

## **Riverfront Adventure Guidelines**

***Riverfront Adventure*** is a rain or shine activity. Please listen to weather reports and dress properly for weather conditions. You should dress in comfortable, loose clothing and wear sneakers or hiking boots - you will likely be getting dirty and wet. For safety reasons, do not wear sharp objects. Jewelry and valuables should be left at home or securely locked in your vehicle.

Please, no smoking allowed on the Adventure course.

It is preferred that cell phones are not brought on the Adventure course. If you must have your cell phone, please make sure it is set on the vibrate mode. To avoid disruptions calls should only be received or made during breaks.

Be prepared with sunscreen, insect repellent, water and snacks.

**SAFETY** is our first priority at ***Riverfront Adventure***. All ***Riverfront Adventure*** Facilitators are certified in CPR and basic first aid.

### **Additional information**

All ***YOUTH*** groups must be accompanied by an adult leader based on a 1 to 10 ratio.

Upon arrival, please proceed to the patio area on the south side of the Boathouse in Riverside Park\* where you will be greeted by our Lead Facilitator. He or she will confirm the names of your group participants and verify that everyone has completed the required Release of Liability.

Throughout the day the group will participate in debriefing discussions. These sessions are designed to help group members realize how they are contributing to their team. Regardless of physical ability, personality type, communications ability, or education level, the philosophy of ***Riverfront Adventure*** is to recognize the contributions of individuals in relation to the overall group effort.

The pace of the day and progression of your group is based on the performance of the group itself. Some groups need to spend more time establishing a foundation. Other groups progress rapidly to more advanced activities and initiatives. Our trained Facilitators constantly observe both individual and group dynamics. Based on their professional judgment, they decide on the pace and progression of the day. With this in mind, we strongly suggest that you make no promises as to what the group will do or experience on the challenge course.

### **\* Directions to Riverside Park, Hartford, CT**

From I-91 northbound: Take exit 33 Jennings Road (the first exit north of the city) the end of the ramp, turn right onto Jennings Road, then take the first right onto Liebert Road.

From I-91 southbound: exit 33 Jennings Road. At the end of the ramp turn left onto Jennings Road, pass one traffic light (at the northbound off-ramp), then take the next right onto Liebert Road. Go .3 miles (car dealerships on right, Connecticut Transit on left) to the Riverside Park entrance which is a left turn just before the road passes under the highway. Follow the park road .6 miles, turn left into the parking area. Follow the access road all the way down to the water. Parking in main parking lot.