



Lesher Rock Climbing Club Information

What? Rock climbing! We will strive to set goals, take risks in a controlled environment, and work together to become better climbers. Most importantly, we will have fun every day!

Who? Anyone at Lesher is welcome to join us!

Where? Genesis Miramont North Climbing Gym at 1800 Heath Parkway. Their phone number is: (970) 672-4221

When? Tuesday & Fridays from 3:15-4:45 pm. We will leave Lesher between 3:05 and 3:15. Then, we will climb from 3:15 - 4:45. Please arrange to be picked up at Miramont by 4:45. The club will run from November 2 through December 7

How Much? Miramont has worked out a fabulous deal for us! For students wanting to utilize the transportation provided by Miramont (they will pick us up at Lesher and drive us to the rock gym), it will be \$12 per session for a total of \$120. This includes gear rentals and trained climbing staff to work with us. If you are getting your own ride from a parent or carpool, it will be \$10 per session for a total of \$100. Their normal fees are \$14-\$23 per session so we're getting close to half off, plus transportation! Payment can be made via Cash, Check to Lesher or call the office for card payment

Plan for each Week

- If riding the vans, meet in Ms Sutton's room (room 33) by 3:05 pm (10 minutes after the school bell) changed and ready to go. If you're getting a ride with parents, you can meet at the gym no earlier than 3:30 or when Ms Sutton arrives at Miramont.
- Arrive at Miramont Climbing Gym around 3:20-3:30 pm.
- Climb under the guidance of the Miramont Climbing Gym and Lesher staff until 4:45
 - o Team meeting and goal for the session 3:30-3:45
 - o Station rotations 3:45-4:30
 - o Free climb 4:30-4:45
- Picked up by your parents at 4:45

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Commitment

We realize that schedules change and things come up - feel free to show up one week, but not the next. It will be helpful to notify Ms Sutton ASAP, especially if you're planning to ride the vans. Please also know that we are unable to adjust/refund fees based on missed days. The fall session (Nov 2-Dec 7) is designed to build skills. It will be focused on growing together as a climbing team and building collective knowledge. The spring session, starting in mid-January, may be split into competitive and non-competitive groups based on interest in comps and goals.

Expectations

We expect that you represent Lesher Middle School, Lesher teachers, and yourself in a respectful manner. Let's be courteous to other climbers and staff at Miramont Climbing Gym. Please be aware of how your actions affect others and make sure you are conducting yourself in a safe manner – misbehaviors can quickly become safety issues when we are on the rock wall. We not only want to be invited back, we want the Miramont Climbing Gym staff to look forward to us being there. Please think about the 10 IB learner profile traits and think about how you can make a positive impact! Remember, we will be in a public place where other people are enjoying their afternoon.

Please review the attached Lesher Rock Climbing Club behavior contract for more information. You will get one warning from a Lesher or Miramont staff before being asked to sit out for the remainder of the day and / or year.

Needs

You must have all of the following before you will be allowed to go to the rock gym

- Lesher Rock Climbing norms *(attached)* initialed and signed
- Lesher Rock Climbing Club behavior contract *(attached)* signed
- Genesis Climbing Wall waivers *(attached)* signed
- Genesis Transportation Waiver *(attached)* signed
- Lesher Rock Climbing Club fees
 - \$120 Van Transportation
 - \$100 My Own Ride
- Comfortable clothes to climb in – shorts, t-shirt, etc.
- Great attitude and lots of smiles

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Lesher Rock Climbing Club Norms

Please read through and initial in each of the following boxes (student and parent) to show that you have read and understand procedures for Lesher Rock Climbing Club.

	Student Initials	Parent Initials
<i>I understand that:</i>		
<ul style="list-style-type: none"> ● Our goals for rock climbing at Lesher are to, most importantly, have fun! After that, we plan on building 21st century skills such as communication, teamwork, risk taking, goal setting, and collaboration at the same time as becoming healthier. 		
<ul style="list-style-type: none"> ● I need to turn in a permission slip, this signed and initialed page, a signed behavior plan, and a Miramont Climbing Gym Waiver before I can participate in Lesher Rock Climbing Club. 		
<ul style="list-style-type: none"> ● There is a \$120 (transportation provided) or \$100 (we'll provide our own transportation) fee. This includes all gear rental, entrance fees, and climbing staff at Miramont to help us grow! We can help if this is an issue – just ask! Payment can be made via Cash, Check to Lesher or call the office for card payment 		
<ul style="list-style-type: none"> ● I need to let Ms Sutton know as soon as possible if I cannot make it (email, phone, or note is fine). 		
<ul style="list-style-type: none"> ● I am representing myself, my teachers, and my school while at the rock gym and going to / from the rock gym and, therefore, need to be on my absolute best behavior the whole time. Miramont Climbing Gym is a public place and Lesher rock climbers do not own it. 		
<ul style="list-style-type: none"> ● If I cannot abide by the above expectations, Ms Sutton will give me 1 warning. After that, I will no longer be able to participate in Lesher Rock Climbing Club. Remember, this can be a safety concern. 		

Student Name _____

Grade Level _____

Student Signature _____

Date _____

Parent Signature _____

Date _____

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Leshar Middle School

First Name: _____ Last Name: _____ Grade: _____

Shoe Size (for rock climbing shoes): _____

Transportation (select one): *Van Transportation \$120* *My Own Ride \$100*

Leshar Rock Climbing Club Behavior Plan

As a student of the Poudre School District, your behavior on this extended field trip must be in accordance with the *Student Rights & Code of Conduct* as set forth by the Board of Education, Poudre School District. The expectations and consequences outlined in the Poudre School District Behavior Contract, are expected to be followed at all times. In addition to the attached behavior contract, the following system will be in place at all times during the trip. All disciplinary action taken will be at the discretion of the supervisor to ensure the safety of all students at all times.

Remember that this experience is a privilege not a right. All school rules will apply. Any behavior that is detrimental to the program and the group will be handled as it would at Leshar Middle School. If a behavioral problem were to occur, the Leshar staff sponsors will meet with the student(s) regarding behavior concerns. If any serious violation of school rules were to take place that would typically result in a suspension from school (*ie. Possession of drugs/alcohol/tobacco/weapons, sexual or violent acts, or anything else that would put a student(s) in danger.*), it will warrant an immediate removal from the field trip. All expenses and logistics that transpire to send a student home due to a behavioral incident will be arranged and paid for by the student/parent of the student.

I, _____, am aware that the above behavior plan is in place for our club, and I know that I must follow all school rules at all times on the trip. I realize that if my behavior becomes a consistent problem, or if I've violated the PSD Code of Conduct, I will be sent home immediately at the expense of my family.

Student Name _____ Date _____

Parent/Guardian Signature _____ Date _____

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TRANSPORTATION PERMISSION FORM

I hereby authorize **Genesis Health Clubs** to transport my son/daughter, _____,
by **Genesis Health Clubs** vans to and from **Genesis Health Clubs** Program activities (After School Climbing, events,
etc.)

EMERGENCY MEDICAL CARE

In case of serious illness or injury when neither parent can be reached, will you allow your child(ren) to be transported to the doctor or hospital by an employee of Genesis Health Clubs?

____ Yes ____ No

I hereby give permission to Genesis Health Clubs to secure emergency medical and/or surgical treatment for the above named minor child while in the care of the above named facility. All expenses of such care will be accepted by the parents.

Parent signature: _____ Date: _____

Date of Enrollment: _____

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CLIMBING WALL

ACKNOWLEDGEMENT OF RISK, RELEASE OF LIABILITY AND AGREEMENT WAIVER

I am applying for admission to climb at The Climbing Wall at Genesis Health Clubs. I accept all the risks of participating in climbing activities, even if they are created by the carelessness or negligence of Genesis Health Clubs employees, agents, independent contractors, contract-employees and any other personnel in any way assisting or connected with The Climbing Wall at Genesis Health Clubs. I fully release, discharge and waive any Claims I may have, now or in the future, against Genesis Health Clubs employees, officials, volunteers, agents, independent contractors, contract-employees and any other personnel in any way assisting or connected with these activities, even if Claims are based on the carelessness or negligence of a released party or anyone else. I acknowledge that climbing on an artificial climbing wall entails known and unanticipated risks that could result in serious personal or emotional injury, paralysis or even death. Risks include, but are not limited to, the following: falling off the wall, loose and/or damaged artificial holds; rented equipment failure; falling to the ground; falling on other users; abrasions from the walls, ropes, pads, or the floor; equipment failure; belay and/or belayer failure (including failure of the TruBlue Auto Belay); climbing out of control or beyond one's personal limits, the negligence of other climbers, visitors, participants, or other persons who may be present; head injuries and any other damages that may result from my negligence or the negligence of the released parties or anyone else connected with the participation in climbing at The Climbing Wall at Genesis Health Clubs. I am aware that there is no obligation for any person to provide me with medical care during climbing activities. If medical care is rendered to me, I consent to that care, if I am unable to give my consent for any reason at the time that the care is rendered. I am aware that climbing is a strenuous activity and it is advisable to consult with a physician prior to participating in climbing activities. I agree to abide by the rules and regulations of the climbing wall. I further understand that no warranties or representations have been made to me about the climbing wall activities. I understand and intend that this document act as the broadest and most inclusive assumption of risk, waiver, release of liability, agreement not to sue and indemnify as is permitted by the laws of the State of Colorado. As a parent or guardian of the participant, I authorize the child to participate. I also join in the statements and agreements made by the released parties in this document. I also agree, in the event the participant or anyone acting on his or her behalf should make any claims, I will provide the indemnity and hold harmless the released parties described above. I understand that this release is a contract and will renew annually until I terminate the agreement in writing. I expressly state that I have read, understand, and am familiar with all its provisions and that I sign it of my own free will.

Please sign here after reading entire waiver:

Handwritten signatures and lines for signature fields: PRENT Participant's Full Name, Date of Birth, Age, Today's Date, Participant's Signature (or Parent/Guardian Signature if under 18), PRENT Parent/Guardian Name (if under 18)

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Rules and Regulations at The Climbing Wall Please read and initial

To climb at The Wall in Genesis Health Clubs, you must be at least 18 years of age or have written consent of a parent or legal guardian. In addition, all climbers must fill out the waiver, read these rules and pass a safety test for top roping, and a more rigorous "lead" test for lead climbing or lead belaying.

All climbers must:

Be at least 18 years of age or have the written consent of a parent or legal guardian. Children 15 and under must have adult supervision in The Wall area. Demonstrate how to tie a retracable figure eight knot (and use only this knot while climbing at The Wall). Demonstrate safe and proper top-rope belay skills. Have a UIAA approved harness, belay device, and locking carabiner -know how to use them. No hip belays, munter hitches, swami belts, etc. Pass the "lead test" before climbing on lead or belaying a lead climber. Always have a spotter when bouldering, and understand that you may be risking serious injury, death or dismemberment if climbing unspotted. Never boulder with any part of your body above the height of 12 feet. Use only The Wall 's ropes and quickdraws while climbing at The Wall. Allow right of way to the climbers who were first on route on any given section of wall (this includes bouldering). Always stand clear of climbers' fall and swing zone. Keep the walkways and exits clear of traffic. Place all belongings in lockers or in proper storage cubicles. Stay clear of all climbing areas when not climbing, belaying or spotting -as other climbers may fall unexpectedly from above.

* _____(initial)

Lead Climbing

All lead climbers and lead belayers must have first passed the lead test at The Wall. All clips must be made safely before the entire body passes them, and in the order that they appear on that climb. The final cold shut or steel anchor must be clipped before lowering. After all climbers in a party attempt one climb, the party must turn over their rope to any waiting to use that rope or particular section of the wall. Hangdogging, or hanging to work a route will not be permitted when there are climbers waiting to use that rope or particular section of the wall. Lead climbers must know how to recognize back clips and Z-clips, and realize that they are dangerous and must be reversed before climbing on. If two conflicting parties intersect, the second party to leave the ground must yield at a safe distance that won't endanger either party in the event of a sudden fall. Quickdraws or other hardware cannot be removed or replaced except by The Wall staff. If a second will be top-roping the lead, a minimum of two anchors must be used for top rope set-up.

* _____(initial)

Auto Belay Use

Prior to climbing with the Auto Belay, all users must be aware of the following precautions: Check the Auto Belay operation by pulling out a short section and allowing it to retract. If the Auto Belay fails to retract while climbing, stop climbing immediately and request assistance. Check the climbing harness is correctly fitted and tightened. Check the carabiner from the Auto Belay line is connected to the designated loop on the climbing harness and the gate is properly closed. Ensure the carabiner latch gate is facing away from the climber. Never climb alongside or above the Auto Belay. Never start descent from above the Auto Belay. Prior to descent, ensure descent path and landing area are free of people and obstructions. Always descend feet first, using feet to fend off obstacles and prepare for landing.

* _____(initial)

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