

Church on the Hill Climbing Wall policies

1. Before climbing on the wall

- Climbing is permitted only when an indoor climbing wall supervisor or some other qualified person designated by the business administrator (i.e. class instructor) is working and on duty.
- Only those who have completed a Belay Certification Course may belay others and have a laminated tag issued by the climbing wall director.
- Only those who have completed a current Climbing Wall Release Waiver will be issued climbing equipment and allowed access to the wall.
- Clothing must be safe and modest.
- Children must be at least 10 years old to climb the wall.
- Children must be at least 14 years of age to become belay certified and belay others on the wall.
- Children must be at least 16 years of age to use the wall without a parent or guardian with them (except for special groups).
- All minors (under the age of 18) must have a Climbing Wall Release Waiver Form on file signed by a parent or guardian before being permitted to use the wall.

2. Equipment

- All climbers and belayers must either use equipment provided by Church on the Hill or other quality equipment approved by a current climbing wall supervisor.
- Harness buckles must be doubled backed at the waist and at the leg loops when worn by the climber and the belayer.
- Climbing helmets are available at the equipment room for those who desire to use one.
- Climbing shoes must be worn while climbing or bouldering. No bare feet or any other type of shoe may be worn while on the wall.
- Loose chalk may not be used, only chalk balls. Chalk bags may be checked out of the equipment room and used at the wall. Please use only when needed and be careful not to spill on the floor.
- Ropes are your life-line – please be careful not to step on them!
- Hand hold adjustments or rearrangements are not permitted except by staff members.
- Participants are responsible for the equipment signed out to them. If lost or damaged, they may be charged a replacement cost.
- Climbing Wall Supervisors have the right and responsibility to stop participants from climbing or belaying if they do not abide by these rules or if equipment does not fit properly.

3. Belaying

- Only climbers who have passed a belay certification class or who have passed a belay check (for those who were belay certified in the past) may belay climbers at our wall. Those who are belay certified should always display their belay certification tag (pass) on their harness while at the climbing wall.
- We teach and use the **P.L.U.S. Belay System**. That stands for P-Pull, L-Lock, U-Under and S-Slide.
- The belayer must clip into the provided belay device (gri gri) with the provided locking carabiner which is attached to the floor anchor.
- Other belay devices are not permitted unless approved by climbing wall supervisor or one of the current wall supervisors.
- Belayers must use the palm down belay technique and always keep their brake hand on the rope.
- Belayers are responsible to provide a smooth and controlled descent when lowering a climber. Lowering a climber quickly (for fun) is **unacceptable** and not allowed.

4. Climbing

- Proper climbing procedures must be followed. Knots, harnesses and tie-ins must be checked by the supervisor on duty before the first climb each session.
- The figure-eight follow-through is the only tie-in knot allowed. The tail must be at least 4-5 inches long.
- Proper climbing/belaying commands are to be used (On Belay > Belay On, Climbing > Climb On).
- Climbers and belayers should check each other's harness (doubled backed), knots, belay device and anchor before every climb.
- **Do NOT use hangers for holds**; you could seriously damage your fingers if you fall.
- Care should be given when climbers use adjacent routes, both climbing up and coming down.
- Climbers need to be careful not to climb too fast for their belayer. If the belayer is not able to keep up and keep the slack in the rope to a minimum, he/she should communicate to the climber to slow down.
- Climbers need to stay below and in-line with their belay anchor to avoid a pendulum swing during a fall.
- Do not climb directly above or below other climbers on the wall.
- Climbers should remain on the climbing wall only, never climb off to the side of the wall structure.

5. Conduct

- Observe and practice safe climbing techniques. Dangerous or unsafe behavior will result in suspension of climbing privileges.
- Wall Supervisors have the right and the responsibility to deny access to the wall for any individuals whom they consider a safety risk to themselves or to others.
- Respect other climbers and belayers around you and make it a point to share the facility.
- Please report any problems such as accidents, loose holds, damaged equipment, or unsafe climbing to the on-duty climbing wall supervisor as soon as possible.
- Cell phones and any technology used for listening to music are **prohibited** while actively climbing or belaying.
- Food and drink are not allowed in the designated climbing area except for bottled water.
- Modesty must be observed at all times.
- Observers, non-climbers and climbing gear are not to be on the landing surface.

7. Participants should climb with caution and at their own risk!

- All climbers must have a waiver on file that has been signed within 12 months of climbing. A list of signed waivers with expiration dates must be kept accessible to climbing wall supervisor when climbing wall is open.

Church on the Hill Climbing Wall Waiver

Under 18 requires parent or guardian signature

If you are under 18 then you must have a parent or guardian's signature to sign up.

Age Requirements

In order to sign up you must be at least 10 years old.

Name: _____

DOB: _____

Emergency Contact Name: _____

Relationship: _____ **Phone:** _____

Waiver:

This is a **legal Document** and must be read and signed by each participant prior to any activity on the climbing wall. McMinnville First Church of the Nazarene of McMinnville Oregon d/b/a Church on the Hill wants to insure that our participants have a rewarding experience on the wall. We do not want to reduce participant's enthusiasm for the experience, but we do want them to know in advance, what to expect and to be informed of the potential risks involved.

Assumption of Risk

I understand that there are inherent risks that cannot be eliminated from the sport of rock climbing and climbing on the indoor climbing wall. I have full knowledge of the nature and extent of these risks including but not limited to:

1. Injuries resulting from falling and crashing into the climbing wall, floor, crash pads, or other objects.
2. Injuries resulting from rope abrasion, entanglement, and other injuries that may result from activities or other persons, including but not limited to climbing, rappelling, belaying, lowering on a rope, rescue or emergency activities, as well as injuries, abrasions, and cuts resulting from contact with equipment and components of the indoor climbing wall facility.
3. Failure of the ropes, harnesses, wall hardware, anchor points, or any other part of the indoor climbing wall structure and related equipment.
4. Injuries from falling participants or equipment.
5. Injuries resulting from the negligence of other climbers, belayers, spotters, spectators or users of the indoor climbing wall facility.
6. Injuries resulting from personal physical and mental limits including but not limited to fatigue, chill, heat, and dizziness, which may diminish reaction time and increase risks of accident, personal strength, coordination, sense of balance, and the ability to follow or give directions while climbing, belaying, lifting, spotting, or being a spectator.
7. Injuries or property damage resulting from hair or loose clothing getting caught in equipment.
8. Injuries from improper use of equipment or the failure to properly tie into the system.
9. I also recognize that there are both foreseeable and unforeseeable risks of injury or death that may occur as a result of my **voluntary participation** at the indoor climbing wall.

Release of Liability

I certify that I am fully capable of participating in this activity. Therefore, I assume and accept full responsibility for bodily injury, death, loss of personal property and any expenses which may be incurred by me or any minor children in my care resulting from those inherent risks and dangers previously identified, those inherent risks and dangers not specifically identified, and any negligence on my part associated with my participation in this activity. I therefore release Church on the Hill, its employees, student employees, volunteers, agents or representatives from any and all liability, claims, costs, expenses, injuries or losses including those resulting from acts of negligence by those stated above that I may sustain as a result in my participation in any activities using the climbing wall. I also certify that I have adequate health, disability and life insurance for myself and my family and do not presume that the Church has secured insurance for my benefit.

I have carefully read this Assumption of Risk and Release of Liability Form and fully understand its contents. By signing below I am accepting this contractual agreement.

Signature

I have carefully read this form and fully understand its contents. By signing below I am accepting this contractual agreement and am consenting to the use of this electronic signature in lieu of a paper signature.

Sign

Print Name

Date

If the climber is a minor (under the age of 18), a parent or legal guardian must sign below.

I am the parent or legal guardian of the participant listed above. I have read and understand the provisions of this document, I consent to my son or daughter taking part in this activity described above, and I fully enter into and agree to the above Assumption of Risk and Release of Liability.

Sign

Print Name

Date