

**Ivy Fitness Center, Fort Carson**  
6415 Specker Ave BLDG 1925 Ivy FC, Fort Carson, CO, 80913  
(719) 526-2706 / (719) 524-3773

<b>Climber's First Name:</b>	<b>Climber's Last Name:</b>	<b>Date of Birth and Age:</b>

## INDOOR CLIMBING & BOULDERING WALL RULES AND REGULATIONS

1. All general IFC policies apply.
2. All climbers must complete an **Assumption of Risk and Release of Liability Form**. If under the age of 18, a parent or legal guardian must complete this form.
3. All climbers are required to wear closed toe and heel shoes while climbing.
4. All climbers will climb at *their own risk* and are responsible for themselves and their children at all times.
5. Hanging on quick draws is NOT permitted. Swinging or climbing on ropes is NOT permitted.
6. **In order to Top Rope belay and Lead Climb/belay and use facility equipment, climbers must have a current certification card from Outdoor Recreation (ODR) and/or a test on file indicating they have passed for either the Top Rope or Lead Climbing.**
7. Climbers must be at least 14 years of age to belay and must first take the Climbing Wall Orientation Course and pass the Top Rope Belay Test offered at ODR.
8. If climbers are less than 18 years of age, they must be accompanied by a parent or guardian, unless they are with a special registered group or organization.
9. Children aged 5 and older who fit in a harness, and weigh a minimum of 35 pounds may climb, but parents must be actively engaged and actively participating with the child at all times. Children aged 5 and older who wish to boulder may do so as long as the parent or guardian is engaged and actively participating with the child at all times.
10. Climbers who choose to boulder will not place any part of their body above the holds on the top of the bouldering wall. "Topping Out" (climbing on top of the bouldering wall) Standing on/Jumping off the top of the bouldering wall is NOT permitted.
11. Climbers will be tied in to the rope with a **Figure Eight Follow Through Knot**, ONLY.
12. Lead climbers must use adequate and safe precautions to prevent the possibility of a ground fall at all times. Lead climbing must use only the fixed protection and IFC Climbing Wall Lead ropes.
13. No hazardous jewelry or other sharp objects are permitted to be worn during climbing.
14. Proper climbing gear must be worn and used at all times. IFC Certified Climbing Wall staff must approve all personal gear.
15. Figure 8 belay/rappel devices cannot be used as belay devices.
16. Courtesy of others and use of appropriate language is expected.
17. **Climbers who want to learn to Lead Climb/Belay must first attend and pass the ODR Climbing Wall Orientation Course, pass the Top Rope Belay Test and be proficient at climbing 5.8 Top Rope. They will then need to take the Intro to Lead Climbing Class, Lead Climbing Fall/Belay Practical Exercise, and Lead Climbing Test. Check with ODR staff in order to schedule times/days when certified climbing wall staff is working to provide appropriate instruction.**
18. All accidents or equipment damage must be reported immediately.
19. The Climber/Parent or Guardian will exercise reasonable care in the use of IFC equipment and facilities and will return the same to the IFC in the same condition in which it was received from IFC prior to their departure from IFC.
20. Ivy Fitness Center reserves the right to withdraw the climbing privileges of any individual permanently or for a specified period of time for failure to follow the Indoor Climbing & Bouldering Wall Rules and Regulations or for any conduct that is viewed as unsafe or inappropriate.

**For EMPLOYEES ONLY:**

Auto-Belay: _____	Bouldering: _____	Belay Test: _____	Lead Belay: _____	Lead Climb: _____
Exp: _____	Exp: _____	Exp: _____	Exp: _____	Exp: _____

**RENTAL EQUIPMENT INFORMATION:**

Harness: Y / N	Shoes: Y / N	Carabiner: Y / N	ATC: Y / N	IN:
Size: _____	Size: _____	Type: _____	Type: _____	OUT:

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## Auto Belay Orientation – Updated February 2019

IFC Indoor Climbing Wall Staff Member:		Date:
<b>Climber's First Name:</b>	<b>Climber's Last Name:</b>	<b>Date of Birth and Age:</b>

Check:

	Check Auto Belay operation by pulling out a short section and allowing it to retract. If Auto Belay line fails to retract, STOP, do not use that Auto Belay, and contact Staff for assistance.
	If the Auto Belay line fails to retract during climbing STOP climbing immediately and request assistance.
	Check the climbing harness to ensure correct fit and tightened properly.
	The carabiner from the Auto Belay is opened by rotating the gate's collar and pushing the gate open towards the center (spine) of the carabiner.
	Attach the carabiner to the correct loop on the harness with the latch facing away from the climber.
	Allow the latch to snap shut, ensuring the collar has rotated back and is locked. Ensure that no clothing, webbing, or other objects are obstructing the gate or latch.
	Double check the carabiner from the Auto Belay line is connected to the designated loop on the climbing harness and the gate is properly closed.
	Double check that the latch is secure.
	Ensure the carabiner latch gate is facing away from you, the climber.
	Never climb alongside or above the Auto Belay.
	Never start descent from above the Auto Belay.
	Prior to descent, ensure you are clipped in, ensure the descent path and landing area are free of people and obstructions.
	Always descend feet first using feet to fend off obstacles and prepare for landing.
	Never stick your fingers in metal anchors or pull on quickdraws
<b>Climber's Signature:</b>          IFC Staff Signature:	Pass      Fail

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## **Participant Agreement**

(Including assumption of risks and agreements of release of liability and indemnity)

This Agreement covers participation in certain indoor wall climbing, bouldering, and related activities offered by the Ivy FC. This agreement affects the legal rights of participants and their families, and should be read carefully. It must be signed by participants eighteen years and older or by a parent or guardian of all minor Participants (those under 18 years of age). The parent or guardian (referred to in this document as "Parent") signs and agrees for himself or herself and on behalf of the minor participant. From this point forward, the term "Participant" will include both adult and minor users of the facility.

In consideration of being allowed to participate in the climbing and other activities offered by the Ivy FC, I, the Participant, and/or the Parent of a minor Participant, understand, acknowledge and agree as follows:

### **Activities**

Activities offered by the Ivy FC climbing wall include climbing indoors on an artificial wall or boulder, rappelling, "slack lining", fitness classes and activities, indoor games and team building exercises. The wall or walls for climbing or rappelling may reach heights of thirty-six feet. Wall climbers are assisted by means of handholds attached to the walls, and, depending on heights and other circumstances, may be supported in the climb by means of a "belay" – a system of ropes or cable operated automatically or managed by a staff member or other person, including another Participant, at or near the base of the wall and at other points along and above the climbing route. Bouldering activities will not be belayed, spotted or otherwise managed by the Ivy FC, although a climber may choose to be spotted by another Participant. "Slack-lining" involves moving across a rope or cable at heights from six inches to twelve inches off the ground. These activities require moderate to heavy physical exertion and can be physically and emotionally demanding. Participant may not participate in the program if he or she has any medical (mental or physical) condition that might create risks to himself or herself or to other Participants or staff. Participant has no such conditions and Participant, or Parent, if requested to do so, has completed the Ivy FC Medical Form, and has done so truthfully and to the best of his or her knowledge.

### **Risks**

The risks of the activities of the Ivy FC climbing wall include, include but are not limited to, the following:

1. All manner of injury resulting from falling off the climbing wall or boulder or exiting the boulder by means of a slide; hitting other persons, the wall, holds and other projections (permanent or temporary), mats, the floor or the ground;
2. Rope abrasion, entanglement and other injuries resulting from activities on or near the climbing wall or artificial boulder, including, among others, climbing, belaying, rappelling, lowering on a rope, rescue systems, and other rope uses and techniques;
3. Injuries resulting from falling climbers or dropped items, including, among others, ropes and climbing tools and hardware;
4. Cuts, abrasions and other trauma resulting from contact with other persons, the climbing wall and other structures, and climbing (including ice climbing) tools and hardware;
5. Failure of ropes, slings, harnesses, climbing hardware, belay devices, anchor points, or any part of the climbing wall.
6. Carelessness of staff and other climbers, including while supervising or managing a belay,
7. The fear of heights, close personal contact with other persons, and other fears or phobias;
8. Strains, pulls and other trauma arising from yoga or fitness exercises.
9. Moving about the premises in which the activities are conducted, and use of the facilities, including the gym, locker room, and lounge and entry areas.

10. The Ivy FC may from time to time employ independent contractors to perform certain services in connection with the activities. The Ivy FC is not responsible for the acts or omissions of these contractors.

The above list does not describe all possible risks associated with the activities of the Ivy FC and the list does not limit the extent or scope of the following assumption of risk, release of liability and indemnity. The risks described above, and others, are inherent to the program and its activities -- that is, they cannot be eliminated without destroying the basic nature of the program and reducing its appeal and value.

Participant acknowledges that he or she has read and understands the Safety Policies of the Ivy Fitness Center and agrees to fully comply with those policies. Parent has discussed the rules with the minor participant and the minor agrees to comply.

#### **Assumption of Risks**

Participant understand that the risks described above, and others, inherent or not, may result in loss of or damage to property, personal injuries and even death. I nevertheless hereby expressly acknowledge and assume all such risks, inherent and otherwise and whether or not described above, and voluntarily choose to participate in the activity, accepting responsibility for all such risks, and for injuries or other losses which may be encountered.

#### **Release of Liability and Indemnity**

I, an adult Participant, or Parent of a minor participant (for myself and on behalf of the minor), hereby agree to release and discharge the Ivy FC, the DFMWR Program, the 4<sup>th</sup> Infantry Division and Fort Carson, the Department of the Army, the government of the United States, and its directors, trustees, agents, employees, officers, volunteers, and contractors (referred to as "Released Parties") from all claims and liabilities in any way arising from or connected with my, or the minor participant's, enrollment or participation in the program or any of its activities, including my, or the minor participant's, presence on the premises of the Ivy FC. I understand that by signing this document, I surrender my rights, and the rights of the minor for whom I sign below, to make a claim or file a lawsuit against the Ivy FC or any other Released Party for personal injury, property damage, wrongful death or otherwise.

If I am an adult participant or Parent of a minor participant I further agree to defend and indemnify, to pay or reimburse damages and costs, including attorneys' fees the Ivy FC and the other Released Parties from any claim associated with my, or the minor participant's, enrollment or participation in an activity of the Ivy FC, whether brought by a co-Participant, member of my, or the minor's, family, a rescuer or any other person, for loss or damage either suffered by me, or the minor, or caused in whole or in part by my, or the minor's, conduct.

These agreements of release liability and indemnity include loss or damage caused or claimed to be caused in whole or in part by the negligence, but not the intentional wrongs or the gross negligence, the Ivy FC or another Released Party.

#### **Other including Photo Release**

This agreement will govern participation in the activities of the Ivy FC on the date on which it is signed and thereafter until it is withdrawn by written notice to the Ivy FC. I hereby give my permission and consent to the taking of photographs, videotapes, and other images of me or the minor participant and agree that such images may be published and otherwise used by the Ivy FC for advertising, promotion, publicity, or any other purpose the Ivy FC deem appropriate, without compensation to me or to the minor participant.

If Participant is a minor, the Parent has discussed the terms of this Agreement including the description of activities and risks with the minor who understands them and chooses to participate nevertheless.

The terms of this agreement and any dispute between a Released Party and Participant or Parent will be governed by the substantive laws of the State of Colorado (not including laws which might apply the laws

of another jurisdiction); and any suit or mediation of the dispute will take place solely in El Paso County, Colorado.

This document is intended to be binding, to the fullest extent of the law, on all persons signing below, and their respective successors, heirs, executors, administrators and family members. If any part of this document is deemed by a court of competent jurisdiction to be unenforceable the remainder shall nevertheless be in full force and effect. The terms of this agreement cannot be altered except by a written document signed by the parties.

X \_\_\_\_\_  
Participant's Signature Date

\_\_\_\_\_  
Participant's Printed Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
City, State, Zip

Birthday: Mo: \_\_\_\_\_ Day: \_\_\_\_\_ Year: \_\_\_\_\_

Home/Cell Phone: \_\_\_\_\_

**If Participant is under 18 years old: Parent / Guardian Consent and Agreement:**

I, as parent or guardian of the above minor under 18 years of age, hereby consent to the terms and conditions set forth in the Release Form and agree to its terms, for myself and on behalf of the minor for whom I sign.

X \_\_\_\_\_  
Parent/Guardian signature Date

\_\_\_\_\_  
Print name

\_\_\_\_\_  
Relationship to Climber

\_\_\_\_\_  
Address

\_\_\_\_\_  
City, State, Zip