

# ***Full Value Contract***

The Full Value Contract is a contract between each person on the ropes course, fellow participants and facilitators. This contract aids in the creation of a safe and effective environment conducive to learning. The key elements of the Full Value Contract include...

1. Work together to achieve group goals and to help each other achieve personal goals.
  - a. Be a leader, not a boss.
  - b. Communicate with each other.
  - c. No idea is stupid.
  
2. Be safe both physically and mentally.
  - a. Follow all safety directions.
  - b. Be mindful of the needs of both yourself and the group.
  - c. Be positive and encouraging-NO PUT DOWNS!
  
3. Be Honest.
  - a. Accept and give constructive criticism in a respectful manor.
  - b. Share your ideas and feelings with others.
  
4. Value yourself and others.
  - a. Respect all participants and staff.
  - b. Listen and support each other.
  - c. Do not interrupt or cut-off others.
  
5. Respectfully Challenge Yourself and Support Others!
  - a. Challenge yourself & try something new because you want to!
  - b. No one will force you to do anything you do not want to do.
  - c. Help others meet the challenges they set for themselves.