

ACKNOWLEDGMENT OF RISKS

ASSUMPTION OF RISK AND RESPONSIBILITY AND RELEASE OF LIABILITY

WARNING: There are significant elements of risk in any adventure, sport or activity associated with a "rock gym", climbing wall, bouldering area, and incidental weight and fitness training regiments and equipment (referred to herein as "activity"). Although we have taken reasonable steps to provide you with appropriate equipment and or skilled instructors so you can enjoy an activity for which you may not be skilled, we wish to remind you this activity is not without risk.

Certain risks cannot be eliminated without destroying the unique character of the activity. The same elements that contribute to the unique character of the activity can be causes of loss or damage to your equipment, or accidental injury, illness, or in extreme cases, permanent trauma or death.

**Do not sign this form until you have read it completely and understand its terms.
This form has significant legal consequences.**

ACKNOWLEDGMENT OF RISKS: I acknowledge that the following describes some, but not all of the risks: 1) Slips, trips, falls or painful crashes while using the facilities or equipment, climbing walls, bouldering areas, landing pits, work out areas, floors below climbing areas, bathroom facilities, or stairs; 2) Risk associated with crossing, climbing, or down climbing; 3) Misuse of equipment of facilities or failure of equipment; 4) My physical strength, coordination, sense of balance, and ability to follow or give directions while climbing, belaying, or working out; 5) Fatigue, Chill and/or dizziness, which may diminish my/our reaction time and increase the risk of accident; 6) Abrasion from or entanglement with ropes or equipment; 7) The presence, actions or falls of other participants. I understand the description of these risks is not complete and that other unknown or unanticipated risks may result in injury, illness, or death.

EXPRESS ASSUMPTION OF RISK AND RESPONSIBILITY: In recognition of the inherent risks of the activity which I and any minor children for which I am responsible, will engage in, I confirm that I am (we are) physically and mentally capable of participating in the activity and/or using equipment. I/We participate willingly and voluntarily and I assume full responsibility for personal injury, accidents or illness (including death), and any related expenses. I also assume responsibility for damage to or loss of my/our personal property. I also assume risk for accidents or injury caused by the negligence of my belayer or spotter whether such negligence is comparative or contributory. I am aware of the meaning of the terms "Unroped Climbing" (aka: "Bouldering"), "Top Rope Climbing", and "Lead Climbing" and understand the differences between the activities. I accept that lead climbing is the most dangerous due to the hazard to both leader and follower. I agree to be "checked out" on belaying skills prior to participation, and to follow posted rules. I acknowledge that wearing appropriate clothing and footwear are basic safety precautions, and that wearing a UIAA approved helmet may help prevent head and/or neck injuries.

I assume the risk(s) of personal injury, accidents and/or illness, including but not limited to sprains, torn muscles and/or ligaments; fractured or broken bones; eye damage; cuts, wounds, scrapes, abrasions, and/or contusions; dehydration, oxygen shortage (anoxia), exposure and/or altitude sickness; head, neck and/or spinal injuries; insect bite or allergic reaction; shock, paralysis, and/or death.

TERMINATION-PARTICIPANT SAFETY: I acknowledge that you may refuse or terminate the participation of any person you judge to be incapable of meeting the rigors or requirements of participation in the activity. I accept and agree to abide by your right to take such actions for my safety and the safety of any other participants.

AUTHORIZATION: I hereby authorize any medical treatment deemed necessary in the event of any injury or illness while participating in the activity. I either have the appropriate insurance or, in its absence, agree to pay all costs of rescue and/or medical services as may be incurred on my/our behalf. I agree that any film or photographs of me/us, as participants, become your property and may be used for promotional or commercial purposes.

TERM OF AGREEMENT: This agreement shall remain in full force and effect unless and until terminated in writing by H&S Development/DBA New Jersey Rock Gym. No modification or termination of this agreement shall be valid unless in writing and signed by an officer of H&S Development/DBA New Jersey Rock Gym.

RELEASE: In consideration of services or property provided, I, for myself and any minor children for which I am parent, legal guardian or otherwise responsible, any heirs, personal representatives or assigns do hereby release:

H & S DEVELOPMENT CORP., dba: NEW JERSEY ROCK GYM,

its principals, directors, officers, agents, employees and volunteers, and each and every land owner, municipal and/or governmental agency upon whose property and activity is conducted, from all liability and waive any claim for damage arising from any cause whatsoever (except that which is the result of recklessness or gross negligence).

I have read and understood the foregoing acknowledgment of risk, assumption of risk and responsibility, and release of liability. I understand that by signing this form I may be waiving valuable legal rights. Also, I acknowledge that I have been given a copy of this document.

Participant Name – PLEASE PRINT _____ DOB: ____/____/____ Age: ____ Signature: _____

Address: _____
Street City State Zip

Today's Date: ____/____/____ Phone: _____ E-Mail Address: _____

In an emergency, please notify: _____ Phone: _____

If the participant is under 18, the parent or legal guardian must print and sign: _____

New Jersey Rock Gym Orientation and Certification Form (Please Print Clearly)

Participant: _____

Birth date: _____ **Age:** _____ **TODAYS DATE:** _____

Names of Children I will be responsible for; if any _____

I acknowledge receiving a copy of this form and have also signed and received a copy of the Acknowledgement of Risks and Assumption of Risk and Responsibility and Release of Liability form.

Climbing is inherently dangerous
To belay: customers must pass a test of proficiency
Only NJRG staff may teach belaying, lead climbing, and lead belaying.
Belayers may only use provided belay equipment
No sliding down cave
Have fun and "Climb Smart"

Customer Initial _____

BOULDERING ORIENTATION

Crash Pad; it is your responsibility to move and position crash pads. Position them so you land in the center of the pad and not on the edges.
If you are bouldering large sections, move bouldering pads as close as possible to each other to avoid falling between pads.
Climbers are responsible and should supply their own spotter while bouldering.
Bouldering is dangerous and using a spotter may not prevent injuries.
Topping out is only allowed in front part of the Boulder Island where indicated and must have a spotter.
Spotters may also be injured. The spotters job is to protect the Boulderer to every extent possible ie. Moving pads, guiding the climber to the pad when they fall, and keeping climbers head from hitting the ground.
Correct spotting includes, thumbs tucked, arms up, eye on the climber, and aimed at the shoulder blades.
Climbers may not climb above or below another climber

Customer Initial _____

TOP ROPE QUALIFICATION

Previous experience: Yes/No How much? _____

Climber

Proper Harness Fit/Doubled Back
Tie in directly to harness with a figure-eight follow through knot with a fisherman's backup knot

Set Up Belay Station properly

Belayer must stand and use daisy chain anchor
Climber Commands must be used/and checked
Belay Technique, brake hand never leaves the rope
Demonstrate catch a fall and lowering technique

CONCLUSION

3-signature approval to be Top Rope Certified
May be required to retest after 90 day absence

Belay test: Pass/Fail _____

Customer Initial _____

LEAD CLIMB/BELAY QUALIFICATION

Previous leading experience: Yes/No How much? _____

Climber

Climbs 5.9 regularly in this gym
Proper Harness Fit/Doubled Back/2 knots as above
No back clip/z-clip
Demonstrate control while climbing test route
No skipping quick draws
Proper rope management

Lead Belayer

Climber Commands must be used/and checked
Belay Technique, brake hand never leaves the rope
Feeding and taking up slack
Proper positioning of belayer, always attentive

CONCLUSION

Check out gear at front desk & return rope coiled
May be required to retest after 90 day absence

Lead climb test: Pass/Fail _____

Lead Belay Test: Pass/Fail _____

Customer Initial _____

My signature indicates that I understand the information above and that a New Jersey Rock Gym staff member has presented the above material to me. The top rope/lead certification is strictly limited to climbing and belaying indoors at the NJRG and in no way certifies me for climbing or belaying outdoors or at other gyms.

Customer Signature _____