



Inner Strength Rock Gym

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RELEASE FORM

EACH PART OF THIS DOCUMENT MUST BE COMPLETED AND SIGNED BEFORE CLIMBING

Part 1: RELEASE, INDEMNIFICATION & COVENANT NOT TO SUE

NOTICE: This is a legal and binding document. If not understood, legal advice should be sought.

I voluntarily agree and consent to participate in the activities at Inner Strength Rock Gym, Inc., a Colorado corporation ("Gym"). I acknowledge that my participation in the activities includes climbing on artificial surfaces and that such activities entail both known and unanticipated risks, including but not limited to; falling off the wall; loose and/or damaged artificial holds; equipment failure, regardless whether the equipment was furnished by the gym; falling to the ground, onto other participants; abrasions from the walls, ropes, holds, or the floor; belay failure; climbing beyond ones personal limits; the negligence of other climbers, belayers, spectators, or other persons present; muscular skeletal injuries and strains; or participant negligence.

These risks could result in physical or emotional injury, paralysis, death, or damage to participants, to property, or to third parties. I understand that such risks cannot be eliminated without diminishing the essential qualities of the activities. Furthermore, I acknowledge that the Gym's officers and volunteers have difficult jobs to perform. They seek safety, but they are not infallible. The complex nature of climbing contains elements of uncertainty which dictates that all possible contingencies cannot be anticipated.

I willingly accept and assume all risks associated with my participation in the activities at the Gym. I agree to release the Gym, its owners, agents, employees, officers, directors and sponsors from any and all liability associated with the risks of my participation.

I agree that I will assume all financial responsibility for any injury or damage incurred while participating in Gym activities. I further agree to release, discharge, indemnify and hold harmless the Gym, its owners, agents, employees, officers, directors and sponsors from any and all claims which are in any way connected with my participation in Gym activities including claims of negligence by the Gym.

I acknowledge that this agreement shall be governed by and construed in accordance with the laws of the state of Colorado. If any suit or action is filed by any party to enforce this agreement or otherwise with respect to the subject matter of this agreement, venue shall be in the state of Colorado. If any provision of this agreement is found by a court of law to be invalid or unenforceable in any respect for any reason, the validity and enforceability of the remaining provisions of this agreement shall not be impaired.

I agree to abide by all rules of the Gym. I agree that the Gym has the authority to restrict and/or remove me from any participation in Gym activity for any reason.

I HAVE BEEN GIVEN SUFFICIENT OPPORTUNITY TO READ THIS DOCUMENT. MY SIGNATURE BELOW ACKNOWLEDGES THAT I AGREE TO BE BOUND BY ALL TERMS CONTAINED HEREIN.

Participant's Signature: _____ Age: ____ Date of Birth: _____

Print Name: _____ Today's Date: _____

Address: _____

City: _____ State: ____ Zip: _____ Phone: _____

Do you have any medical condition we should be made aware of? ____ Yes ____ No

If yes, please explain: _____

Name

Member ID#

Part 2: GYM SAFETY POLICIES AGREEMENT

User accepts full responsibility for User's own safety and the safety of other climbers while on the premises of the Gym. User agrees to abide by and to help enforce the following Safety Policies at all times while using the Gym.

1. All climbers must have a signed Release on file at the Gym and present a photo ID if requested.
2. Each new user of the Gym will demonstrate safe belaying, tie-in and other appropriate climbing techniques to a Wall Supervisor. Only approved users will be allow in the climbing wall area. New belayers must take a training session and be qualified by a Wall Supervisor before receiving approval for climbing.
3. Climbers over 10 feet above the landing zone must be roped and belayed through a belay plate or similar device. Roped climbers and belayers must wear harnesses.
4. Climbers will tie the rope directly into the harness with a Figure 8 retrace knot and backup knot.
5. Lead climbers and their belayers both must demonstrate their understanding of leading and belaying techniques to a Wall Supervisor before using the lead route wall.
6. All climbers must inform other climbers of any situation seen as unsafe or not in accordance with the Safety Policies. All climbers are asked to assist and encourage less experienced climbers. All accidents or equipment damage must be reported immediately.
7. The Gym reserves the right to deny access to the Facilities to any individual permanently or for a specified period of time for breach of the above Policies, or for any conduct that is deemed by the Gym or its Employees as being unsafe or inappropriate, in the Gym's sole discretion.

User Signature: _____

RECEIPT OF SAFETY INFORMATION

_____ By initialing this paragraph, User confirms that User has received on this date safety information regarding tying into the rope with a Figure 8 retrace knot, and fully understands the safety implications of utilizing this procedure.

_____ By initialing this paragraph, User confirms that User has received on this date safety information regarding belaying techniques using a belaying device and fully understands the safety implications of utilizing this procedure.

Signature of Witness (Staff): _____

Printed name of Witness (Staff): _____ Date: _____

NOT RESPONSIBLE FOR LOST OR STOLENT ITEMS