

**UNIVERSITY OF CENTRAL MISSOURI  
ASSUMPTION OF RISK AND RELEASE FORM**

*THIS IS A RELEASE OF LEGAL RIGHTS – READ AND UNDERSTAND BEFORE SIGNING*

Name of Participant: \_\_\_\_\_

700# \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Program/Activity:     **Climbing Wall**

This Agreement must be signed by all adult Participants (18 years of age and older) to the University of Central Missouri (“University”) Climbing Wall (“Activity”), and by a parent or guardian of all minor Participants. A parent or guardian (referred to in the document as “Parent”) signs and agrees for himself/herself and on behalf of the minor Participant. In consideration of the services and participation in the Activity, I, an adult Participant and/ or the Parent of a minor Participant, understand, acknowledge, represent and agree as follows:

**Activities.** Participant, and/or the parent of a minor Participant, represents, warrants and agrees that Participant is in good health, and has no condition (mental or physical) that might create risks to the Participant or others, and that Participant is not under the influence of drugs or alcohol or any substance that might in any way impair Participant’s ability to engage in the Activities. Participant will not engage in an activity beyond his or her capabilities or otherwise endanger himself or herself or others while engaging in the Activities, using the equipment, or moving about the premises. Participant agrees to complete an orientation prior to engaging in climbing activities or assisting a minor Participant. Spectators are not required to complete an orientation, provided that Participant is not participating in Activities or assisting a minor in Activities.

**Assumption of Risk and Release of Claims.** I do hereby acknowledge that I am fully aware of all risks and hazards that may be directly or inherently involved in this Activity, which include but are not limited to; a) falling from or off the climbing wall, boulder or rappelling tower, including while exiting; b) colliding with, hitting, or being hit by, other persons, dropped items,(including ropes and climbing hardware or wall components), rock faces, holds and other projections (permanent or temporary), mats, the floor or the ground; c) rope or webbing abrasion and entanglement; d) the use and misuse of ropes, auto-belay devices, slings, harnesses, climbing hardware, anchor points, or any part of the climbing wall or boulder structure; e) slips, trips, falls and other trauma while moving about and using the premises and fixtures, including exercise and fitness equipment; f) the failure or malfunction of machines; and g) the carelessness of other visitors, including participants in the Activities, and staff. Visitor agrees to be attentive to the proper use of the auto belays and agrees and understands that it is absolutely necessary to assure by all reasonable means that the climber is properly attached to the mechanism before climbing.

Participant understands, agrees and acknowledges that the risks described above and others are inherent in the Activities, that is, they cannot be eliminated without destroying the basic nature of the Activities and reducing their appeal and value. That these and other risks may result in all manner of injury, including slight injury or serious bodily injury, temporary or permanent disability, paralysis, death, loss or damage to property, illness, anxiety caused by heights and other phobias.

I do hereby assure the University that I either have adequate health insurance or have or will have adequate funds necessary to provide for and pay any medical costs that may be attendant as a result of injury to me from my participation in the Activity and that I will indemnify and hold the University and its governors, officers and employees, harmless. I also do hereby assure the University that there are no health related reasons or problems which preclude or restrict my participation in this Activity. I authorize the University of Central Missouri to arrange emergency medical care, solely at my expense, should it become necessary to do so in the event of injury.

**Standards of Conduct.** I will comply with the University’s rules, standards and instructions for behavior. I agree that the University has the right to enforce the standards of conduct, in its sole judgment, and that it may impose sanctions, up to and including denial of participation in the Activity, for violating these standards or for any behavior detrimental to or incompatible with the interest, harmony, and welfare of the University or others.

**I have carefully read this Assumption of Risk and Release Form before signing it. No representations, statements, or inducements, oral or written, apart from the foregoing written statement, have been made.** This agreement shall become effective only upon receipt by the University and shall be governed by the laws of the state of Missouri, which shall be the forum for any lawsuits filed under or incident to this Release or to the Activity.

x \_\_\_\_\_ Date \_\_\_\_\_  
Signature of Participant/Parent/Guardian

x \_\_\_\_\_  
Printed Name of Participant/Parent/Guardian

**REMEMBER: YOU CAN GET HURT USING THESE FACILITIES AND EQUIPMENT. IF YOU DO NOT WISH TO ACCEPT THE RISK INHERENT IN THE SPORT OF CLIMBING, THEN DO NOT SIGN THIS WAIVER & DO NOT USE THESE CLIMBING FACILITIES.**

## Orientation Guidelines and Checklist

### Immediate steps after patron fills out waiver:

1. Have patron read over gym rules.
2. Have patron put all belongings in cubbies making sure to remove all jewelry, necklaces, items from pockets, and to tie back long hair.
3. Have patron change shoes (optional).
4. Explain to patron "Please do not do any actions that can put you or anyone else in danger." (no horseplay, no running etc.).

### Boulder Cave:

- "Bouldering is more dangerous than tall wall climbing because you do not have a rope or harness and every fall is a ground fall."
- "Do not try to "stick" your landing when falling. Roll with your momentum."
- "The crash pad is here as a last resort and is not guaranteed to prevent injury."
- "Take turns, two people max climbing in the cave at one time."

### Hangboard:

- "Overtraining on any hangboard can result in acute or chronic injury."
- "Because of this hangboard training should not be performed if you are under the age of 18 or are new to the sport of rock climbing with less than a year of experience"
- "It is important to warm-up properly, progress slowly, reinforce your finger tendons with tape, and stop at the first sign of pain in the joints or tendons. "
- "Please use the provided steps when using the hangboard"

### Tall Wall: *Auto-Belays*

Show patron an auto-belay by taking them to one that is not crowded.

- "The auto-belay works by collecting the slack as you climb up and slowly lowering you to the ground when you let go" (Demonstrate by pulling out slack and letting it up.)
- "Before climbing you need to identify where you wish to end on the wall to correctly identify which auto-belay to use. If you are uncertain as to which auto-belay to use, ask a staff member before they clip you in." (explain routes and how to choose auto-belays)
- "Only staff members can clip you in and out of the auto-belay"
- "When you are climbing on the wall do not pull on any fixed draws to assist you." (show what a fixed draw is)
- "When you get to the top of the wall stop at the last hold"
- "To let go, sit back like you are sitting in a chair, let go with both hands at the same time, and keep your feet in front of you. Do not kick off the wall"
- "After letting go do not try to get back on the wall. Come all the way down before climbing again."
- "When you are on the ground it is your responsibility to stay out of the way of climbers, stay to the outer wall until you are ready to climb."

### Tall Wall: *Harnesses*

Give the patron a harness and explain:

- "Green loop goes in front, step through the waist loop into both leg loops like a pair of pants." (Make sure that neither leg loop is twisted when stepping through it)
- "Pull the harness above your hips, tighten the waist loop first followed by the leg loops. The waist needs to be tight enough that it cannot come down past your hips." (wiggle test) (After the harness is on and tight explain to the patron how to check if their harness is double backed.)
- Have the patron climb about 8 feet up the wall and demonstrate proper descending technique.

Patron Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Staff Signature: \_\_\_\_\_

Date: \_\_\_\_\_