



RULES AND REGULATIONS

1. All individuals entering the gym must first sign the appropriate waivers or log-in books and present pass before being allowed to climb.
2. Upon the first visit, everyone must either demonstrate the ability to "tie in" with a "figure-8" knot, belay, and use the appropriate safety commands or, the participant will be required to go through a training course which will show them these basic requirements for both top roping, and leading.
3. No one under the influence of drugs or alcohol will be admitted. Accordingly, by signing the log-in book the participant is stating that he/she is not under the influence of such substances.
4. You must have a valid I.D. to prove your age. All children age 15 and under must have a parent or guardian with them at all times. Also, all children age 12 and under must wear a helmet when climbing. All participants with a history of head trauma must wear a helmet. If you have a history of head trauma or medical problem, you must disclose this to a gym representative before you participate. All belayers must be at least 14 years of age.
5. All participants are expected to warm up and stretch prior to climbing to reduce the risk of injury.
6. Participants can only climb on designated climbing surfaces. Anyone found climbing on building structure pipes, ladders or wall space not designated as a climbing zone will be asked to leave the premises.
7. All participants whose feet are 5 feet or higher above the ground must be belayed except in designated bouldering areas where they must be spotted. It is the responsibility of the participant to choose a safe partner for belaying or spotting. Also, the participants must be aware to not climb below or across the path of another participant.
8. Only approved, manufactured climbing harnesses, belay devices and gear are allowed. If the participant's equipment does not meet these requirements or is deemed unsafe, he/she will have to rent or acquire the correct equipment.
9. All participants must tie directly to their harnesses rather than to a carabiner to reduce the risk of equipment failure.
10. All belays are encouraged to attach their harnesses to a designated ground anchor as a back up only.
11. Any flagrant disregard of these rules or unsafe actions shall result in immediate loss of gym privileges.

Participant's Name (please print)

Parent/Guardian Name (please print)

Participant's Signature

Parent/Guardian Signature

HELMET WAIVER

I, the undersigned, recognize and acknowledge the dangers inherent with climbing, including the risk of serious injury or death by falling or someone or something falling that may come in contact with me. I am further aware that use of a protective helmet can reduce the risk of a head injury or brain damage in the event of an accident. Against the advice of Planet Rock and its insurance company, I am refusing to use this important safety equipment.

Note: This waiver cannot be used for children age 12 and under.

Participant's Name (please print)

Witness or Parent/Guardian Name (please print)

Participant's Signature

Witness or Parent/Guardian Signature