

MOVEMENT CLIMBING + FITNESS

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 take a test and 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. Belaying and lead climbing require certification. Belaying or climbing lead routes is not permitted by anyone not certified 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 16 years of age in order to use exercise equipment. It is recommended that participants at MCF be at least 14 years of age to belay and lead climb.
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 arena flooring or bouldering areas.
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 others posted throughout the gym.

Participant's Signature _____ Date _____

Participant's Printed Name _____

How did you hear about MCF?		
<input type="checkbox"/> MCF Website	<input type="checkbox"/> Advertisement	<input type="checkbox"/> TV/Radio Broadcast
<input type="checkbox"/> News Article	<input type="checkbox"/> Other Website	<input type="checkbox"/> Family/Friend
<input type="checkbox"/> Other _____		