

**City of Glenwood Springs Parks & Recreation Department's  
Climbing Release/Indemnification of all Claims and Covenant Not to Sue**

Please read the following before signing: In consideration for the right to participate in Glenwood Parks & Recreation activities, the climbing wall, climbing lessons, or outdoor climbing I hereby agree to the following: I understand any recreational/ sports activity, including the one I am applying for, involves certain risks to my personal safety and property, or the safety and property of others. I further understand participation in recreational/sports activities requires certain skills and capabilities and I agree it is solely my responsibility to insure my health is adequate and my capabilities are sufficient to participate in this activity. I agree to assume any and all risks associated with my participation in this activity. I agree to follow all rules for safe participation in this activity with full knowledge that I may be banned from future activities if rules are violated. I hereby waive any and all claims I may have against the City and its officers, employees, agents, servants, insurers, and all representatives and sponsors arising out of my participation in this activity. I hereby release and hold harmless the City of any claim bought by a third party due to my participation in this activity. I also understand that any equipment that I provide or may borrow from Glenwood Parks & Recreation or any other provider I use at my own risk and that any such equipment is provided without any warranty about its condition or suitability. I understand I may be photographed, and give permission for the use of my image to publicize activities for the Recreation Department. In the event of any emergency, I give consent for me or my child to be taken to and treated at the nearest medical facility. In such event, I shall be solely responsible for medical expenses associated with medical care. If I am signing this agreement on behalf of a minor child, I understand the foregoing agreements and waivers shall apply equally to the child. I further acknowledge that the following list is not inclusive of all possible risks associated with Climbing and that the list in no way limits the extent or reach of this release and covenant Not to Sue. I hereby acknowledge and agree that the sport of rock climbing and the use of the Glenwood Community Center Climbing Wall (hereinafter referred to as the Climbing Wall) have inherent risks including, but not limited to:

1. All manner of injury resulting from falling and impacting against rock faces and projections, whether permanently or temporarily in place, or the ground or Community Center Floor;
2. Rope abrasion, entanglement and other injuries resulting from activities on or near the Climbing Wall or climb such as, but not limited to climbing, belaying, rappelling, lowering on rope, auto belay systems, rescue systems, and any other rope techniques;
3. Injuries resulting from falling climbers, rocks or dropped items, such as, but not limited to ropes or climbing hardware;
4. Cuts and abrasions resulting from skin contact with the Climbing Wall, rocks, trees, climbing equipment;
5. Failure of ropes, slings, harnesses, climbing hardware, auto belay systems, anchor points, or any part of the Climbing Wall structure or other climbing equipment;
6. Climbers & Wall users may be belayed or spotted by someone other than Community Center Climbing Wall Employee. Belayers or spotters may be belay certified peers of climbers and wall users.
7. Travel to and from the climbing destination may require driving, hiking, scrambling and un-roped climbing.
8. Injuries resulting from adverse weather conditions and non-controllable environmental conditions.

I certify that the climber's **date of birth is** \_\_\_\_\_ (month/day/year), that their **present age is** \_\_\_\_\_, and I further certify that my **date of birth is** \_\_\_\_\_ (month/day/year), that my **present age is** \_\_\_\_\_, and that I am therefore of lawful age (18 years or older and otherwise legally competent to sign this agreement (if under 18 years old, this release must be signed by the parent/guardian of the minor). I further understand that the terms of this agreement are legally binding and I certify that I am signing this agreement, after having carefully read the same, of my own free will. In witness whereof, this instrument is duly executed in Glenwood Springs, Colorado **this** \_\_\_\_\_ **day of** \_\_\_\_\_ **20** \_\_\_\_\_.

**BY SIGNING THIS FORM I ACKNOWLEDGE I HAVE READ AND UNDERSTAND THE AGREEMENT AND WAIVER**

\_\_\_\_\_  
**Climber's Signature**

\_\_\_\_\_  
**Climber's Name, Printed Clearly**

\_\_\_\_\_  
**Address**

\_\_\_\_\_, (\_\_\_\_) \_\_\_\_\_  
**Emergency Contact: Name & Number**

\_\_\_\_\_  
**State & zip code**

\_\_\_\_\_  
**Doctor's Name and Number**

TO BE READ AND SIGNED BY PARENT OR LEGAL GUARDIAN OF MINOR. I hereby state that I am the parent or legal guardian of the minor whose signature appears above. I have read and consent and agree to the terms and provisions set forth in this Release.

\_\_\_\_\_  
**Signature of Parent or Legal Guardian**

\_\_\_\_\_  
**Today's Date**

\_\_\_\_\_  
**Witness' Signature**

\_\_\_\_\_  
**Witness' Name, Printed Clearly**

FIRST NAME, LAST NAME: STAFF USE ONLY



# Glenwood Springs Community Center Climbing Wall Safety Orientation and Belay Test

In order to climb outside staffed hours or belay on the Community Center wall you must understand, demonstrate and perform the following essential climbing skills and techniques on our roped climbs. You must also be trained and understand the safety measures and guidelines to use our auto-belay devices and have a climbing release signed and on file at the front desk.

- Harness: Correct fitting and securing of a harness. Double back.
- Auto-belay: Inspection of line, carabiner, braking mechanism and hardware. Correct securing of auto locking carabiner to harness. Have verified each time you climb by staff or another previously certified climber.
- Tie-in: Proper figure 8 follow through with a safety backup.
- Anchors: Correct clipping of belayer into floor anchor.
- Belay technique: correct clipping into belay device, and rope feed and stop techniques for controlled belaying.
- Climber-Belayer communication: The use of universal climbing signals that consist of the following:

**Before Climbing:**

- ON BELAY? Climber to belayer in the form of a question. Asking if belayer is ready.
- BELAY ON! Belayer to climber. Indicates belayer is ready. No slack in system.
- CLIMBING! Climber to belayer. Double-checking readiness of belayer.
- CLIMB ON! Belayer to climber. Indication the go ahead to climb.

**While Climbing:**

- Auto-belay: Make sure there is no slack in the webbing while climbing. If slack is present, down climb and discontinue use.
- UP ROPE! TENSION! Climber to belayer asking to take up slack in rope
- SLACK! Climber to belayer asking for more rope.
- ROCK! Climber warning for those below him to watch out, a hold broke or something is falling from the wall

**When finished at the top of the route or while climbing the route:**

- Auto-belay: Let go of the wall, have hands and feet out, you will automatically descend.
- TAKE! Climber to belayer. Indicates climber’s wish for belayer to hold him/her tight for a rest.
- LOWER ME! Climber to belayer. Indicates climber’s wish for belayer to lower the climber in a slow and controlled descent.

**When finished at the bottom of a route:**

- Auto-belay: Pull down some slack, unclip carabiner from harness, re-attach to floor anchor. **Do not let go of the auto belay webbing or carabiner.** It will automatically retract and go up the wall in an uncontrolled manner and be irretrievable. Never extend Auto-belay line out to it’s maximum allowable distance.
- OFF BELAY! Climber to belayer: Indicating “I’m done, you can stop belaying”
- BELAY OFF! Belayer to climber. Indication climber is off belay and no longer protected by the rope.

I, as a climbing wall participant, will follow these guidelines or lose my privileges to use the climbing wall. I have read and understand the rules for the Glenwood Community Center Climbing Wall. I assume full responsibility for my actions and will do my best to ensure my safety and the safety of others around me.

Print Name \_\_\_\_\_ DOB \_\_\_\_\_ Phone# \_\_\_\_\_

Signature of test taker \_\_\_\_\_ DATE \_\_\_\_\_

Climbing Wall Staff Name and Signature \_\_\_\_\_ Date Certified \_\_\_\_\_