



Adventure Recreation and Team Building

Clothing Guidelines

Dear Participant,

For the physical and emotional safety of our guests, the following clothing guidelines are required to participate in the Eagle Crest Adventure Challenge Program. Guests not in compliance with these requirements may be prevented from participating. In some cases, guests may purchase a t-shirt from the Lake Williamson Activities Center to meet requirements.

Basic Rule of Thumb: All participants should be fully covered from shoulder to mid-thigh and dressed appropriately for Adventure Challenge Course activities.

1. **Full-coverage shoes must be worn.** Sandals, flip flops, Crocs-style, and other open-toed shoes (front, back, or sides) are prohibited. No exceptions.
2. **Jeans are preferred on the course.** Shorts must reach mid-thigh. Skirts and dresses are not appropriate. Please, NO sagging or ill-fitting pants, as they WILL limit what your group can do on the course.
3. **Full-cut shirts are required.** No tank tops. No belly shirts. No cleavage.
4. **As a general rule, jewelry is not recommended,** for it may interfere with course elements. We ask that dangling jewelry or hoop earrings not be worn. Participants are responsible for notifying facilitators of other piercings that cannot be removed and may cause injury while on course elements.
5. **Be mindful of the weather,** and dress appropriately for cold or wet days on the courses.
6. Lastly, **we highly recommend bug spray and sunscreen** for those using the **outdoor Low Team Initiatives course.**

Your compliance with these guidelines will help your group focus on team building and not on fashion or body parts. **Challenge Course staff reserve the right to block participation due to inappropriate, offensive, or revealing attire.**

If you have any questions about these guidelines, please call us at 217-854-4820 ext. 4207. Thank you for helping us have a safe, fun-filled day without distractions!

Sincerely,

The Eagle Crest Adventures Challenge Program Staff

Group Leaders: Please see that all participants receive a copy of this letter. Thank you!