

## **.UNCG Outdoor Adventures – Department of Recreation & Wellness**

### **Indoor Climbing Facility Policies Acknowledgement**

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This document must be read and signed by a participant and, in the event that the participant is under the age of 18, by participant's parent or legal guardian. If you have any questions regarding the legal consequences of signing this agreement you should consult an attorney. You, the participant, must complete a new form should any of the below information change. This agreement expires when a new academic year has begun, and only applies to the activities listed below.

Participant's Name (First & Last): \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_ Student ID #: \_\_\_\_\_

#### **PARTICIPANT POLICIES**

- Use of Climbing Facility is FREE for UNCG students and UNCG Leonard J. Kaplan Center of Wellness (Kaplan Center) members.
- All student participants must have a valid UNCG ID to participate and to rent equipment.
- All participants must read and sign an Assumption of Risk/Policies waiver each academic year.
- Participants under the age of 18 must have a parent/legal guardian read and sign the waiver on their behalf.
- Participants are allowed 2 guests per visit with a valid guest pass. Guest passes are \$10 and must be obtained at the Kaplan Center welcome desk prior to climbing. Sponsors and guests must remain together at all times.
- The minimum age to climb is 5 and the child must properly fit into a harness.
- Climbing Facility staff reserve the right to limit individual wall time if there are climbers waiting.
- All participants are expected to behave in a courteous and safety-oriented manner at all times; Abusive or inappropriate language or actions are not permitted.
- Any participant under the influence of alcohol and/or illegal substances will be dismissed immediately.
- Throwing of objects will NOT be tolerated.
- Shoes must be worn at all times.
- Pockets must be emptied prior to climbing.
- Headphones are not permitted to be worn while climbing.
- Any actions that disrupt the belayer and climber's attention, or endanger any participant, will result in immediate dismissal.
- Climbing Facility staff reserve the right to dismiss any climber who disregards or challenges any climbing wall policies or procedures.
- Climbing Facility staff reserve the right to stop climbing and close the facility at any time for safety/emergency situations.

#### **EQUIPMENT & GEAR POLICIES**

- Personal climbing harnesses, helmets, shoes, and chalk bags are the ONLY approved personal items permitted for use in the climbing facility.
- Participants are fully responsible for the proper use and condition of all their personal climbing equipment. Harnesses and helmets must comply with UIAA standards. Climbing Facility staff reserve the right to restrict use of personal equipment if deemed unsafe.
- Equipment provided is to be used only in accordance with the information and instruction provided.
- Participants should report any damaged or malfunctioning equipment immediately to Climbing Facility staff.
- No loose chalk is permitted. All chalk must be kept in a chalk ball within a chalk bag. Liquid chalk is permitted.
- Closed-toe climbing shoes or athletic shoes are the only shoes permitted while climbing or belaying. No sandals, bare feet, or boots are permitted.
- All rental shoes must be worn with socks.
- Rental equipment is not to leave the climbing facility.
- Rental climbing harnesses are not to be in contact with bare skin when standing.
- All jewelry and other accessories that could interfere with climbing or belaying must be removed prior to climbing to prevent injury.
- Long hair should be tied back before climbing. Loose clothing should be tucked in.
- Participants are not permitted to adjust and place climbing holds.
- Any personal items must be kept in the cubbies and free of the climbing area.
- Food and beverages must be in a secure container and kept outside the climbing area. Glass is not permitted.

#### **CLIMBING, BELAYING & BOULDERING POLICIES**

- All belayers must pass a Belay Test each academic year before being permitted to belay.
- All belayers must complete a belay clinic before taking their first Belay Test.
- Belayers may take an Advanced Belay test only if they've been certified with UNCG Outdoor Adventures within the past 2 academic years.
- Any unsafe belaying will result in a revoked belay certification.
- Climbers and belayers are responsible for using climbing commands, checking knot, harness, and belay system set-up prior to every climb.
- Belayers must clearly display their belay card on their harness at all times while belaying.
- Climbers should never climb faster than their belayer can belay.
- To reduce the risk of a hazardous swing, climbers should stay on route at all times.
- Top-rope climbing, sport climbing, and bouldering are the only forms of climbing permitted.
- Sitting or standing on the top of the climbing walls is not permitted.
- Swinging, jumping, or other misuse of ropes is not permitted.
- Bouldering is only permitted on the bouldering wall.
- The bouldering pad should be kept clear of all belongings and people who are not bouldering or spotting.

## UNCG Outdoor Adventures – Department of Recreation & Wellness

### Indoor Climbing Facility Acknowledgement and Assumption of Risk

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Climbing, and all associated activities, are referred to as “Rock Climbing” “The Activity,” and/or “Activities.” This document must be read and signed by a participant and, in the event that the participant is under the age of 18, by participant’s parent or legal guardian.

I acknowledge that climbing at UNCG’s indoor climbing facility presents known and unanticipated risks. UNCG staff members strive to manage these risks, but many risks are beyond their control. I understand that such risks simply cannot be eliminated without jeopardizing the essential qualities of the activities. Some of the inherent dangers and risks that may be present or occur, include, but are not limited to, equipment malfunction, defects, and improper use of equipment; slipping, tripping, falling, rope burns, serious or minor bodily injury, and **death**.

I voluntarily consent to participate in indoor rock climbing activities offered by UNCG Department of Recreation & Wellness. I have the necessary skills to participate in the activities and am fully capable of participating in the activities without causing harm to myself or others. I have had the opportunity to review the climbing facility policies and I have no questions regarding the policies related to the activities in which I intend to participate or I have contacted UNCG staff to clarify any questions which I may have regarding the nature of the activities in which I intend to participate. I understand and am aware that there are a variety of risks and dangers inherent to said activities. These include, but are not limited to, loss or damage to equipment, personal injury, illness, temporary or permanent physical or emotional trauma, or **death**. I understand that I may be injured while participating due to my own actions or the actions of others. I expressly agree and promise to accept and assume all of the risks existing in the activities. I further agree to abide by all local, state, and federal laws, and by all policies and procedures of UNCG’s Climbing Facility.

#### Contraindications for Participating

Physician approval is required prior to participation for participants with any of these contraindications:

- High Blood Pressure (greater than 145/90)
- Unstable cardiovascular or respiratory conditions
- Active back or joint problems (recent or recurring injuries)
- Uncontrolled diabetes, epilepsy, or seizures
- Post-partum (6 weeks or less since giving birth)
- Climbers should be aware that preliminary research indicates that psychological fear (i.e. fear of height) can accelerate an individual's heart rate as high as 180 beats per minute; this could strain a weak heart.
- The Climbing Facility staff reserve the right to deny access to any individuals whom they consider a safety risk to themselves or others.

I acknowledge and understand that it is my responsibility to decline, reduce, or stop participation in the event of illness, injury, or other medical condition. I understand that the staff may reduce or stop my participation when they determine that doing so is in the best interest of my safety or to aid in the well-being of other participants, and I acknowledge and understand that UNCG staff members possess the authority to make said determination. I acknowledge and understand that UNCG is self-insured and will not provide insurance. I understand that it is my responsibility to maintain insurance, prior to my participation, to cover any injury or damage I may cause or suffer while participating in above mentioned activities, or else I agree to bear the costs of such injury or damage myself. I further certify that I have no medical or physical conditions that could interfere with my safety, or the safety of any other participant in the activities, or else I am willing to assume, and bear the costs of, all risks that may be created, directly or indirectly, by any such condition. I authorize UNCG staff to obtain or provide emergency medical care for me as necessary in the discretion of UNCG staff. I acknowledge and understand that UNCG is self-insured and will not provide insurance. I further certify that I have adequate insurance to cover any injury or damage I, or my child/ward, may cause or suffer while participating in the Activity, or else I agree to bear the costs of such injury or damage myself. If I, or my child/ward, require accommodations in order to participate in the Activity, I will contact UNCG Disability Services at 334-5440 no later than 21 days prior to participation to determine what, if any, accommodations can/will be provided.

### Waiver, Release and Indemnification

In consideration of all of the notices contained herein, it is my express desire to participate in UNCG Outdoor Adventures programming at my own risk. In consideration of my participation in the above mentioned activity, I hereby voluntarily release, hold harmless, indemnify and forever discharge UNCG and its trustees, officers, agents, employees, representatives, executors, and successors of all of the above, on behalf of myself and my successors and assigns, from any and all liability for injuries or damages I may incur or cause in connection with or arising out of my participation in UNCG Outdoor Adventures programming. By signing below, I acknowledge that I have read and understand this document in its entirety and hereby voluntarily consent to all of its provisions. I certify that I have read and understand this document and agree to be bound by its terms. I fully understand that I may be giving up legal rights and/or remedies to which I may otherwise be entitled. I understand and agree that this agreement will be construed and governed by North Carolina law and any dispute hereunder shall be resolved in a court of competent jurisdiction in Guilford County, North Carolina.

**I have had sufficient opportunity to read this entire document. I have read and have understood it. By signing below, I agree to be bound by its terms. I hereby warrant that I am 18 years of age or older or the parent or guardian of the minor with the legal authority to execute this consent.**

Signature of PARTICIPANT: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of LEGAL GUARDIAN: \_\_\_\_\_ Date: \_\_\_\_\_  
(Participant under age 18)