Studio name _____

Climbing gym waiver

Sign before your first climb. It covers bouldering, top rope, lead and auto belays.

About you

Your name
First name

Last name

Date of birth (MM/DD/YYYY)

Mobile phone

Email

Emergency contact

Your visit

How do you climb?

☐ New to climbing ☐ Bouldering ☐ Top rope ☐ Lead

Before you take part

These questions help the staff keep you safe. They aren't medical advice, so check with your doctor about anything you're unsure of. The staff may ask you to sit out if an answer means the activity isn't safe for you today.

Have you had a back, neck or joint injury or surgery in the last year?

☐ Yes ☐ No

What was it, and when?

Do you have a heart condition or high blood pressure?

☐ Yes ☐ No

Tell us more.

Are you afraid of heights?

☐ Yes ☐ No

Are you pregnant?

☐ Yes ☐ No

Do you have seizures, or do you faint or get dizzy easily?

☐ Yes ☐ No

Are you recovering from an injury, illness or surgery right now?

☐ Yes ☐ No

Tell us more.

Is there anything else about your health the staff should know before you take part?

☐ Yes ☐ No

Tell us more.

Risks and rules

The risks

Climbing has risks, including:

- Falls while bouldering, which can cause sprains, broken bones and head injuries even onto mats
- Belay mistakes: an untied knot, an unbuckled harness, a dropped climber or an auto belay left unclipped
- Holds that spin or break, and holds or gear dropped from above
- Being landed on by another climber, or landing on someone
- Rope burns and pinches from ropes, carabiners and belay devices
- Finger, shoulder and elbow strains

I understand these risks, and others no one can foresee, and that some remain even when the staff and other guests take care. I choose to take part.

Initials _____

Gym rules

- Pass the staff's belay check before you belay anyone.
- Check your partner's knot, harness and belay device before every climb.
- Clip into the auto belay before you leave the ground, every time.
- Never climb or stand under someone who is climbing.
- Down-climb when you can, and never climb above the top of the bouldering wall.
- Tell the staff about loose holds or worn gear.

I'll follow these rules and every instruction from the staff. The staff may stop me or ask me to leave if I don't.

Initials _____

What you agree to

My answers
My answers are true. I'm not impaired by alcohol or drugs, and I'll tell the staff if anything about my health changes before or during my visit.

Initials ☐

Release
To the extent the law allows, I release the business, its owners and its staff from claims for injury, illness or damage that come from the inherent risks of this activity. This release doesn't cover anything the law doesn't let me give up.

Initials ☐

Emergency care
If I'm hurt or become ill, the staff may give first aid and call emergency services. I'm responsible for the cost of any care I receive.

Initials ☐

Photos and video

This waiver covers your visits for one year from the day you sign. The business may ask you to sign again sooner if its rules or this form change.

the studio uses your health answers only to do your appointment safely and to keep the records the law requires. They are never used for marketing or sold. They are stored encrypted, and every time someone at the studio opens them it is logged.

Your signature _____ **Date** _____

Printed name _____

For the staff (For the studio)

Visit details

Booking or group name

Belay check
☐ Not checked ☐ Passed top rope ☐ Passed lead

Orientation given by

Anything that came up during the visit

Template from Digital Waiver Software https://waivers.greatwork.company/waivers/climbing-gym
This is a template and general information, not legal advice. Rules differ by state and sometimes by county, so check yours with a lawyer in your state before you use it.