

### **Climbing Wall Release/Indemnification of all Claims and Covenant Not to Sue**

NOTICE: THIS IS A LEGALLY BINDING AGREEMENT. By signing this agreement, you give up your right to bring a court action, to recover compensation or obtain any other remedy for any injury to yourself or your property or for your death however caused arising out of your use of the Climbing Wall, now or any time in the future.

#### **Acknowledgment of Risk**

I HEREBY ACKNOWLEDGE AND AGREE that the sport of rock climbing and the use of the Climbing Wall (hereinafter referred to as the Climbing Wall) have inherent risks. I have full knowledge of the nature and extent of all the risks associated with rock climbing and the use of the Climbing Wall, including but not limited to:

1. All manner of injury resulting in falling off the Climbing Wall and hitting rock faces and projections, whether permanently or temporarily in place, or the floor;
2. Rope abrasion, entanglement and other injuries resulting from activities on or near the Climbing Wall such as, but not limited to, climbing, belaying, rappelling, lowering on rope, rescue systems, and any other rope techniques;
3. Injuries resulting from falling climbers or dropping items, such as, but not limited to, ropes or climbing hardware;
4. Cuts and abrasions resulting from skin contact with the Climbing Wall;
5. Failure of rope, slings, harnesses, climbing hardware, anchor points, or any part of the Climbing Wall structure.

I further acknowledge that the above list is not inclusive of all possible risks associated with the use of the Climbing Wall and that the above list in no way limits the extent or reach of this release and covenant not to sue.

#### **Release/Indemnification and Covenant Not to Sue**

In consideration of my use of the Climbing Wall, I agree to release and on behalf of myself, my heirs, representatives, executors, administrators, and assigns, HEREBY DO RELEASE The St. Cloud Area Family YMCA ("YMCA"), its officers, agents, and employees from any cause of action, claim, or demand of any nature whatsoever, including but not limited to, a claim of NEGLIGENCE, which I, my heirs, representatives, executors, administrators and assigns may now have, or have in the future against the YMCA on account of personal injury, property damage, death or accident of any kind, arising out of or in any way related to my use of the Climbing Wall whether that use is supervised or unsupervised, however the injury or damage is caused, including, but not limited to the NEGLIGENCE of the YMCA, its officers, agents, and employees. In consideration of my use of the Climbing Wall, I, the undersigned user, agree to INDEMNIFY AND HOLD HARMLESS the YMCA, its officers, agents, and employees from any and all causes of action, claims, demands, losses, or costs of any nature whatever arising out of or in any way related to my use of the Climbing Wall. I hereby certify that I have full knowledge of the nature and extent of the risks inherent in the use of the Climbing Wall and that I am voluntarily assuming the risks. I understand that I will be solely responsible for any loss or damage, including death, I sustain while using the Climbing Wall and that by this agreement the YMCA is released of any and all liability for such loss, damage, or death. I further certify that I am in good health and that I have no physical limitations which would preclude my safe use of the Climbing Wall. I further certify that I am of lawful age (18 years or older) and otherwise legally competent to sign this agreement. I further understand that the terms of this agreement are legally binding and certify that I am signing this agreement, after have carefully read it, of my own free will.

#### **Contract to Follow Climbing Wall Safety Policies**

I accept full responsibility for my own safety and the safety of other climbers while in the climbing gym area. I agree to abide by, and to help enforce, the following climbing wall safety policies:

1. No unbelayed climbing above the bouldering line.
2. Climbers must be roped and belayed through a belay plate. Belays must be anchored. Roped climbers and belayers must wear harnesses.
3. Lead climbers must use adequate protection to eliminate the possibility of a ground fall at all times.
4. Inform other climbers of any situation seen as unsafe or not in accordance with Climbing Wall Safety Policies. All climbers are asked to assist and encourage less experienced climbers.
5. All accidents or equipment damage must be reported immediately.

The YMCA reserves the right to withdraw the membership of any individual permanently or for a specified period of time for breach of contract in following the Climbing Wall Safety Policies, or for any conduct that is viewed as unsafe or inappropriate. In consideration of the use of the Climbing Wall, I acknowledge that I have read and agree to abide by the Climbing Wall Safety Policies.

Participant's Printed Name: \_\_\_\_\_ Participant's Birth Date: \_\_\_\_\_

Participant's Signature or Signature of Parent/Guardian (if under the age of 18): \_\_\_\_\_

Date: \_\_\_\_\_

Street Address: \_\_\_\_\_

Phone: \_\_\_\_\_

## Orientation Checklist

### Facility Orientation

- Introduction
- Assess Climbing Experience
- Duty to Notify
- Introduce Rules (on the wall)
- How to Move through the Facility
- Wavier (is one signed at the front desk)
- Equipment
  - Harness is snug on hips
  - All areas are double backed
  - No outside equipment is allowed
  - Closed toe shoes/ climbing shoes
- Review policy for minors
  - No one under the age of 16 can climb without an adult unless in a program

### Auto-Belay Qualification

- Auto Belay Attachment to Harness
  - Attach carabiner from black tether to front of harness
  - Pull down on yellow rope
  - Clip gold carabiner to front of harness
  - Look for climbers around your area
  - Do not climb into the slack. If slack occurs climb down and tell a staff
  - Climb on route
  - When finished, let go and you will slowly be lowered to the ground
  - When finished, unclip the gold carabiner first and then the black one

### Top-Roping

- Do you know how to belay?
- Would you like to take a belay test today?
- If you are not top-roping, do not touch the rope
- If you would like to top-rope, ask a staff to help you
- When walking to your spot, walk behind the matt line

### Bouldering

- Bouldering is short, lateral movement, non-equipment climbing
- All falls are ground falls
- Feet must stay below the tape line
- Most injuries occur while bouldering
- When bouldering, you must have a spotter
  - Mittens, not gloves technique
  - Make sure your climber does not fall on head
  - Spotter is there to guide their fall, not catch them
- When you fall, bend knees and touch the ground; do not stick the landing

As a newcomer to this facility, I understand that I require orientation and/or training before participating in climbing activities in this facility. I understand the facility may require me to pass an assessment or assessments prior to allowing me to participant in certain activities. I understand that if I need additional assistance, orientation, instruction, training or assessment during my participation at the climbing facility at any future time that it is my responsibility to seek such assistance, orientation, instruction, training, or assessment from the climbing gym staff prior to participating in any activity for which I am not trained or qualified. My signature indicates that I understand the information above and that the climbing gym staff has presented this information to me.

Participant Signature: \_\_\_\_\_

Date: \_\_\_\_\_