

2024 FVC Mt. Hermon Adventure Activities Sign Up Guidelines (Chinese Version on page 2 中文版在第二頁)

1. **Daily sign up time is at 7:45-9:00AM in Brookside**, first come, first served. Participants can wait in the heated Multi-Purpose Room next door starting at 7:00AM.
2. **You can only sign up yourself and family members**. Must show **family members' name tags** (photos okay) and write down Family ID (on name tag) when signing up.
3. **Each morning, participants can only sign up each family member for one activity, either for the same day or the next day's activity.**
Ex. On Thursday morning, Snoopy can sign himself up for Thursday Archery, sign his son up for Friday Sequoia, and his daughter for Friday Archery. He cannot sign his son up for Thursday Sequoia and Friday Archery.
4. **Each person can only be signed up for one activity per day**.
Ex. Snoopy's daughter cannot be signed up for Friday Archery and Sequoia.
5. **Each person can only be signed up for each activity once during the entire camp**.
Ex. Snoopy cannot do Sequoia on Friday and Saturday.

Scenario involving making changes: On Thursday morning, Snoopy signs up for a Friday slot but later has a time conflict. He can line up Friday morning to change his slot to another Friday activity. That counts toward Snoopy's Thursday sign up. He can still sign up for one Saturday activity, but he cannot sign up for 2 Friday or 2 Saturday activities due to Guideline #4.

Reminder: Please arrive 15-20 minutes early to avoid being late and forfeiting your spot. You must sign the online Mt. Hermon Adventures Waiver for your family at registration to participate (QR Code below.)
<https://waiver.smartwaiver.com/e/XKwfYQw3toc2zuASY3gFpH/>



2024 FVC 黑門山下午活動報名規則 (中文版)

1. 黑門山下午活動 (Sequoia, Discovery Grove, Archery) 週四-六早上 7:45-9:00 在 **Brookside Room** (餐廳正下方) 請依序排隊報名。隔壁有暖氣的Multi-Purpose Room 早上7:00即開放, 早到者可以在那裡等候。
2. 您只能替自己以及家人報名, 必需出示家人名牌 (照片亦可), 並登記名牌上的家庭號碼。
3. 每天早上, 您只能替家庭成員報名一項活動, 可以是當天或隔天的活動。
例子: 週四 *Snoopy* 可以為自己報名週四射箭, 為兒子報名週五 *Sequoia*, 為女兒報名週五射箭。同一早上, 不能為兒子報名週四 *Sequoia*和週五射箭的活動。
4. 每人, 每天只能參加一項活動
例子: *Snoopy*的女兒不能報名週五射箭和 *Sequoia*二項活動。
5. 營會期間, 同一項活動每人只能報名一次
例子: *Snoopy* 不能週五和週六都報名*Sequoia*。
例子-需要更改報名時間: 週四早上, *Snoopy*報名週五的活動, 但後來發現有時間衝突。他可以週五早上排隊並改報其他週五的活動(這算是他週四報名的。)他也可以報名週六的一項活動, 但不能報名 2項週五或 2項週六的活動 (報名規則 #4)。

黑門山下午活動: (攀岩牆不需要早上報名, 下午到現場等候即可) [黑門山地圖](#)

1. **Sequoia Adventure Course** 進階的繩索挑戰~2小時 (地圖B2 Sequoia Aerial Adventure)
17種離地30-80ft的繩索, 滑索挑戰活動。資格: 10歲或以上, 75-250lbs, 身高至少57in, 穿運動鞋。
2. **Discovery Grove** 初級繩索挑戰~1小時 (地圖C2 Fieldhouse後面)
7種離地5-20ft的的繩索, 滑索挑戰活動。資格: 5歲及以上, (5-6歲孩童需大人報名陪玩) 45-250lbs, 穿運動鞋。3-5年級會在Giant Cow Day Camp時經歷此項目。
3. **Archery** 射箭~½ 小時 (地圖C1 Conference Drive 上過Fieldhouse左邊第一個步道)
資格: 5歲及以上, (5-10歲孩童需大人陪伴) 45-250lbs, 穿運動鞋。
4. **Outdoor Climbing Wall** 攀岩牆~½ 小時 (地圖C2 Fieldhouse後面, 每天下午現場報名即可)
資格: 5歲及以上, 25-250lbs, 穿運動鞋。3-5年級會在Giant Cow Day Camp時經歷此項目。

重要: 請提前15-20分鐘到, 以免遲到棄權。您必須在註冊時為您全家簽網上的
Mt. Hermon Adventures Waiver 才能參加活動 (掃下方QR Code)
<https://waiver.smartwaiver.com/e/XKwfYQw3toc2zuASY3gFpH/>



報名地點: Brookside Room (餐廳正下方)



如何填報名表:
先看好項目, 活動日期, 選活動時間
(先確認資格, 例如 Sequoia需10歲或以上, 75-250lbs, 身高至少57in, 黑門山工作人員會驗證資格)

Sequoia項目 週六第一頁

Saturday Sat 10

SEQUOIA AERIAL ADVENTURE

1:15-3:15 1:45-3:45

2:15-4:15 2:45-4:45

Name, Fam ID, Age (child only)

STAFF USE

黑門山下午活動 [黑門山地圖](#)

1. Sequoia Adventure Course 進階的繩索挑戰 ~2小時 (地圖B2 Sequoia Aerial Adventure)

17種離地30-80ft的繩索，滑索挑戰活動。資格：10歲或以上，75-250lbs，身高至少57in，穿運動鞋。



2. Discovery Grove 初級繩索挑戰 ~1小時 (地圖C2 Fieldhouse後面)

7種離地5-20ft的的繩索，滑索挑戰活動。資格:5歲及以上, (5-6歲孩童需大人報名陪玩)
45-250lbs, 穿運動鞋。3-5年級會在Giant Cow Day Camp時經歷此項目。



3. Archery 射箭 ~½小時 (地圖C1 Conference Drive 上過 Fieldhouse左邊第一個步道)

資格:5歲及以上, (5-10歲孩童需大人陪伴)45-250lbs, 穿運動鞋。



4. Outdoor Climbing Wall 攀岩牆 ~½小時(此項不需要早上報名但需要Waiver, 每天下午現場報名即可)(地圖C2 Fieldhouse後面)

資格: 5歲及以上, 25-250lbs, 穿運動鞋。3-5年級會在Giant Cow Day Camp時玩此項目。



Other Afternoon Activities 其他不需報名的下午活動：

Carnival/園遊會: Thursday 3:30-5:00PM in Meadow outside Fieldhouse



Hiking Trails: 黑門山還有許多很美的登山步道



**Basketball and Ping Pong Tournament/籃球, 乒乓球比賽:
Friday 2:00-4:00PM in Fieldhouse Gym and Game Room (2nd Floor)**



Fieldhouse Gym及二樓Game Room: 可以打球, 玩 foosball, ping pong 等等

