



Sydney Indoor Climbing Gym

## Membership Application & Waiver of Liability

Please read, fill in and sign before you climb, belay or participate in other activities.

### Risk Advice:

**You are advised that climbing, slack lining and caving are Dangerous Recreational Activities with Obvious Risks as defined by the Civil Liability Amendment (Personal Responsibility) Act. YOU ARE PARTICIPATING AT YOUR OWN RISK.**

### By Signing this form you agree to the following:

I understand that indoor climbing involves risks that may cause various injuries and that such injuries may result in death or serious disability. I also understand that indoor climbing is physically demanding and in susceptible people may cause panic, hyperventilation or heart attack.

I have been advised of the risks of indoor climbing (Risk Advice above). I wish to participate and do so entirely at my own risk of injury or bodily harm to myself.

I hereby release Sydney Indoor Climbing Gym (SICG), Crestville Holdings P/L and Climbing Enterprises P/L the owner of the premises and all employees, staff and assistants of SICG or any other persons involved in my participation in indoor climbing at SICG from any suit, demand, action or claim for compensation whether for personal injury or damage to property arising from my participation.

I am aware that this waiver is ongoing and will apply to all future occasions I participate in indoor climbing at any Sydney Indoor Climbing Gym. I furthermore acknowledge that this document is contractual and may be relied upon in any proceedings by me, my heirs, executors and assigns.

I am aged 18 years or over and am legally competent to sign this agreement, or my parent or legal guardian has signed this form to consent to my participation.

### **Participant Details: (Please use BLOCK LETTERS)**

First Name:

Surname:

Date of Birth:

 /  / 

Address:

Suburb:

Postcode:

Phone:

(  )

Email:

Signature: ..... Today's Date: ...../...../.....

Signature of parent or guardian if under 18: .....



**Proficiency Examination  
Level 1: Safety Induction, Top Rope Climbing and Belaying**

Customer Name: .....

Date: .....

Tick one:

Competency:	Pass?	Fail?
1. Harness: <span style="float: right;">SICG Hire Harness? <input type="checkbox"/></span> <ul style="list-style-type: none"> <li>• Acceptable standard of climber's harness</li> <li>• Correctly adjusted and tightened for optimum fit</li> <li>• All buckles doubled back if required.</li> </ul>		
2. Clipping In: <ul style="list-style-type: none"> <li>• Both carabiners clipped to correct part of harness</li> <li>• Gates of both carabiners screwed closed and oriented</li> </ul>		
3. Belaying Preparation: <ul style="list-style-type: none"> <li>• Correct standing position</li> <li>• Attachment to ground anchor</li> </ul>		
4. Belaying Climber: <ul style="list-style-type: none"> <li>• Either of the two correct methods (hands stay together, or separate), palms down at all times.</li> <li>• Keeping the rope tight, with palms down</li> <li>• Locking off when climber hangs or rests.</li> </ul>		
5. Belaying Falls: <ul style="list-style-type: none"> <li>• Locking off successfully</li> <li>• Concentration &amp; communication.</li> </ul>		
6. Lowering Climber: <ul style="list-style-type: none"> <li>• Communication with climber</li> <li>• Correct lock off before climber weights the rope</li> <li>• Control hand below belay device</li> <li>• Good control – smoothness and speed.</li> </ul>		
7. Communication: <ul style="list-style-type: none"> <li>• Standard calls: "On-belay", "climb when ready", "take".</li> </ul>		

**Top Rope Exam Assessment:** (Tick one)

Pass:

Not ready to Belay:

Advise Climber of SICG Rules (as applicable):

- Tie back long hair
- Explain grade chart
- No loose chalk
- Advise this proficiency test is for indoor top-roping only, not leading or outdoor climbing.

**Boulder Safety Assessment:** (Tick one)

Pass:

Not ready to Boulder:

Instructor's

Name.....Signature:.....

Climber to Sign: I completed the SICG Safety Induction, Top-Roping Proficiency Test and/or the Boulder Safety Assessment.

**Signed by Climber:**