

# STANDARD OPERATING PROCEDURES

## Fort Monroe Indoor Rock Climbing Wall

1. **Purpose:** To give guidelines and instructions for the Fort Monroe Indoor Rock Climbing Wall and for participant to understand and acknowledge risk involved.

### 2. **Participant Responsibilities:**

**Notice:** This acknowledgement of risk is a contract with legal consequences. Read it carefully before signing.

a. **Compliance with Rules and Regulations and Conduct of Participants:** The participant agrees to be subject to the control and guidance of the facility staff while on the premises and will follow the instructions of facility personnel. The participant agrees to conduct him / herself in a well-mannered fashion while on the premises and to obey and comply with all rules and regulations that are or may in the future be prescribed by the facility. **Facility management reserves the right to evict, revoke or terminate privileges of participant if he / she fails to keep or obey any such rules or regulations.**

b. I fully realize and acknowledge the dangers of participating in activities on the Fort Monroe Indoor Rock Climbing Wall. I fully assume the risks associated with participation, not limited to the following: the dangers both physical and mental to myself, failure of equipment and / or gear; injury from falling off the climbing wall, impacting the wall, and / or the floor; rope abrasion, and other equipment related injuries; cuts, abrasions, and bruises.

c. I agree it is my sole responsibility to be familiar with the equipment and area selected, the safety rules and any guidelines, requirements for events held at the Fort Monroe Climbing Wall. I have no physical or medical condition which, to my knowledge, would endanger myself or others if I participate in this activity, or would interfere with my ability to participate in this activity.

**Initials of parent or legal guardian of minor** \_\_\_\_\_ **Initials of participant** \_\_\_\_\_

### 3. **Participant Equipment Waiver (Age 18 and up ONLY):**

\_\_\_\_\_ I have been offered a facility issued protective helmet, which could prevent permanent brain damage in the event of an accident. Against the advice of the staff, I choose not to wear a helmet, a critical safety precaution. I understand wearing a hard shell helmet can sometimes protect against serious head injury, and assume all responsibility and liability associated with not using a helmet.

\_\_\_\_\_ In addition, I have provided my personal safety harness which meets industry standards. I accept the risk and responsibility for the condition and proper use of any personally owned safety equipment. I fully understand that no inspections or representations are made as to the adequacy of personal equipment by anyone other than participants themselves and assume the risk that this entails.

**Initials of parent or legal guardian of minor** \_\_\_\_\_ **Initials of participant** \_\_\_\_\_

### 4. **Acknowledgement of Rules and Restrictions:**

a. Regulations. The following are approved and restricted activities with regard to intended use of the facility, but in no way do these limit the assigned staff from limiting an action, which they believe could be harmful to participants, staff members, and or the facility.

(1) Proper use of the auto belay system to assist in climbing is the only approved activity to occur at the indoor climbing wall.

(2) NO Personal Harness unless waiver signed

(3) NO Bouldering; to climb the base of the wall moving horizontally without the use of the auto belay system.

(4) NO Free soloing; to climb any height of the wall without the use of the auto belay system.

(5) NO Lead Climbing; to ascend the wall climbing above points of protection with out the use of the auto belay system.

(6) NO Aid Climbing; to ascend the wall using intermediate points of protection to assist vertical progress.

(7) NO open toed shoes

(8) NO barefoot climbing

(9) Recommend that all jewelry be removed (rings and hand jewelry must be removed)

(10) NO climbing with any items that could be dropped, i.e., phones, pagers, keys, loose change.

Initials of parent or legal guardian of minor \_\_\_\_\_

Initials of participant \_\_\_\_\_

**5. Proper Use of Equipment:**

Harness Use: 1) Position harness so that clip in point is facing the same direction as participant, then step in and pull up as if they were a pair of pants. Note two individual leg loops. 2) Raise waist belt **above hip bones** and tighten buckle so that only one finger may be placed between the harness and participants abdomen. Ensure that the harness remains **above the hip bones** at all times while climbing by checking and retightening between climbs. 3) Insure both leg loops are supported by the waist belt via two cords from the hamstring region to the lower back. 4) Tighten both leg loop buckles so that two fingers may be placed between the harness and each leg, allowing mobility while climbing, but be sure to check and tighten as often as needed. **IMPORTANT:** It is essential that every participant understand the proper use of any buckle provided on their harness; **Single Pass** and **Double Pass**, How do they Work?

Helmet Use: 1) Labeling usually faces forward with adjustments often found on the back for convenience. 2) Adjustments exist for the circumference of the crown and for the length of the chinstrap buckle. 3) First adjust crown so that the helmet will remain in place without the chinstrap buckled while nodding and shaking your head. 4) Adjust the chinstrap so that the jaw may be opened without restriction respiration and airway passages.

Auto Belay System Use: 1) Auto belay cables will retract to the ceiling if not secured to the ground anchor or a climbers harness at all times. 10-20 lbs of weight or equaling force will be sufficient to prevent retraction. 2) To unlock the carabineers, rotate the sleeve then open the gate. To lock, release grip and push the gate without rotating the sleeve. 3) To clip into harness be certain that the gate is positioned away from the participant's body. By using a down and away hooking motion the gate will be in a position that can easily be inspected for proper locking. 4) Always climb in a vertical line towards the termination point of the climbing cable in use. This will help to limit a pendulum effect which could swing a participant into objects or others while descending. 5) While descending, keep feet flat on the wall holding your body away from the climbing surface which is likely to cause abrasions. **DO NOT BOUNCE ON THE WALL WHILE DESCENDING.** 6) The auto belay system will lower the participant until their full weight is removed from the climbing cable, i.e., standing, sitting, or laying down. So be alert as to the rate of descent, attempting to land on your feet to protect from possible spinal injuries. 7) When an auto belay cable is not in use it is to be clipped to one of the provided ground anchors.

**PARENT or GUARDIAN** of a Minor: I as a parent or guardian of (under 18 years) the below named , give permission for my child to participate in this activity, and agree to the terms above.

**Signature of parent or legal guardian** \_\_\_\_\_ **Date** \_\_\_\_\_

**Print Name** \_\_\_\_\_ **Relation to Minor** \_\_\_\_\_

\*Participant must write following statement on line provided above their Signature\*

**“I HAVE READ, UNDERSTOOD AND AGREE TO THE ABOVE”**

**Signature of Participant** \_\_\_\_\_ **Date** \_\_\_\_\_

**Print Name** \_\_\_\_\_

**Staff Member Print** \_\_\_\_\_

**Staff Signature** \_\_\_\_\_ **Date** \_\_\_\_\_