



DEER RUN RETREAT CENTER

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Camps.DeerRunRetreat.org

INSTRUCTIONS for GROUP LEADERS

Provide a copy of this page
to all participants.

ROPES COURSE, CLIMBING TOWER, AND PAINTBALL PARTICIPANTS IMPORTANT INFO

SCHEDULED TIME

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 your experience.

SHOES

Participants should wear sturdy shoes such as hiking boots or athletic shoes. Absolutely no open-toe or open-heel shoes or bare feet. This is a safety issue.

CLOTHING

- For paintball, long sleeve shirts or a jacket and pants are recommended.
- For the tower and ropes courses, loose-fitting pants or modest length shorts and sleeved shirts (short or long sleeves) are recommended due to the physical activity.
- Sleeveless shirts, spaghetti strap tops, or tank tops are not allowed.
- We recommend that jewelry not be worn because of the possibility of breaking or losing it.

PROTECTION FROM ELEMENTS

Insect repellent (especially for paintball), sunscreen, and rain gear are recommended depending on weather.

PHONES

Please do not have cell phones turned on or engage in phone conversations during your adventure experience so it will not interfere with yours or another person's retreat experience.

LAKE PARTICIPANTS IMPORTANT INFO

SAFETY RULES

Lake safety rules are posted at the lake and must be observed at all times or your group may forfeit your scheduled time and any payment made for lake use.

LIFEGUARDS / LIFE JACKETS

Swimming or wading in the lake are not allowed without a lifeguard present. A life jacket is required to be worn by all participants for swimming and canoeing regardless of swimming ability.

INCLEMENT WEATHER

Deer Run Retreat staff has your 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 as necessary 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 inclement weather. However, should Deer Run Retreat staff choose to cancel a retreat or activity because of severe weather conditions, you will receive full credit towards a future retreat.