

## **Community Standards and Student Responsibility Challenging Choices Activity Information**

As a part of the outcomes assigned to you through the Community Standards process, you have chosen to participate in Challenging Choices. This is a collaborative activity that will be facilitated by members of the Outdoor Pursuits staff. Before the day of the activity, there are a few things you need to know.

### 1. General Information

You will meet a staff member in the Ping Center at the benches by the climbing wall. Remember to bring your OHIO ID so that you can enter Ping.

You will receive a reminder email the day before your scheduled Challenging Choices activity. Please watch for this email and read it carefully. Should the activity be canceled due to lack of participants, you will be notified by the CSSR office and will have the option to either scheduling a different Challenging Choices date, if one is available, or completing the appropriate class (Alcohol Literacy Challenge or Marijuana and Prescription Drug Education Initiative).

### 2. Participant Preparation

- Please come prepared for physical activity. Please wear comfortable, loose-fitting clothing and closed-toed tennis shoes or sneakers. **If you do not come dressed in the appropriate attire you may not be able to participate in activities. If this happens, you will be considered a no-show, pay a \$100 no-show fee, and have to schedule a different Challenging Choices date, if one is available, or complete the appropriate class (Alcohol Literacy Challenge or Marijuana and Prescription Drug Education Initiative).**
- For safety reasons, do not wear rings, watches, earrings, etc.
- You may want to bring a water bottle.

### 3. Assumption of Risk Form

Each student **must arrive at Challenging Choices with a signed Assumption of Risk form.** This form is attached to your outcome letter. If you do not bring the completed form, we cannot guarantee that you will be able to participate in the activities and may be considered a no-show, pay a \$100 no-show fee, and have to schedule a different Challenging Choices date, if one is available, or complete the appropriate class (Alcohol Literacy Challenge or Marijuana and Prescription Drug Education Initiative). *Please note that if you are under 18 years of age a parent or guardian must sign this document.*

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- Bring a positive and enthusiastic attitude and be prepared to learn and have fun! All participants will be asked to share in setting goals, respecting each other, and creating a spirit of teamwork and cooperation. Everyone will be encouraged to participate in all activities in some capacity. Each person is different and may have different goals, but everyone can contribute to the experience in his or her own way. Plan to challenge yourself and work right on the edge of your “comfort zone,” but at no time will you be forced into doing something that makes you uncomfortable.