camps.DeerRunRetreat.org

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GROUP LEADERS

Give a copy to ALL participants.

IMPORTANT INFO

OUTDOOR RECREATION

ROPES COURSE, PAINTBALL, CLIMBING TOWER

Everyone in your group should arrive **ON TIME** and plan to stay for the entire scheduled time in order for your group to get the most out of the experience.

REQUIREMENTS

ALL ACTIVITIES

–Sturdy Shoes such as Hiking Boots or Athletic Shoes

RECOMMENDATIONS

PAINTBALL

Note—There is a short, strenuous, uphill walk to the course.

–Long Sleeve Shirts or a Jacket

–Pants

–Gloves

–Insect Repellent

–Sunscreen & Rain Gear (depending on weather)

CLIMBING TOWER & ROPES COURSES

–Loose-fitting Pants or Modest-length Shorts

–Short or Long Sleeve Shirts

–Insect Repellent

–Sunscreen & Rain Gear (depending on weather)

WHAT NOT TO WEAR

–NO Open-toe or Open-heel Shoes, Sandals, Flip Flops

–NO Sleeveless Shirts, Spaghetti Strap Tops, or Tank Tops

–NO Jewelry (since it may get broken or lost)

CELL PHONES

Do not interfere with yours or another person's retreat experience!

Please turn off cell phones during your outdoor adventure experience. Thank you!

SPRING VALLEY LAKE

- Safety rules are posted at the lake and **MUST** be observed at all times.
- Swimming or wading in the lake are not allowed without a lifeguard present.
- A life jacket (provided by Deer Run Retreat) is required to be worn by **ALL** participants for swimming and canoeing regardless of swimming ability.
- Deer Run Retreat requests that all female swimmers wear a one-piece swimsuit or a dark t-shirt over two-piece swimsuits.
- **WET WILLIE WATER SLIDE: 250 lb. weight limit.** No metal or plastic zippers, no grommets or metal of any kind, no jewelry. These items damage the slide fabric. Anyone with these items will not be allowed to go down the slide. No exceptions.

INCLEMENT WEATHER

Deer Run Retreat staff has your group's safety in mind.

–All scheduled recreation, camps, events, or retreats normally take place regardless of weather conditions.

–In case of heavy rains or thunderstorms we do our best to adjust the schedule or facility to accomplish all programmed activities as planned.

–Deer Run Retreat cannot make a refund if your group chooses to cancel a retreat or activity because of threatening or inclement weather.

–Should Deer Run Retreat staff choose to cancel a retreat or activity because of severe weather conditions, your group may reschedule or receive full credit towards a future retreat.