



Bridge School Programs  
Hold Harmless Agreement and Waiver

Student Name \_\_\_\_\_

\_\_\_\_\_ I give my child permission to climb on the Bridge School Rock Wall under the supervision of a Bridge School Staff.

By signing below, the Family, on behalf of themselves, and their minor child/children, and the Employee hereby agree to release, hold harmless and indemnify Bridge School, Bridge School Preschool and after care, Bridge School After School Program, and Bridge School Summer Camps and employees for any claims, injury or damage of any kind and nature arising therefrom.

\_\_\_\_\_  
Parent/guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/guardian Signature

\_\_\_\_\_  
Date

**If there are multiple guardians, all MUST sign.**

**Students will not be allowed to participate without a signed Hold Harmless Agreement and Waiver.**  
Please see the back of this document for climbing expectations.

### Five H's of climbing:

1. **Head:** Check your hair and helmet
2. **Human:** Is your mind ready? Is your body ready?
3. **Harness:** C for closed and D for Danger
4. **Hardware:** belay device, figure 8 knot
5. **Harmful objects:** anything in your pockets? Jewelry?

### Spotting for Bouldering:

- A. **Attention:** eyes on the climber
  - B. **Body position:** wide stance with knees bent, move when the climber moves. Spoon hands.
  - C. **Communication:** help climber with seeing foot holds and hand holds, AND encouragement
  - D. **Decision making:** How high do you feel safe falling from?
- Two adults must be present and actively supervising the climbing wall. One of the adults must be a Bridge School staff that has undergone Belay Training.
  - Only trained staff can belay.
  - All equipment must be inspected at the beginning of each climbing session.
  - Students must wear helmets.
  - Students can only climb if they have a signed Hold Harmless Waiver.
  - Mats must be positioned under the routes
  - Bouldering may be done underneath the 'bouldering' line - or students may climb up with their feet to holds nearest head height
  - Students who are waiting to climb must wait in a safe designated area
  - Students must follow top rope and belay commands: On belay / belay on / climbing, climb on. ("climber on rock" / "rock on, climber!")
  - Equipment should be used for exactly what it is meant to do: harnesses for wearing, belay devices for belaying, helmets on head, etc.
  - Belay commands and safety expectations should be reviewed EVERY climbing session.
  - Students will not climb if they are dysregulated, not listening or following directions, using gear inappropriately, or are unsafe in any way. No exceptions.
  - No other active activities can be happening in the gym during rock climbing so as not to distract the belay team.