

Hi Five Values Contract



Source: Ropes Course Facilitator Training Manual (Level 1) New Mexico Military Institute Chapter 3 Ropes Course Philosophy Page 24 - 26, Chapter Six: Low Ropes Course Facilitation Page 51 - 53

Participant's Rights and Responsibilities

	RIGHTS	RESPONSIBILITIES
In the palm of your hand you hold – Courage to choose what is right and to do the Hi-Five	Little Finger – Safety – Both group and personal	
	To be safe and feel safe	To show self-control making sure your actions are sensible and safe while monitoring behaviours and safety violations of others in the group
	Ring Finger – Commitment – made to yourself and the group	
	To participate in program activities by my choice	To accept the choices of other group members
	To do my best	To support and encourage other group members to achieve their best
	Not to be exposed to undue pressure from other group members	Be willing to share myself with others
	Middle Finger – Respect – Each person gives consideration to both personal and group goals by giving supportive and helpful suggestions.	
	To be treated as a respected individual	To preserve the confidentiality of other group members
	Pointer Finger – Critical Thinking/Goal Setting – individuals use rational thoughts and creative ideas to help others succeed. They are focused on developing a plan and accomplishing the task.	
	To express my opinions, thoughts, creative ideas and feelings to help everyone succeed.	To help develop a plan and accomplish the task. To speak only for myself and <u>not</u> other group members.
Thumb – Support and Fun – Individuals value all members and are considerate of their feelings.		
To celebrate personal and team success	To ask for what I want and need	
To feel valued as an individual and team member	To be considerate of my team and their feelings	
To be myself (Thumbs up mentality)	To observe the rules especially safety	