

# Indoor Climbing

## Acknowledgement of Risks

Rock climbing and the use of indoor climbing walls, like all recreational activities, are hazardous. The most obvious accident that may occur in climbing is falling. When you fall, you may fall only a few feet or all the way to the floor. As you fall, you may hit the wall or other objects that are in your path. If the rope catches your fall, the jolt from the rope may cause injury. Falling to the ground may cause serious injury from any height.

In addition to the hazard of falling, objects falling off the wall may hit you. Holds, climbing equipment, and even people may fall and hit you as you are standing at the base or while climbing. You may experience cuts caused by grasping the climbing holds or the wall. You may also experience rope burns from handling the rope.

Equipment may fail. Climbing equipment is tested before use, however, failure may be caused by the extreme conditions in which climbing equipment is used in conjunction with damage caused by the wall. Improper use of the equipment or not properly tying in will result in injury. Climbing holds may spin or break. As you climb, protection may be pulled out from the wall or it may become unclipped.

*Signing below indicates that you have read and understand this document.*

\_\_\_\_\_  
Participant Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Participant Name (Please **print**)

\_\_\_\_\_  
Parent/Guardian (if participant is under 18)

