



**TO BE SIGNED IF THE PARTICIPANT IS A MINOR**

I represent that I am the parent or legal guardian of the above individual and hereby consent to their use of the Facility and/or participation in activities. In consideration of MCF allowing the above individual to participate and/or use the Facility, I agree to be bound by the terms and conditions of this Release. I, hereby waive and release, indemnify, hold harmless and forever discharge Released Parties, of and from any and all claims, demands, debts, contracts, expenses, causes of action, lawsuits, damages and liabilities, of every kind and nature, whether known or unknown, in law or equity, that said minor ever had or may have, arising from or in any way related to such minor's participation in activities in connection with the Released parties, provided that this waiver of liability does not apply to any acts of gross negligence, or intentional, willful or wanton misconduct.

I further agree to indemnify, hold harmless and defend the Released Parties from and against any loss, damage, liability, expense, costs, and/or attorneys' fees, including any of those brought by or on behalf of, or otherwise caused by the above-named participant.

\_\_\_\_\_  
Signature of Parent or Legal Guardian

\_\_\_\_\_  
Date

\_\_\_\_\_  
Printed name of Parent or Legal Guardian

\_\_\_\_\_  
Home Phone Number

\_\_\_\_\_  
Work Phone Number

3/1/09

**MOVEMENT CLIMBING AND FITNESS, LLC**  
**Rules of Conduct**

1. All Climbers must use proper equipment. Equipment brought into MCF shall be used at the sole and exclusive risk of the owner of such equipment.
2. Before belaying, lead climbing or lead belaying, you must receive written approval from a MCF staff member.
3. All belayers and climbers must use proper belay technique and agree to **DOUBLE CHECK** their set-up before beginning the climb. The belayer will check the climber's gear and knots, and the climber will check the belayer's system and exchange confirmation that the setup is correct. This is important and must be performed at the start of EACH AND EVERY CLIMB!
4. Demonstrate caution around all pipes at the top of the walls. Do not grab them, they are part of the emergency sprinkler system for the gym.
5. Lead climbing and top outs on the boulder require certification. You must be approved by MCF in order to lead climb or top out. Climbing lead routes or topping out is not permitted by anyone not approved by MCF. Breaking these rules is grounds for immediate removal.
6. Lead climbing at MCF is a privilege. Lead climbers that do not abide by the lead climbing rules will be warned and lead privileges may be taken away. Practice lead falls are not allowed in the facility except in lessons supervised by MCF staff.
7. Bouldering is allowed only over padded areas. Do not Boulder underneath roped climbers. It is recommended to have a minimum of one spotter per climber when Bouldering. When Bouldering, the Boulderer's feet shall not pass above a height that is equivalent to the height of the shoulders of the Boulderer when standing on the floor. A climber's voluntary participation in Bouldering indicates their acknowledgement that Bouldering is very dangerous and that a spotter may not prevent injuries. Spotters understand that they may be injured by the Boulderer if they should fall.
8. Participants at MCF must be at least 14 years of age in order to belay, boulder, or lead and 16 years of age in order to use exercise equipment.
9. Guests age 12 and under must be accompanied by a parent or guardian at all times.
10. Do not swing on the ropes or run. Unruly conduct will be cause for removal from the gym.
11. No food or drinks are allowed on the mats in the climbing area.
12. MCF is not responsible for lost or stolen items.
13. No climbing or belaying is allowed while under the influence of intoxicating substances.
14. The use of vulgar language or improper conduct is not permitted.

We reserve the right to add to the above list as we see appropriate in an effort to provide a safe environment for our patrons. Refusal to abide by any MCF rules can be cause for the loss of climbing privileges without a refund.

I agree that I have read and fully understand the rules of the facility, and will abide by those rules, as well as other posted throughout the gym.

Participant's Signature \_\_\_\_\_ Date \_\_\_\_\_

Participant's Printed Name \_\_\_\_\_