



CLIMBING WALL RULES, WAIVER & RELEASE

_____ Last Name	_____ First Name	_____ Climber's Phone #	_____ Climber's Date of Birth
_____ Address		_____ City/State/Zip	
_____ Emergency Contact	_____ Telephone Number	_____ Relationship to Climber	

CLIMBING WALL RULES & REGULATIONS

- All climbers must be 5-years of age or older and must sign the Waiver & Release below, prior to each climb.
- Climbers under the age of 18 must have the Waiver & Release form signed by a parent or legal guardian.
- If belaying, all climbers must demonstrate and pass a belay checkout and must agree to utilize proper, discrete hand-switch belaying technique.
- All climbers agree to use the double-check exchange before beginning each climb. The belayer will check the climber's gear, the climber will check the belayer's system and exchange confirmation that the equipment is okay. This is most important and must be vigilantly performed at the start of each and every climb.
- All climbers will comply with the judgments of Prairie Stone™ Sports and Wellness Center staff on duty.
- Approved climbing equipment only in the climbing area.
- Climbers must show the Prairie Stone™ Sports and Wellness staff their proof of payment when entering the climbing area.
- A minimum of one spotter per climber when bouldering. Boulder's feet shall not exceed the height of the spotter's shoulders.
- No hard-soled or lug shoes will be permitted on climbing surfaces. Rock climbing or athletic shoes are recommended. No bare-foot climbing.
- The belayer must pay attention to the climber by keeping the climber in eye contact at all times.
- No one will be allowed to climb or boulder unless an approved Prairie Stone™ Sports and Wellness Center staff instructor or supervisor is present; individuals who have successfully passed their certification can climb at any time the wall is not being utilized, i.e. rentals, classes, etc
- No powdered or block chalk allowed. Chalk balls only.
- Lessons in progress have priority on routes. If an instructor needs the route you are on, you may be asked to move to another route. Please finish the climb and allow the lesson to use the route.
- Upon completion of the climbing introduction course, climbers will be recorded as "certified" and added to the certified climbers list. Certified climbers must check in at the desk prior to each climb.
- If using an auto belay, climbers must pass an auto belay checkout.
- Any infractions of the above rules will result in loss of privileges. Repeated infractions may result in loss certification and/or club membership.

WAIVER & RELEASE

I, _____ understand that in consideration of using the facilities, climbing walls, equipment and/or participating in activities sponsored by Prairie Stone™ Sports & Wellness Center must obey all of the Prairie Stone™ Sports & Wellness Center indoor climbing wall rules and regulations as well as read and agree to the following *Waiver & Release*. I also acknowledge that indoor rock climbing entails inherent risks which include, but are not limited to, death, injury and damage to property. Those risks include, but are not limited to death, injuries and damages resulting from the following:

1. The negligence of Prairie Stone™ Sports & Wellness Center staff, its owners, representatives, volunteers or agents.
2. The negligence of guests, visitors or persons who may be present at or using the indoor rock climbing wall.
3. The negligence of the designers, manufacturers or installers of the indoor rock climbing wall or its related equipment.
4. The negligence, inattention or inexperience of belayers.
5. Falls, slips, collisions or other such accidents that occur while using the indoor rock climbing wall, whether caused by me or others.
6. The misuse or failure of the indoor rock climbing wall or its associated equipment, and
7. The negligence or lack of training of Prairie Stone™ Sports & Wellness Center employees, representatives, volunteers, or agents who seek to assist with medical or other help either before or after injuries have occurred.

I agree to release from all liability, discharge and promise not to take legal action against Prairie Stone™ Sports & Wellness Center, its directors, owners, employees, representatives, volunteers or agents, and its landlord. I agree to release the aforementioned persons from any liability to me, my heirs, next of kin, assigns or personal representatives from any losses, damages, claims or demand arising out of my death, injuries or damages to property, even if their individual or collective negligence contributes to such death, injuries or damages.

I certify to Prairie Stone™ Sports & Wellness Center that I am eighteen (18) -years of age or older, physically and mentally capable of safely participating in indoor rock climbing and that any personal belayer and equipment that I use as part of my climb are appropriate and properly qualified for my climb. I freely and voluntarily assume complete personal responsibility for all risks and for my death or any injury or damage that may occur to me or my property as a result of these risks, even if such death, injury or damage occurs in a manner that is not foreseeable to me at this time. I realize that by voluntarily assuming the risks involved I will be solely responsible for my death or any injury or damage that I sustain.

I have read this *Waiver & Release* thoroughly and understand the terms. My use of the indoor rock climbing wall and my execution of this *Waiver & Release* are both purely voluntary and I elect to do so in spite of the risks.

_____ Signature of Participant	_____ Print Name of Participant	_____ Date
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IF PERSON IS UNDER 18-YEARS OF AGE, A PARENT OR LEGAL GUARDIAN MUST COMPLETE THE FOLLOWING:

I, _____, the undersigned parent or legal guardian of _____ ("Minor"), hereby execute the foregoing *Waiver & Release* For and on behalf of Minor and agree to bind myself, Minor and any heirs, next of kin, assigns or personal representatives to the terms of this *Waiver & Release*. I represent that I have full legal authority to act for an on behalf of Minor, and I agree to indemnify and hold harmless Prairie Stone™ Sports & Wellness Center for any expenses, claims or liabilities that may arise as a result of any insufficiency of my full legal authority to execute the foregoing *Waiver & Release*.

_____ Signature of Parent or Legal Guardian	_____ Print Name of Parent or Legal Guardian	_____ Date
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IF YOU ARE PROVIDING YOUR OWN BELAYER, THE BELAYER MUST ALSO COMPLETE THE FOLLOWING:

I, _____, the undersigned belayer, certify to Prairie Stone™ Sports & Wellness Center that I am properly qualified and experienced to ensure a climber's safe use of an indoor rock climbing wall. I agree to indemnify and hold harmless Prairie Stone™ Sports & Wellness Center for any expenses, claims or liabilities that may arise as a result of my actions or insufficient qualifications or experience as a belayer.

_____ Signature of Belayer	_____ Print Name of Belayer	_____ Date
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