

# Climbing Induction Form

REV 1.1

## Participant Personal Information

<b>Full name</b>	<b>Date of birth</b>
<b>Email address</b>	<b>Phone number</b>

## Staff to complete below

<b>Policies:</b> Ensure the participant is aware of the gym conditions of participation, such as check-in procedures, hours of operation.	
<b>Equipment:</b> Check the participant personal equipment for compliance and condition. <i>Provide and fit hire equipment as required, harness, shoes and chalk.</i>	
<b>Safety brief:</b> Explain climbing wall features and fixed items which present possible hazards. Explain emergency evacuation procedures.	
<b>Belaying:</b> Explain the top rope set up. Explain pre-climbing checks A to F and the purpose of each. Demonstrate and practice connecting up and belay technique. Supervise initial belay for each participant.	
<b>Climbing communication:</b> Explain the importance of clear communication prior to and during climbing.	
<b>Climbing techniques:</b> Explain and demonstrate climbing technique. Pushing with legs, foot placement, reaching and balance/resting.	
<b>Lowering off / falling techniques:</b> Explain and demonstrate connection between correct belay technique and falling. Explain and demonstrate correct Lower Off Technique with emphasis on sitting, walking backwards and belay control.	
<b>Completion of climb. Pack and restore rope ensuring to connect climber and belay carabiners.</b>	

<b>CLIMB ONLY</b>	
<b>BELAY ONLY</b>	
<b>UNRESTRICTED</b>	

<b>INSTRUCTOR / GUIDE</b>	
<b>SIGNATURE</b>	
<b>DATE</b>	

## Acknowledgment

I acknowledge that I understand the risks involved in climbing and agree to follow all rules and procedures. (If Participant Is Under 18, Signed by Parent or Guardian)	
<b>Participant Signature</b>	<b>Date</b>



