

YMCA Adventure Bound

Trekker's Personal Conduct Contract

The YMCA wishes to insure that all Treks become fun, safe, enjoyable, and excellent life-learning experiences. For that to happen, it is necessary to expect that the personal conduct of all participants shall always be at the highest levels and that everyone strives to respect and be supportive of the feelings and needs of all others in the group. Your final acceptance as a Trekker is subject to your agreeing, by signature, that the following will apply while you are in attendance:

- 1- The key YMCA values of Caring, Respect, Honesty, and Responsibility will dictate the way I treat myself, my fellow trekkers, and the trek leaders at all time.
- 2- I understand that alcohol, tobacco, knives, fireworks, aerosols, and illegal or unprescribed drugs are absolutely banned and I will not bring, share, sell, use, or purchase any of the above.
- 3- I expect that during wilderness travel I will face situations that despite the best precautions, I will be wet, hungry, cold, hot, tired, itchy, thirsty, sunburned, blistered, bothered by a cold or allergies, or not feeling particularly well. I know that the very aspect of "challenge" inherent in trekking is to help me find the inner strength to treat and address these insignificant problems constructively and to proceed with the adventure the best I can. Learning to "cope" is an important skill leading to adulthood.
- 4- While trekking I will not use the words "me" and "I" repeatedly but will think in terms of "we" and "us". I will always help others when they are in need of my assistance-generally without having to be asked. I will share. I will always put the welfare of the weakest group member and/or the entire group ahead of my personal or selfish needs. I will be a real team member!
- 5- If I do something really bad- violence, theft, harassment, abusive words or behavior, #2 above, or any other major violation of the trust of the group I realize I may be sent home with no refund and the cost of the evacuation- which in some cases may be significant- will be born by my parent/guardians.
- 6- I will do my best to help make this a great and fun adventure and to make good friends with all my fellow trekkers. I will try to stay cheerful, helpful, and always courteous. I will not do and say things that will make others uncomfortable. If others do this to me, I will be open about it and discuss my feelings in an effort to resolve the matter quickly. I will not let it fester. Above all, I will listen to the feelings of others and do my best to provide help, comfort, and caring guidance.
- 7- I will always follow the instructions of the group leaders and guides and will obey all safety rules.

Signature of Trekker

Date

Signature of Parent/Guardian

Date