



Fort Miley Adventure Challenge Course **2010 Community Open Days**

Sunday's from 1pm – 4pm on the following dates:

- Sunday, February 7
- Sunday, April 4
- Sunday, June 6
- Sunday, August 1
- Sunday, October 3
- Sunday, March 7
- Sunday, May 2
- Sunday, July 11
- Sunday, September 5
- Sunday, November 7

Community Open Days have been set aside throughout the Ropes Course season to provide individuals, small groups, parties and families with an opportunity to participate on our 3- hour high element ropes course. We request that an adult accompany youth under the age of 16 years old.

The following information is provided to assure you a safe and successful experience. Please read it over carefully.

COSTS

Youth and Students \$25.00 / Adults \$35.00

We do require pre-registration and payment. Fort Miley will only run open days if a minimum of 10 participants reserve spots in advance.

REGISTRATION/ RELEASE

Please complete the attached **Community Open Day Registration Form** and return it with your payment. Checks may be made out to "Fort Miley Adventure Ropes Course." Registration is taken on a first come, first served basis with a minimum registration of 10 participants in order to make it happen.

Bring release forms to the challenge course. Each person must have a signed release form with them at the course in order to participate. Parents/guardians must sign for participants under 18 years of age and accompany those under 16 years.

Fort Miley Adventure Challenge Course, a program of the
Pacific Leadership Institute, SFSU Department of Recreation and Leisure Studies
1600 Holloway Ave. San Francisco, CA 94132 • Ph: 415-405-3737 • Fax: 415-338-0543

www.pliprograms.org



Fort Miley Adventure Challenge Course Community Open Day Registration

Name: _____

Address: _____

Day Phone: () _____

Evening Phone: () _____

E-mail: _____

I have enclosed my payment of \$_____ for participation on ____ / ____ / ____ (date)

Participant's Name:	Age if under 18 years old:	Admission per person	
1.			
2.			
3.			
4.			
5.			Total: \$

NOTE: The Ft. Miley Adventure Challenge Course reserves the right to cancel a Ropes Course program at any time for a reasonable cause. Reasonable cause includes: inclement weather, inappropriate clothing or behavior, inadequate support staff, defective equipment or hazardous elements on the Course, and/or improperly completed or missing forms.

Please return this form with payment to:

Pacific Leadership Institute
 Fort Miley Adventure Challenge Course
 San Francisco State University
 Dept. of Recreation and Leisure Studies
 1600 Holloway Ave. HSS 307
 San Francisco, CA 94132

POLICIES

- **RAIN CONCERNS**

Due to the unpredictability of Bay Area weather, we do not cancel a program until the time of your scheduled program. We will make the decision at the course. In the event of our cancellation, we will reschedule your course at no additional charge.

- **CANCELATION POLICY**

PLI / Fort Miley reserves the right to cancel an Open Day (or other course) due to weather and/or any condition deemed unsafe by the PLI / Fort Miley staff. We also reserve the right to cancel any Open Day without 8 pre-paid reservation received 10 days prior to the scheduled course.

HISTORY

The Ft. Miley Adventure Challenge Course is non-profit program, built in 1980 to provide meaningful outdoor education opportunities for the Bay Area communities. In over 20 years, we have served approximately 40,000 participants with a shared adventure experience. Ft. Miley currently operates as a program of the Pacific Leadership Institute, a special project of San Francisco State University and has a partnership with the Golden Gate National Recreation Area.

SAFETY

Ft. Miley uses state of the art equipment and safety standards, which are accredited and approved by the Association of Challenge Course Technology (ACCT). Our technical system, operated by our highly trained facilitators, consists of cables, ropes, helmets, harnesses, trees and the environment. This system, however, only covers about half of the safety system necessary on the course. We also develop the human side of the safety system where we work on the trust, support and positive encouragement needed to challenge your groups in both a physically, emotionally and psychologically safe environment.

PROGRAM DESIGN & GOALS

The ropes course has been consistently successful in challenging and motivating participants to achieve more and work together in new and creative ways. Programs are designed to use physical, mental and emotional challenges to encourage collaboration, self-esteem, leadership, teamwork, support and achieving beyond your goals. Our programs operate under a challenge by choice philosophy, meaning participants have choice to choose their challenge levels. The process of choosing these challenges will empower participants to leave their 'comfort zones,' to test their limits and build essential life skills. These skills, experiences and values can transfer to impact not only your program but the lives of our participants in positive and inspirational ways.

WHAT TO BRING AND WEAR

Be prepared for cold and fog. We recommend that you wear tennis shoes or light-hiking boots, loose fitting long pants, long sleeved shirts, a sweater and a warm jacket. Even in the summer the air can be quite cool at Fort Miley, a wool hat and mittens/gloves may add to your comfort. Bring a lunch and beverage (you will be using a lot of energy, and food and water are not readily available.)

Please do not bring: large belt buckles, jewelry, wristwatches, knives, radios, chewing gum.

PREPARATION

The Ropes Course program offers physical challenge and excitement in a natural outdoor setting. Expect physical involvement; be ready to experience new things, and to try! While being a physically active person is not a prerequisite to participating on the Course, some light to moderate physical conditioning prior to the Course can help you enjoy your experience more. Make sure to get plenty of rest the night before your Ropes Course.

RAIN

Due to the unpredictability of Bay Area weather, we don't usually cancel a program until the morning of the scheduled day. If the weather looks questionable, please call the office at (415) 338-6883 to find out if the course has been canceled. In the event of a rain cancellation, you may reschedule your course, or receive a full refund.

DIRECTIONS

By car: In San Francisco, go west on Geary Blvd towards Ocean Beach and turn right onto El Camino del Mar (at 48th Ave across from the Seal Rock Inn). Past the stop sign, on El Camino Del Mar, the course is in the trees on the right. Park in the Marine Memorial Parking lot and walk up the service road (the **first** road in the trees) past the Ropes Course, to the lawn area. Your leaders will meet you there.

By bus: The course is also accessible via the MUNI 38 Geary/Point Lobos line. At the end of the line will leave you to at 48th Avenue and the Seal Rock Inn. Walk north, across the street towards the parking lot, and proceed as noted above.

(NOTE: all other lines on the 38 will take you further away...38/Ft Miley line leave you close at the VA Hospital and the 38/Ocean Beach line ends by the Golden Gate Park)