

INSTRUCTIONS FOR ROCK WALL CLIMBING

1. Safety harness and rope or cable are mandatory for all climbers.
2. Check that the harness is fastened and adjusted properly.
3. Make sure the carabineer is attached to the harness properly and locked.
4. Climbers must climb according to his/her personal skill level or as Recommended by rock wall attendant.
5. Climbers are allowed the use of anchored modular hands and footholds ONLY. The use of the climbing rope, harness, carabineer, and/or other climbing equipment is prohibited for upward movement.
6. Upon reaching the top or other desired height, climber must descend in the safely-approved position. The climber should:
 - Release from the modular hand and footholds.
 - Place BOTH hands on the designated climbing rope or cable.
 - Allow his/her body to relax and lean back into a seated position.
 - Gently push away from the wall using the balls of his/her feet and walk down the wall until your feet can reach the floor.
7. Climbers must stay within the respective climbing route.
8. No swinging from side to side.
9. No stepping on the belay cable
10. No climbing if cable does not retract.
11. Communications with the climbing coach only, no distracting other climbers with idle conversation.

ROCK WALL CLIMBING OPERATIONS RELEASE OF LIABILITY, WAIVER OF CLAIMS, EXPRESS ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

Please read and be certain you understand the implications of signing.
Express Assumption of Risk Associated with use of Rock Wall Climbing Equipment and Related Activities.
Wall Location: SouthCrest Wellness & Sports Medicine Center.

I _____ do hereby affirm and acknowledge that I have been fully informed of the inherent hazards and risks associated with rock wall climbing activities to which I am about to engage, including but not limited to:

- 1) Change surface of wall and hand / footing supports on wall;
- 2) Changing condition or involvement of:
 - a) other participants, b) the harness and associated rope and other equipment used during wall climbing,
 - c) conditions of floor or ground surface, d) available lighting.
- 3) Inclement weather, lighting, variance and extremes of wind, weather and temperature;
- 4) My sense of balance, physical condition, ability to climb or follow directions;
- 5) The presence of insects and flying life forms;
- 6) Equipment failure or operator error;
- 7) Heat or sun related injuries or illnesses, including sunburn, sun stroke or dehydration;
- 8) Fatigue, chill and/or reaction time and increased risk of an accident.

I specifically acknowledge that I have read, understand and agree to abide by all rock wall climbing instructions at all times, and that I have been trained in the safe use of rock wall climbing equipment to my complete satisfaction, and I am physically/mentally able to participate in the rock wall climbing activities to which I am about to engage.

I specifically waive any defense insofar as this contract is concerned that may arise as a result of any state or local law and/or regulation or policy that may impact its enforceability.

Release of Liability, Waiver of Claims and Indemnity Agreement

In consideration of being allowed to participate in the above-ascribed activities, as well as the use of any of the facilities and the use of the equipment of the below listed releasees, I hereby agree as follows:

1) To waive and release any and all claims based upon negligence, active or passive, with the exception of intentional, wanton, or willful misconduct that I may have in the future against all of the following named persons or entities herein referred to as "Releasees."

Union Public Schools, UMAC, SouthCrest Wellness & Sports Medicine Center, SouthCrest Hospital

2) To release the Releasees, their officers, directors, employees, representatives, agents, and volunteers from liability and responsibility whatsoever and for any claims or causes of action that I, my estate, heirs, executors, or assigns may have for personal injury, property damage, or wrongful death arising from the above activities whether caused by active or passive negligence of the Releasees or otherwise, with the exception of gross negligence. By executing this document, I agree to hold the Releasees harmless and indemnify them in conjunction with any injury or loss of life that may occur as a result of engaging in the above activities.

3) By entering into this Agreement, I am not relying on any oral or written representation or statements made by the Releasees, other than what is set forth in this Agreement.

I hereby declare that I am of legal age and am competent to sign this Agreement or, if not, that my parent or legal guardian shall sign on my behalf and that my parent or legal guardian is in complete understanding and concurrence with this Agreement.

I have read this Agreement, understand it, and I agree to be bound by it.

_____ Signature of Adult Participant	_____ Name of Adult Participant (Please Print)	_____ Date
_____ Signature of Parent or Guardian if Participant is a Minor, And by their signature, they on my behalf release all	_____ Name of Parent or Guardian (Please Print)	_____ Date
_____ Claims that both they and I have against said Releasees.	_____ Name of Minor (Please Print)	_____ Date