

West Chester Area School District
Adventure Education
-Safety Contract-

Adventure Education is an integral part of the physical education curriculum. From problem solving to the high challenge elements present in the program, it is the responsibility of the teacher and the students to be aware of the safety procedures. First, the teacher must include safety instruction in conducting the classes. Secondly, all students must be aware of the safety procedures, and follow them, so their safety and the safety of other students in the class are ensured. Below is a list of the safety guidelines for participation in the Adventure Education program. Students and parents should be aware of these procedures and know this contract applies to the student's entire Middle School Adventure Education experience. **Please sign the bottom of the form indicating your understanding of the guidelines and return it to school with your child.**

Students will be able to:

- Follow directions given
- Boulder correctly
- Perform boulder spotting techniques correctly
- Secure a helmet
- Secure a personal harness
- Perform a safety check of the harness of another individual
- Have a safety check of their harness performed by an adult in charge prior to engaging in climbing activity.
- Secure a climbing rope to a harness
- Perform a belay in a climbing situation
- Perform a back-up belay in a climbing situation
- Assume an anchoring position in a climbing situation
- Understand and perform all climbing commands
- Demonstrate proper care for the equipment at all times.

If you have questions about the Adventure Education unit please contact your child's physical education teacher. I have read and understand the safety guidelines listed above. As the student, I understand that it is my responsibility to know and perform these safety rules. As the parent, I have read and reviewed these safety procedures with my child.

Signature of parent/ guardian

Signature of student

Date _____

Student's name (printed)

Grade

Period

Day

Teacher

Full Value Contract

1. Agree to be safe.
Create a level of safety by being present mentally, physically and emotionally
2. Agree to value individuals and the group.
Be supportive physically and emotionally by listening and making everyone feel needed and important to success.
3. Agree to give and receive honest feedback.
Everyone has the right to let others know their feelings and thoughts. We must be conscious of **how** we say things, so others can deal with what we say and not how we say it.
4. Agree to “let go” of negative feelings, stale issues and move on.
We need to listen to each other, come to the best understanding possible, and then move on in the process of learning and growth. Carrying negative baggage from place to place will only disrupt our lives.

Challenge by Choice

1. Agree to participate to the best of your ability.
A person must give their best try, physically, emotionally, and mentally. That is all that can be expected from anyone.
2. Be responsible for your own actions.
A person must be responsible for all actions they take.
3. Choose your level of challenge.
Everyone must choose the level of participation they are comfortable with that reflects their best effort.
4. Set a goal and attempt to reach it to the best of your ability.
If one does not set appropriate, attainable and challenging goals they will have no idea of where they are going or what they are capable of achieving.