

## **Big Sky Rocks- Permission slip**



**Your son or daughter has the unique opportunity to participate in an indoor climbing unit in their health enhancement class. It is important that you know the Big Sky Health Enhancement teachers are trained to teach this exciting unit and they take all safety precautions necessary to ensure a safe but fun experience for your child. However, just by it's very nature, indoor climbing is inherently risky. Risks include but are not limited to illness, injury, and /or death. It is imperative for your son or daughter to use equipment safely, follow all established safety guidelines and procedures to reduce the chance of injury. Please review the climbing wall rules and orientation list with your son or daughter.**

**By signing this permission slip, you understand that there are inherent risks taking part in the indoor climbing unit.**

\_\_\_\_\_ I do allow \_\_\_\_\_ to participate in the climbing unit.

\_\_\_\_\_ I do not allow \_\_\_\_\_ to participate in the climbing unit.

**Printed Student Name** \_\_\_\_\_

**Parent Signature** \_\_\_\_\_

**Date** \_\_\_\_\_

# Climbing Wall Orientation List

The wall is closed and climbing is not allowed if the mats are in an upright position and secured to the wall.

## Bouldering- Climbing without a rope and below the 10 foot line

1. **No hands above 10 foot line unless you are on belay.**
  - A climber falling from a greater height than the line has an increased chance of injury to you or to others
2. **Don't Climb above or beneath other climbers**
  - When climbing side by side, give yourself 1 body length space between you and other climbers
3. **Only Boulder if the mats are on the floor below the wall**
  - The mats provide a softer landing and help prevent injury.

## Wall Practices

1. **Big Sky Rocks climbing procedures must be used by all climbers (signals hand motions, test, etc.)**
  - Consistency in the gym is a must.
2. **Climbers must be certified by Big Sky Health Enhancement Staff in order to use the wall during open gym climbing times.**
  - Insures the climbers have the appropriate training and experience to use the wall
  - Until certified, all climbers must use back-up belayers and work in teams of three.
3. **A maximum number of 6 climber/belay teams can be on the wall at one time. The maximum number of climber/belay teams per section of belay bar is two.**
  - The engineering and design of the wall dictates the number of climbers allowed and this must strictly be enforced for the safety of all!
  - During **initial training periods**, no more than 3 climbers and 3 belayers (per instructor) are allowed on the wall at one time.
4. **Tuck in all loose clothing, remove all jewelry and tie long hair back before you climb or belay.**
  - Clothing and hair can get stuck in the belay devices and can cause accidents; Jewelry can get caught on the holds or in the belay devices.
5. **Climbers must wear closed toe, non-marking tennis shoes that are secured to the feet.**
  - Cuts and scrapes can occur if you don't wear proper shoes.
6. **Follow the posted climbing wall rules at all times.**
  - This keeps the Big Sky Rocks climbing environment as safe as possible.