

**APPALACHIAN STATE UNIVERSITY  
UNIVERSITY RECREATION  
OUTDOOR PROGRAMS  
CLIMBING WALL POLICY STATEMENT**

- **Equipment Loan Statement:** Outdoor Programs makes available for loan the following equipment to climbers during climbing wall use: harnesses, climbing shoes, chalk bags, Gri Gri's, and helmets. The climber is responsible for safeguarding, proper care, and use of the equipment and will use it only in accordance with the information and instruction supplied. The climber agrees to report any damage incurred while the equipment is used. The climber is obligated to return all equipment to the Outing Center and understands that a late fee of \$5/day, per item will be charged up to the total replacement cost of the equipment. The climber will be charged \$5/item for cleaning and drying cost if the gear is returned in unsatisfactory condition. Late/cleaning fees can be billed to student accounts at the discretion of Outdoor Programs
- Valid ASU ID or UREC issued Guest Pass is required to climb at the wall.
- Loose chalk is not permitted at the ASU climbing wall.
- Climbers must have a current Climbing Wall Inform & Consent form on file in order to participate.
- Climbers must check-in at the Outing Center and obtain the appropriate climbing pass (Climb, Belay, or Lead) before and after each visit to the climbing wall. Passes are non-transferable.
- Climbing passes must worn by the climber issued to and visible at all times.
- Climbers will be assessed a \$25 replacement fee for lost or stolen passes.
- Failure to adhere to Outdoor Programs policies and procedures as addressed in this policy statement will result in loss of climbing privileges.
- Lending a climbing pass to others is strictly prohibited. Doing so will result in loss of climbing privileges for both parties.
- Climbing or belaying while under the influence of alcohol or drugs is strictly prohibited and will result in loss of climbing privileges.
- Helmets are available to all climbers at no additional charge. Climbing helmets are designed specifically for protection from objects falling from above, and are recommended by Outdoor Programs.
- Climbers may use personal climbing equipment such as harnesses, shoes, helmets, Gri Gri's, carabineers, and lead ropes. Outdoor Programs' staff reserves the right to restrict use of equipment that is judged to be inappropriate or in poor condition.
- The figure 8 follow-through cleanly dressed with 6" to 8" tail is the only accepted tie-in knot.
- Food, drink, cell phones, and tobacco are not permitted in the climbing area.
- Climbers should tuck in loose clothing and tie back long hair empty pockets and remove jewelry, gum, and candy before climbing.
- Climbers are asked to stay off the padded mats when not climbing or belaying.
- Shirt and shoes are required when climbing. Shoes must be close-toed and close-heeled appropriate for climbing.
- Outdoor Programs rental climbing shoes must be worn with socks.
- Climbers and belayers are asked to perform a check of knot, harnesses and belay systems prior to each climb.
- Do not drop or throw carabineers and/or belay devices and do not step on ropes.
- In order to reduce the risk of a hazardous swing, stay on route and do not traverse dramatically while on top rope.

- No running or profanity in the climbing wall area.
- Never climb above the top anchors or adjust the anchor system.
- Climbing without appropriate supervision is prohibited.
- Please keep the climbing area free of personal belongings and extraneous equipment.
- Never climb faster than the belayer can belay.
- Right of way: lead climbers, top rope climbers, boulderers.
- Only Outdoor Programs Supervisors, Route Setters and professional staff are permitted to adjust or rearrange holds on the wall.
- All children 12 and under must be accompanied by a supervising adult at the wall.
- The minimum age for belaying is 16 years old. Consent of guardian is required for climbers under the age of 18.
- While on lead, climbers must clip all available protection – skipping clips is not permitted.
- Outdoor Programs does not provide youth size harness and climbing shoes and parents of young children are encouraged to supply appropriate climbing gear.
- Absolutely no student staff or participants are allowed behind the climbing wall.
- All belaying must be conducted from the standing position.
- Report all loose handholds and other problems to the climbing wall supervisors.
- Keep fingers, hands, and body parts clear of all hardware (including quicklinks, quickdraws, carabiners, and bolts).
- Contraindications for Participation:
  - Physician approval is recommended for any of the following conditions:
    - High blood pressure (>145/90)
    - Unstable cardiovascular or respiratory conditions
    - Active back or joint problems (recent or recurring injuries)
    - Post-partum (< 6 weeks since giving birth)
    - Uncontrolled diabetes, epilepsy, or seizures.
    - Climbers should be aware that preliminary research indicates that psychological fear (i.e. fear of height) can accelerate an individual's heart rate as high as 180 beats per minute; this could strain a weak heart.

**I HAVE READ, UNDERSTAND, AND AGREE TO ABIDE BY THE POLICIES OF THE OUTDOOR PROGRAMS CLIMBING WALL AS STATED IN THIS DOCUMENT. I HEREBY WARRANT THAT I AM 18 YEARS OF AGE OR OLDER OR THE PARENT OR GAURDIAN OF THE MINOR WITH LEGAL AUTHORITY TO EXECUTE THIS DOCUMENT.**

\_\_\_\_\_  
Signature Date Date of Birth

\_\_\_\_\_  
Signature of Legal Guardian (if under 18yrs. old) Date

**APPALACHIAN STATE UNIVERSITY  
UNIVERSITY RECREATION  
OUTDOOR PROGRAMS  
CLIMBING WALL INFORM AND CONSENT**

**Climber Information**

**Please Print Clearly**

FIRST NAME:	LAST NAME:
LOCAL PHONE:	CELL PHONE:
PRIMARY EMAIL:	BANNER ID:

There are inherent risks associated with participation in indoor climbing and related activities (individually and collectively “activities”), which may result in damage to, or loss of, personal property, bodily injury, or even death. These risks include, but are not limited to:

1. Impact with the ground, wall, holds, or other people in the event of a fall
2. Failure of equipment
3. Human error in belaying, rope handling, lowering, and equipment use
4. Falling objects

In addition, climbing is a strenuous activity often requiring rigorous physical exertion. Physician approval is highly recommended for individuals with any of the following contraindications for participation:

1. High blood pressure (>145/90)
2. Unstable cardiovascular or respiratory conditions
3. Active back or joint problems (recent or recurring injuries)
4. Post-partum (<6 weeks since giving birth)
5. Uncontrolled diabetes, epilepsy, or seizures

I understand that wearing a climbing helmet may help prevent serious head injuries, including, but not limited to, permanent brain damage and death. I acknowledge that climbing helmets are made available to me at no charge by Appalachian State University Outdoor Programs for participation in climbing activities. I acknowledge and understand that Appalachian State University recommends the use of a helmet while climbing or belaying.

I accept and assume responsibility for the risks of property damage or loss, personal injury, and death, associated with my participation in the activities sponsored or provided by Appalachian State University. I accept and assume responsibility for my safety during participation in the activity, and I knowingly and voluntarily assume that responsibility.

In consideration of my participation in the activities, I agree as follows:

1. I will comply with all instructions and directions of Appalachian State University agents or employees during my participation in the activities. I understand, acknowledge, and agree to follow all Appalachian State University policies and procedures for climbing wall use. I agree to conduct myself in a safe and responsible manner while utilizing the climbing wall or assisting others in doing so;
2. I understand the risk and danger to me and my property associated with my participation in the activities, and I do so voluntarily in reliance upon my own judgment and ability. I knowingly and voluntarily assume all risk of personal injury, death, and property damage or loss from any cause whatsoever, including, but not limited to, failure of anyone to enforce rules and regulations or inspect equipment or facilities, and negligence of other students or staff; and
3. I shall indemnify, defend, and save harmless Appalachian State University, its trustees, agents and employees from all liabilities, losses, costs, damages, claims or causes of action of any kind or nature whatsoever, and expenses, including attorneys fees, arising or claimed to have arisen out of personal injuries or death, or property damage or loss, sustained by me as a result of negligence on the part of Appalachian State University agents or employees or other participants, or injuries or losses suffered by others as a result of my own negligence or intentional acts, during my participation in the activities.

I certify that I am medically sound and physically fit to participate in the activities described above. I further certify that no oral promise, agreement, warranty or representation concerning safety or liability has been made to me.

**I HAVE READ AND UNDERSTAND THIS DOCUMENT AND AGREE THAT IT WILL LEGALLY BIND ME AND MY ESTATE. I HEREBY WARRANT THAT I AM 18 YEARS OF AGE OR OLDER OR THE PARENT OR GAURDIAN OF THE MINOR WITH THE LEGAL AUTHORITY TO EXECUTE THIS CONSENT.**

\_\_\_\_\_  
Signature Date Date of Birth

\_\_\_\_\_  
Signature of Legal Guardian (if under 18yrs. old) Date