Transition Extreme Participation Statement

General & Photography – Page 1

Skatepark and Pump Track – Page 1

Indoor Climbing Wall and Bouldering – Page 2-5

Declaration of Understanding, Fitness & Fact – Page 5

General

Adventurous activities involve an element of risk with a danger of personal injury or death. By ticking this consent/participant form for activities provided by Transition Extreme you are aware of, and accept these risks and will be responsible for your own actions and involvement. Transition Extreme will manage these risks where possible however we can never completely remove them. You confirm that you are familiar with the nature of the activities you wish to undertake and acknowledge those risks that are inherent therein, and that you may freely withdraw from any activity and there is no pressure to take part.

If the participant is UNDER 16 their Parent/Guardian must accept this form on their behalf. By doing so, you confirm that:

- You have discussed with your child the Conditions of Use and Rules
- Your child should notify Centre staff if they feel uncomfortable or unwell whilst taking part in any activities (i.e. pain, dizziness or other symptoms)
- Children are expected to participate and behave safely as well as abiding by the guidance of all Centre staff
- You agree that if your child is under 8 years of age, you will not leave the Centre and will therefore be available at any point during their activity session
- You consent to your child receiving medical treatment which, in the opinion of a qualified medical practitioner, may be necessary

Photography

I consent to Transition Extreme taking and using photography of myself and/or the named child/young person whilst within the building for promotional purposes. If you do not consent, please notify Centre staff on your arrival.

Skatepark & Pump Track Participation Statement

There are risks and dangers associated with participation in skateboarding, BMX (or other bicycle) riding and in-line skating which could result in bodily injury, partial and/or total disability, paralysis or death. Participants in these activities should be aware of and accept these risks and be responsible for their own involvement. Personal protective equipment may potentially lessen the severity of an injury and participants are recommended to use such equipment (helmets, pads, etc). By completing this form, I accept that I have read the above statement and corresponding Conditions of Use and Rules

Acknowledgement of Risk Form

Mixed Use Centres

Unsupervised climbing

Participation statement

“All climbing and bouldering activities have a risk of serious injury or death. Participants must be aware of and accept that even if they follow all good practice there may still be the risk of accident and injury. It is the responsibility of the participant to adhere to the conditions of use.”

It is important that you understand this document. There is inherent risk involved with climbing centres and associated activities. By signing this form, you are stating you understand that these risks cannot be completely removed. If you do not understand any of the terminology or content, ask a member of staff to clarify.

Conditions of use

General Safety

- Report to reception on each visit before you climb.
- You must exercise care, common sense and self-preservation at all times.
- Report any problems with the walls, equipment or other climbers' behaviour to a member of staff immediately. This is particularly important with broken or spinning holds.
- Be aware of the other climbers around you and how your actions will affect them.
- Do not distract people while they are climbing or belaying.
- Never stand directly underneath someone who is climbing.
- If you have children, you must keep them under control and supervise them directly at all times. Be close enough to affect or control the child’s behaviour at all times.
- Please make yourself aware of the location of the fire exits in the building and fire assembly points.

As a user of this climbing wall, you must be aware of and accept the following:

- Volumes on the walls are designed to enhance the quality of climbing but you must be aware of and accept that when climbing above them there is an additional risk of falling onto them.

- Climbing beyond your capabilities on any wall is likely to result in a fall. Any fall may result in an injury despite the safety systems in place. You must make your own assessment of the risks whenever you climb.
- Participants must understand that climbing while pregnant can increase the risk posed to mother and unborn child.
- Participants must be aware and accept that climbing holds can spin or break
- You must do everything reasonable and practical to avoid endangering yourself or others.
- You have to be aware of and adhere to the safety rules of the centre at all times.
- Stand back from the climbing walls unless you are belaying or spotting a climber.
- You take responsibility for adequately maintaining your equipment.
- Please empty your pockets and remove all jewellery before climbing.

Top Rope Climbing

- Always use a climbing harness to attach yourself to the rope tying the rope directly into the harness using a figure of 8 knot with a stopper, or a bowline knot with a stopper. Clipping in with a carabiner is not advised.
- Many of the climbs in the centre have top ropes already in place. Do not take them down or move them.
- It is your responsibility to vet your climbing partner's ability before they belay you.

Lead Climbing

- Lead belaying requires a higher degree of skill and understanding from top rope belaying and should only be undertaken if you have received training or are competent to do so. If you are unsure do not climb and ask a staff member for available instruction at the centre.
- When using the lead walls, you must supply or rent (if available) your own appropriately rated dynamic rope.
- Quickdraws/runners/clips are provided on the lead wall. Please don’t use your own. - You must not skip clips and clips must be clipped in order.

When Belaying

- Always abide by good practice when belaying.
- Always use a belay device attached to your climbing harness with a locking carabiner as per manufacturers' guidelines. ‘Traditional’, or ‘body’, belaying is not acceptable. - To ensure your partner's safety, pay attention to what the climber is doing.
- Always stand as close to the climbing wall as is practical. Sitting or lying down is not acceptable.

Bouldering

- Whenever possible downclimb, or if this is not possible, use a controlled/planned jump.
- It is your responsibility to ensure that you can climb down or land safely; don’t climb into a situation that you cannot safely get out of.
- Never climb directly above or below another climber.
- Always take your harness off before bouldering.

- Top out (climb over the top) in designated areas only, if unsure climb down.
- Remove anything from pockets that could hurt you when landing.
- Always be aware of people climbing above and around you.

Training Area

- You use the training equipment at your own risk. If you are unsure how to safely use any item, please ask a member of staff.

Auto Belays

-
- If you are unsure in any way on how to use an auto belay, or have never used one before, then ask a member of staff for assistance before using one.
- The coloured box (usually yellow or red) on the ground around the auto belays is a landing zone; be aware of descending climbers when standing within it.
- Good practice instructions are located next/near to the auto belay. To ensure your own safety, please follow these instructions.

The bouldering wall is the site of most injuries at a climbing wall. **THE SOFT MATTING DOES NOT REMOVE THE RISK OF INJURY**. Injuries can still occur even after a controlled/planned jump but are more likely after an uncontrolled fall. You should always be doing your utmost to avoid the risk of uncontrolled falls. This includes paying attention to how you will land and always assessing the risk of each climb that you undertake. Lead climbing also contains inherent risks, which are always present. Any leader fall can result in an injury and you must exercise great caution and preparation before you expose yourself to that risk. In top roping and leading, the greatest risk is presented by the belayer. Always make sure they are skilled enough to keep you safe; if you are unsure consult a member of staff.

Our Duty of Care – The conditions of use of the climbing centre are not intended to limit your enjoyment of the facilities; they are part of the duty of care that we, as operators, owe to you, the customer, by law. As such, they are not negotiable and if you are not prepared to abide by them then the staff may ask you to leave.

Your Duty of Care

You have a duty of care to act responsibly towards the other users of the centre, follow good practice and abide by the conditions of use of the centre. Statements of ‘Good Practice’ are posted around the centre adjacent to the relevant facilities. These describe the accepted methods of use of equipment and climbing areas.

Unsupervised Climbing

Before you can use the top ropes or lead walls without supervision the centre expects you to be competent in the use of a climbing harness, a suitable knot to attach a rope to the harness and a belay device to secure a falling climber or lower a climber from the wall using a rope. Before you can use the bouldering walls without supervision, you must be aware of safe usage of bouldering and know how to use the bouldering walls safely. You are required to register to say that you know how to top rope, lead or boulder, that you are prepared to

abide by the conditions of use of the centre and that you understand the risks involved in your participation. Anyone who is not competent to climb unsupervised must be supervised by a competent person.

Supervised Climbing

An adult who has registered at the centre and proved competency, may supervise up to two novice climbers, as long as they are prepared to take full responsibility for the safety of those people.
All children in the centre must be supervised by an adult unless they have been assessed by the management and registered for unsupervised climbing.

Declarations

Declaration of Understanding

I accept that neither the operating company nor it's employees shall be liable for any loss or injury arising from my participation in activities at Transition Extreme and nothing within the terms of this document, or registration, shall affect any statutory rights.

Declaration of Fitness

I certify that to the best of my knowledge, I (or the child/adult for which the booking has been made) do not suffer from a medical condition which might have the effect of making it more likely that I would be involved in an accident which could result in injury to myself or others. If on an instructed course it is my responsibility to inform the instructor of any relevant conditions that may be an issue (asthma, epilepsy, diabetes, heart problems, allergies etc).

Declaration of Fact

I confirm that the above information is correct and if any of the information changes, I will notify the Centre

I HAVE HAD SUFFICIENT OPPORTUNITY TO READ THIS ENTIRE DOCUMENT. I HAVE READ AND UNDERSTOOD IT, AND I AGREE TO BE BOUND BY ITS TERMS. THE QUESTIONS I HAVE ANSWERED ON THE BOOKING REGISTRATION ARE ACCURATE.