



*Effective, practical, programs for developing leaders, building teams and strengthening organizations*

## PARTICIPANT INFORMATION SHEET

### Attention Participants:

You will soon have the opportunity to participate in a day of training and development with **NEW HORIZONS**. In general, the purpose of this day is to give you an opportunity to look at how you and your group face challenges, and to begin the process of developing high performing teams. In preparing for your experience on the challenge course, please make note of the following information.

### WHAT TO WEAR...

- Wear comfortable, durable clothes that may get dirty or possibly torn
- Long pants do provide some protection against scrapes, poison ivy and insects but are not required
- Avoid very short and flimsy shorts
- Dressing in layers will allow for you to adjust to the temperature
- Wearing a hat may protect from sun and bugs in the summer and provide warmth during the colder months
- Durable shoes, like hiking boots or tennis shoes, that can possibly provide some ankle protection are a good idea. ***Do not wear sandals or flip flops***; socks are a necessity
- If rain is expected, bringing some sort of rain gear is a good idea

There will be facilities for changing clothes. We will spend most of the day outdoors, so please dress accordingly.

### WHAT TO BRING...

If the Crittenton Center is providing meals and you have special dietary needs, please phone your group leader or call New Horizons at (865) 281-9870. You might also want to bring a bottle of water or a snack to have during the day. Insect repellent can be useful during the summer months. If you are allergic to poison ivy, a new product called TECNU is getting good reviews. Made by a company call "Oak and Ivy," they have a "block" product and a post contact wash.

Also please bring your completed ***INFORMATION DISCLOSURE AND PARTICIPANT CONSENT*** form. It is important for the facilitators to understand what the limitations for the group might be and to plan the activities accordingly.

### WHERE TO GO...

Our challenge course site is at The Crittenton Center, located just off of Middlebrook Pike, .7 miles west of the main post office at Weisgarber Road; or .7 miles east of the intersection of Vanosdale/Francis Road and Middlebrook Pike. You will turn north on Dick Lonas Road, travel approximately one-half mile up the hill and the Center will be on top of the hill on your left. **Please park as far around the circular drive as possible.** Meet the rest of your group in the fourth building on the right as you come around the drive (Building C, Administration). Proceed through 3 sets on double doors and then down the steps to your right to the **MULTIPURPOSE ROOM**. Directions may be obtained by calling 602-2021.