

Climbing Tower Facilitation



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INTRODUCTION

The following are general guidelines for Climbing Tower Facilitation. This manual is NOT meant to replace on-site, personal training. Please note that this manual is subject to change.

GENERAL SAFETY REGULATIONS

These safety regulations will be enforced year-round to maintain our high standards. They are:

1. Before opening the course, a working radio / cellphone must be present for emergency situations.
2. All Ropes Courses fall under the supervision of the Ropes Course Administrator. The Ropes Course Administrator must be someone at least 21-years-old and have previous training and experience on all facets of Ropes Course operation.
3. Any changes – either to the structure of the Tower, the programs in operation, or to the steps described herein – must be preapproved by the Ropes Course Administrator and documented before being implemented.
4. Pursuant to ACCT C.3.2.1, all groups must provide, in writing, a “needs assessment”. This can include, but is not limited to: age of participants, group goals, number of participants, and medical conditions (including nutrition, accessibility, or health concerns.) This information may be requested in advance or filled out upon arrival. (Note: Summer Camp and Camp-sponsored Retreats are exempt from this requirement, provided we have Health Forms on all participating campers and the Tower is operated as part of our preapproved, structured programming.)
5. A Pre-Use Inspection Form (digital) and a Rope Log (paper) MUST be filled out for each group.
6. Only Staff trained and approved may use the Climbing Tower. No one may set up the Climbing Tower unless they have completed the Climbing Tower Training program and have been approved by a Ropes Course Trainer or higher.
7. Facilitators must be at least 16-years-old. Any minor certified as a Facilitator will only be allowed to use the Tower if a Facilitator 18-years-old or older is in the Tower area and is available to assist, if necessary.
8. Staff who are ill and unable to do their jobs safely and effectively will NOT be allowed to facilitate. (Preferably they will report this, but they may be removed, if a Ropes Course Administrator or Trainer deems it necessary.)
9. Only gear rated for the Climbing Tower will be used. Staff will NEVER use any of the gear from the “Real Rock” bin, the training bins (black with skull-and-crossbones), etc. under ANY circumstances!

10. Personal gear will NOT be used without approval from a Ropes Course Trainer or above. Personal gear of a Ropes Course Trainer must be approved by the Ropes Course Administrator prior to use. If personal gear is approved, a contract will be drafted stating what is allowed to be used and under what conditions.
11. Personal and/or external gear may NOT be used on or by participants. (Rationale: Camp will be unable to ascertain how outside gear may have been used.)
12. Camp gear may not be taken off-camp for use with outside groups. (Rationale: Camp would incur liability if Camp Staff used Camp gear in an unapproved fashion.)
13. Only steel carabiners and gear are allowed to be used in critical applications. Aluminum may be used for retrieval lines, etc.
14. All gear on the Climbing Tower, with the exception of ATCs, Prusik Cord, p-cord, daisy chains, or webbings, shall be rated at a minimum of 5,000 pounds breaking strength, unless allowed for by ACCT standards. (See “Gear” manual if there are any questions.)
15. If it looks unsafe, it probably is. Always inspect the Tower, the belay cables, ropes, harnesses, z-posts, carabiners, knots, etc. When in doubt, throw it out....
16. The Tower Rescue Bag must be present any time the Climbing Tower is open and must be available, if needed.
17. At the first sound of thunder, the Climbing Tower must be cleared area and participants must seek shelter. If the thunder stops for a period of thirty minutes, you may resume the activity. (Before resuming activities, a Primary Facilitator should check local radar to make sure that more storms are not on the way.)
18. Upon completion of the activity time, the ropes must be wrapped or taken down on the Climbing Tower. Under no circumstances can gear be left out, unattended, overnight.
19. If the Climbing Tower is to remain setup, unsupervised, for a period of no more than ½ hour between group uses, it must be secured prior to Staff leaving the area. To secure the Tower, either: (a) wrap the tarp over the existing setup; or (b) remove the carabiners and belay devices and then use an overhand knot on the ends of the ropes to keep them from being pulled through. When this is done, close the gate using the chain. (It’s also advised that any gear remaining outside be moved and/or locked up prior to leaving the area.) Access should be controlled at all times for the safety of participants.
20. The door to the Tower must be locked EVERY time staff leaves the area unattended and the chains put across the entryways.
21. Any piece of equipment dropped from a height of over six feet is immediately retired and may not be used again, unless approved by the Ropes Course Administrator. Any

questionable equipment must be removed immediately and brought to the Ropes Course Administrator for inspection before it may be used again.

22. All Climbing Tower participants must go through a “ground school” that includes: strength of gear, encouragement of positive behaviors, “Challenge by Choice”, basic climbing techniques, description of a verbal contract, etc. (Note: Any Camp program which offers this as a Free Time activity may skip portions of the ground school; however Facilitators are still required to explain “Challenge by Choice” and the verbal contract.)
23. Any participant who states that they hope someone “falls”, “dies”, etc. – even as a joke – is to be removed IMMEDIATELY from participation. This is a policy on all of our Ropes Courses. (“Drop” and “Fall” are four-letter words on a Ropes Course!) Making fun of someone who did not climb as high as others is also unacceptable.

CLIMBING TOWER PHYSICAL DESCRIPTION

The following is a description of the Tower:

1. The Climbing Tower is approximately 32-36 feet in height. (The variance comes from the fact that the walls extend higher than the spin statics that the climbers are attached to.
2. The walls are a textured fiberglass, painted to resemble rock.
3. The rocks are standard climbing handholds, attached by a bolt to a t-nut in the structure.
4. The “cracks” in the structure are due to the way the Tower was dismantled. (The church where it came from used a chop saw to disassemble it.) After contacting the original manufacturer, I was told there was not a permanent way to fully restore the Tower. **Do NOT let participants reach INTO the Tower as they may get stuck!**
5. The Tower features four sides:

Side One: The side opposite the side with the door. (Facing the woods.) Side One technically is the “easiest” – not easy! – side. It is vertical, features a range of textures to aid climbers, and has handholds spaced regularly across the face.

Side Two: The side opposite the picnic table. (Also facing the woods.) Side Two features a wide ledge to stand on, flowing rock textures, and a mostly-vertical climb. However, the reason it is harder than Side One is because, at the top, the rock wall begins to pitch out and handholds become sparse.

Side Three: The side facing the field. Side Three is a vertical climb with minimal texturing that can be grasped. Instead, climbers are required to depend on the handholds for the climb.

Side Four: The side facing the picnic table. Side Four is generally the most technical side for climbing. It starts with a positive climb (leans in) and then, halfway up, becomes a negative climb (leans out).

Please note that these are technically the order, by level of difficulty. However, you may find someone who has longer arms or stronger grip who considers Side Two easier than One. These descriptions are to be considered guidelines only.

6. In addition to climbing, the Tower can be set up for top-rappel and also used for bouldering. (Special training IS required for top-rappel.) Night climbing IS allowed if a generator is used to power the lights and Facilitators can see clearly to connect the gear.

GOALS OF THE TOWER

The goals of the Tower are:

1. To help campers set and achieve goals. They need to determine what their personal goal is and we will encourage them to achieve it.
2. To help campers stretch their comfort zones. We will NEVER stress reaching the top as a goal or even a priority. Our goal is that they push themselves. (If it's too easy for them to climb the Tower, bring out a blindfold!)
3. To provide positive encouragement. We will cheer as loudly for the climber who only takes a single step as we do for people who reach the top. Each person has different abilities and we will celebrate their accomplishments. (Again, anyone who talks about someone "falling" or "dying" needs to be removed immediately.)
4. To be safe in all things we do.

While the fourth goal is the most critical – everybody must survive intact! – that should be fundamental to any of our programs. The other goals in this list deal with the personal issues at stake for our program participants.



POSTED RULES OF THE CLIMBING TOWER

Do Not Enter Unless NLP Staff are Present

**The Goal of the Tower is NOT to reach the top. Set your own personal goal.
(If you need an additional challenge, please talk to your Facilitator.)**

“Challenge By Choice” will be enforced for our climbers.

The “Forward Progress Rule” will be enforced for our climbers.

1. A liability waiver must be signed and present for all participants of non-camp sponsored groups (e.g. rental groups).
2. Please follow all instructions from NLP staff members.
3. Please stay focused on your group and positive in your comments.
4. Please keep appropriate safety gear on at all times. (This includes shoes.)
5. We apologize, but due to insurance requirements, personal climbing/safety gear is not permitted.
6. Please keep your helmets on at all times within the fence – this includes adults also.
7. Please do not attempt to “boulder” while climbing ropes are up.
8. Only approved Facilitators may belay unless part of an NLP training program.
9. Please leave the course as you found it (or cleaner).
10. Failure to follow these guidelines will result in removal from this area.

Climbing “after hours” will result in immediate removal of individual and/or group from camp premises.

Facilitator Notes:

“Challenge By Choice” means that the climber determines how far they will go and when they will come down. We DO NOT force participants to complete the Tower; regardless of what teachers, parents, or other adult leaders may desire! (The exception to this is At-Risk / Adjudicated Youth programs where the choice may be left to the discretion of the Facilitator per program guidelines.) Forcing a camper to continue is grounds for dismissal.

“Forward Progress” simply means that the participant needs to keep moving forward. If they remain in one place for more than 30 seconds, it is at the discretion of the Facilitator to end the climb. (This becomes important if there are large numbers of participants and/or limited time.)

CLIMBING TOWER SETUP (TOPSIDE)

Setup should be accomplished prior to the arrival of the participants. For the most part, the top of the Tower will remain set up for the duration of the season, with inspections conducted on a monthly basis by a Primary Facilitator, Ropes Course Trainer, or Ropes Course Administrator.

1. Needed to install ONE climb on top: 2-3 rapid links, one spin static, and one climbing

rope. (The extra link may be required to lower the spin static fully through the hole.)

2. Grab a piece of para cord (p-cord), reach it over the top of the Tower and pull it up through the hole you are trying to set up. Tie the ends together firmly and then create an overhand knot in the para. (This will allow you to pull the gear safely over the top and up through the hole.)
3. Attach 2-3 rapid links to a spin static, pull it over the top of the Tower, around the side and then up through the hole. (The number of rapid links is determined by the distance needed to reach from the anchor bolt, through the hole, and down to the spin static.)
4. Attach the top rapid link through the primary ring bolt and over the backup cable system.
5. Adjust the rapid link so that the “gate” is facing down; in other words, you have to screw the gate down. This will guarantee a better closure than if the gate is turned up. (The way to remember this is, “If you’re ‘screwing up’, you’re screwing up!”)



CLIMBING TOWER SETUP (BOTTOM)

Setup should be accomplished by a Primary Facilitator prior to the arrival of the participants. We use p-cord to pull the ropes up, rather than climbing to the top each day to “drop” the ropes.

1. Check the grounds for sticks, rocks, tree stumps, roots, etc.; remove them, if possible. (If not possible, do NOT use that side!) Check for snags or damaged trees around the Tower area. Finally, unlock the tarp, unwrap the Tower, and move the tarp out of the way of the side(s) being used.
2. Needed to install ONE climb on bottom: one triple-lock parabiner, one screw-gate carabiner, one belay device, and one webbing for ballast. (This is a general guideline.)
3. Untie the p-cord on the side to be used. Tie the end of the p-cord through the rope loop on the taped end of the climbing rope using two overhand knots. (The alternative involves a long, hard climb to re-thread the p-cord!)
4. Pull the rope through the spin static and back down the wall to the ground. As you pull it

up, let it flow through your hand so you can visually and tactilely inspect the rope.

5. Tie your belay knot (double bowline w/ triple-barrel) and attach the triple-lock parabiner.
6. Tie a stopper knot and attach the belay device and screw-gate carabiner to the other end.
7. Tie the Water Knot in the webbing and attach it to the back of the Facilitator harness. This is the “ballast line”. (Please see section on “Roles - Ballast” for more information.) Do not allow campers to wrap the webbing around their hands to prevent possible injury.

Facilitator Note:

*The webbing of the ballast line **MUST** go around the belt of the harness or through an approved belay loop. It cannot be attached to gear loops, leg loops, etc. as many of these are only rated for ten (10) pounds of force.*

CLIMBING TOWER SETUP (BOTTOM - PICTURES)

To help with setup, here are some photos to help you to understand what we’re trying to describe. Again, when in doubt, ask! Also, don’t assume that ANYONE can set up the Tower correctly and double-check their work before using it!



(Take a bight of rope and push it through ONE SIDE of the ATC.)



Double Bowline
w/ Triple-Barrel



Water Knot
(For Ballast)

Facilitator Notes:

To make things easier to remember, we are going to require a minimum of three inches of tail in the ropes for Water Knot, past the Triple-Barrel, on a Prussik, etc. This matches the requirement of three inches (or more) of tail on the straps of the harness.

The overall length of any tail shouldn't be over a hand-span (approximately eight inches), as they may tangle around hand holds.

Finally, on the Double-Bowline with Triple-Barrel Bight, the knot of the bowline can't be big enough for a participant to put their fist through; and, if you leave space between the bowline and the triple-barrel, that space can't be big enough for a participant to put their fist through.

If you are uncertain, call another staff person over! Never *assume* you have it correct!

TOWER GROUND SCHOOL / ORIENTATION

The goal of the "ground school" is to try to familiarize participants with the Tower and the experience they are about to have. This can range from a quick introduction during Family Camp to a longer spiel during a Teambuilding event. A sample ground school can include:

Welcome - The welcome can be simply, "Welcome to the Tower!" Typically, I also like to include facts like: (1) the Tower is approximately 32 feet tall; (2) the Tower is anchored to a concrete base three-feet-thick; (3) you will be in full mountain climbing gear; (4) the ropes and other gear are rated for at least 5,000 pounds; and (5) if you weigh more than a school bus loaded with children, you MIGHT be in trouble; otherwise, if you follow all directions, you will be safe.

Boundaries - Explain to the participants that they must stay outside of the fence if they are not: (a) climbing; (b) ballasting; (c) acting in the role of Emergency Brake or Rope Tender; or (d) assisting the Tower Facilitators.

Caution the participants to NOT sit on the fence! (The only incident I've ever had on the Tower where I had to fill out paperwork came from someone jumping up to sit on the fence which proceeded to collapse under them.) If they wish to sit down, there IS a picnic table nearby!

Participants inside the fence MUST be wearing a properly secured helmet, unless they are only serving as ballast and remain outside the "Fall Zone". (The "Fall Zone" is the space within five feet of the base of the tower where a person might get struck by falling shoes, swinging climbers, etc.)

Facilitator Note:

Staff who may end up under a climber or inside the "Fall Zone" when someone is climbing must wear a properly secured helmet, as well. This issue was raised for Side 4, where Facilitators were not back far enough –

or couldn't get back far enough – and a participant swung from the Tower and wrapped around their own belay line. To save time, trouble, and effort, we will simply lower the participant, rather than trying to untangle the climber. (See “Rescues” section for more information.).

Dress Code -

Before we put people in harnesses, there IS a dress code:

- All climbers need to have close-toed shoes (or close-toed sandals).
- Shoelaces need to be done up and, if extra long, they should be tied up.
- If someone's pants are “sagging and bagging”, have them pull them up and secure the pants with a belt, if possible.
- Participants SHOULD be wearing t-shirts and those should be tucked into their pants. If at all possible, avoid putting the belt strap onto bare skin. (The fashion of short t-shirts may work against you here.)
- Participants with jackets need to decide if they will climb in that jacket. If so, the harness goes OVER the jacket. (This only applies if the harness can fit appropriately over the jacket.) Otherwise, have them remove the jacket, harness them, and then allow them to put the jacket back on. In the second case, they will need to remove the jacket before climbing.
- Participants with loose, long hair need to tie it up with a band. (We have spare hair ties in a baggie in the Ropes Course Shed.)
- Participants with hats need to take them off to put a helmet on. (I get a lot of people who ask if they can put a helmet on over the hat!)
- Jewelry, especially hoop earrings or long necklaces, should be removed prior to putting on a helmet and/or climbing.
- Anything else that might prevent a harness and/or helmet from being properly secured needs to be dealt with.

Facilitator Note:

There is a bin of “Modesty Clothing” in the High Ropes Shed. This is for females who are wearing very short t-shirts or any participant with very short shorts.

Roles -

Explain that they will be working in teams of (ideally) three participants. That gives you one climber and two ballast each and every time.

Ballast. All Facilitators WILL ballast, unless the climber weighs 50+ pounds LESS than the Facilitator. (E.g. Staff belaying a Trailblazer.) The operational rule here will be, “When in doubt, ballast! All ballast should be of “appropriate counterweight”. For example, a 200-pound man CANNOT have his four-year-old daughter serve as his only ballast.)

Ballast participants follow the “Rule of Two's”: two feet firmly on the ground; two hands firmly gripping the webbing; two eyes on the climber; two ears listening to commands; and two lips closed, other than for

encouragement.

Facilitator Note:

If there is insufficient counterweight to ballast safely – or when it's Staff ONLY working on the exterior of the Tower – the belayer MAY ballast, via a webbing, to either a vertical fence post or a healthy, live tree of a minimum of five (5) inches in diameter. (Rationale: Sometimes Family Campers come up alone. Sometimes other Staff aren't available to ballast during work periods.)

Other roles that can be assigned to participants in a group include:

Emergency Brake. The Emergency Brake is a participant who stands to the side of the belayer, maintains a few feet of slack in the climbing rope, and can activate the brake function of the belay device in an emergency by simply gripping the rope tightly. This will activate the ATC attached to the Facilitator. (It IS strongly recommended that this role be used when teaching belay skills to participants.)

Rope Tender. The Rope Tender is a participant who stands past the Emergency Brake (if used) and makes sure that the climbing rope is “coiled” nicely on a tarp to keep it out of the mud. (This is ideal for days when the Tower is in operation after the rain.)

Facilitator Note:

Using multiple Ballast participants, an Emergency Brake, and a Rope Tender gets more participants involved rather than simply having one person climb at a time! This is especially beneficial if you are working with younger students.



Positive Speech -

My spiel here goes something like this:

Our here, there are two swear words we don't want to use. Actually,

please don't use ANY swear words, but these two are especially bad. They're both four-letter words: The "D" words and the "F" word. Everyone know what I'm talking about? "Drop" and "Fall"! (When participants start giggling, I usually say, "Wait! What words were you thinking of? Shame on you!") If someone says, "Don't worry, you can't fall!", what's the one word that someone who is nervous hears? Fall. Exactly. We want to avoid using those words out here!

Also, encourage participants to cheer on each other; to praise each other. (I want them to cheer for someone who is so nervous that even getting in a harness is a big deal!)

Finally, explain to the participants that if they are continually making fun of others or they say something like, "I hope you fall and die!" they are out of the activity. There are NO second chances on this!

Verbal Contract - Before climbing, we will do a verbal contract with ALL participants – this includes Staff! While this manual will cover options later, this does NOT need to be complicated. (For a group that is there for fun, I will have the participant ask, "Ready to rock?" I will conduct a "Toe-To-Toe Check", and respond with "Rock on!" At that point, they may begin climbing.

When you explain this to the group, ask them if someone can tell you WHY we do a verbal contract. This helps the group process the need for it and, in my experience, helps to fix the need for a contract in their memory.

Climbing Tips - Before they begin, feel free to share some tips for climbing. You will find a list of them in the next section.

BASICS OF CLIMBING

Explain the basics of climbing and demonstrate on bottom blocks. Don't tell them how; let them figure it out through trial and error. Give hints, as necessary, to prevent discouragement.

1. Keep your body close to the wall. The farther back you hang, the more pressure you place on your fingertips. (Your butt is an anchor...)
2. Blocks turn. Oh, well, deal with it! (Rocks aren't glued on mountains, either...)
3. Use your legs! They are stronger than your arms. (Find a foothold and stand up!)
4. Turn your feet sideways to get a better "grip" on the blocks.
5. Keep three points (two arms + 1 leg / two legs + 1 arm) on the wall at all times. It's harder doing the wall with only two points of contact!

6. If you get stuck, don't give up. Stop and reevaluate your position.
7. If you need a hint, ask for one! (My typical hint is, "Go up!")

Facilitator's Note:

Why don't I just tell someone, "Put your right foot up by your hip!"? Well, if I tell them EXACTLY where to step, what did they learn for themselves? Furthermore, if I tell them to do something and they can't, what have I subtly implied? "Well, everyone ELSE can do that! You're a loser because you can't!" (Not the message we want to send!) Ask questions – "Hey! Do you see a place you can reach with your right foot?" – don't give answers!

8. It's okay to not make the top. Just try your best.
9. Some people like big goals (like the top). Others do well on little goals (like 1/4 of the way up, 1/2, etc.). Decide what works well for you when you set your goals!

HARNESSING

This section is to be used in conjunction with a hands-on training in harnessing. It is NOT intended to replace being trained in the actual use of harnesses. The following directions are for use with the Guide Harnesses.

Step One: Lay out the harnesses. Check to make sure that all straps are "unlocked" or "open" and loose to allow the harness to slide on easily. Inspect all harnesses for damage, missing clips, etc. When in doubt, throw it out... (If you lay it out like the picture, it's easier for participants to step into them, but please put them on a tarp or grass!)



Facilitator Note:

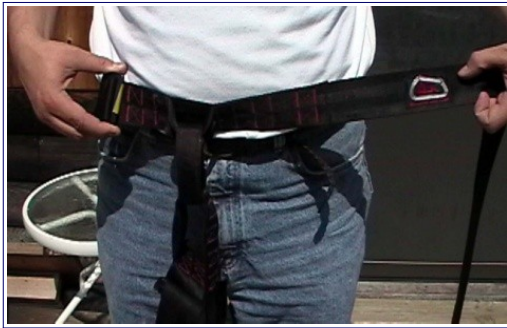
Okay, this may seem weird to talk about removing harnesses before we talk about putting them on in the first place, but you can save a TON of time (and grief) for others if you have people remove harnesses in the correct way! If participants loosen them – not disassemble them! – and slide them off, they will be easy to put on the next group!

If you're looking for speed, Facilitators need to check and layout the harnesses before each use to make sure the leg loops aren't tangled or flipped, belts are fastened correctly, etc.

Step Two: Have the participants take off any loose jewelry. Contrary to popular opinion, they do not HAVE to remove their rings, although it is generally good practice. Big hoop earring, necklaces, bracelets, etc., however, should be removed to prevent them from snagging on the Tower and breaking.

Have participants tuck in shirts (if they are wearing a jacket but don't intend to climb with it on, they should take it off during the harnessing process and put it back on over the top when finished. Hair should, if possible, be tied up, pants should be pulled up (no sagging and bagging), and shoelaces should be tied.

Step Three: With the help of a friend (♪ Lean on me / when you're not strong / I'll be your friend... ♪), have them put their feet through the waist belt and the leg loops. Have the participant work the belts up to their waist. They are to hold them by the waist belt with the belay loop to the front (centered on their navel) and logo on the harness facing out and upright. (We don't want to mess with the harness-makers ability to market their product now, do we?)



Note the logo to the right, facing out and up.
(Notice also that this one had the waist belt disassembled.)

Step Four: At this point, **be sure that the waist belt should seat itself over their hips and below their ribs!** (This keeps them in the harness should the participant flip upside-down!)



Step Five: If the harness is on properly, the tabs on the metal buckles will be facing toward the outside of their thighs. If everything looks correct, snug the loops tight. An “easy” way to do this is to pop a loop of material into the buckle, use that to pull it as tight as necessary, use a finger to prevent the material from slipping back through, and then pulling the remaining slack out. (This is difficult to type, but very easy to demonstrate.)

Harnesses should be snug enough to not slip off, but not so tight that the participant cannot breathe, although I prefer to err on the side of lack of air, if I must. (I usually ask the question: “Can you still breathe?” If they answer “yes”, I tell them it's not tight enough!)

A more accurate “rule” is if you can fit two fingers between their belly and the waist belt, it’s fine. If you can fit three fingers between their belly and the belay loop, it’s too loose! (Always err on the side of “too tight” instead of “too loose”!)



Step Six: On some harnesses there is a final strap called a “butt strap”, “back clip”, “monkey tail”, etc. (“Monkey tail” sounds WAY nicer than “butt strap”.) This strap goes up one leg, behind the waist belt, and then back down the other leg and then hooks into the clip. Have the participants slide their leg straps into position and then gently tighten by tugging on the monkey tail. (Note: Our Guide Harnesses have a permanent, nonadjustable, elastic strap.)



Step Seven: All right! We are in the home stretch. Now, we have to “lock off” the straps on the harness. There are two main ways of explaining this:



1. *“If you see red, you’re dead.”* On most harnesses, there is a red mark on the buckles indicating the areas that need to be locked off. However, telling a nervous person they’re harness is in the “dead” position, and since not all harness have this mark, let’s look at another option...

2. If you look at the buckles, they form the letter “O” which stands for “Open”. Open is a bad thing. We want them to be the letter “C” for closed, so we need to back them off. To do this, fold the belts back over the buckle and feed them out the other side.

Do the same with the leg straps.

Step Eight: Last, but not least, you must take all the loose ends of the belts and tuck them in. Make sure that as you wrap them up and out of the way that they do not cross over a buckle. You always want to be able to visually inspect the harness to ensure it is on properly.

Facilitator Note:

According to the standards for the Starlight Guide Harness, the tails need to be at least 3” in length. Shorter than that means that the person may be too large for the harness and different arrangements should be made. (Source: Starlight Outdoor Education.)

Step Nine: If someone has a different body shape or, due to their body mass you can’t get the harness to seat over their hips and/or you’re not sure they can’t fall out if inverted, get a chest harness or full-body harness. Always err on the side of safety!

Final Thoughts:

As stated previously, have the harnesses prepped and ready before the group arrives, if possible. However, if you are teaching Tower as a Skills Class, it’s not a bad idea to teach them how to “assemble” a harness. (It’s a useful skill!)

Typically, for speed, we harness participants. However, before touching their harness in ANY way, **always ask for permission**, due to the areas where the harness straps run! If they do allow you to help, always ask for permission before moving on to the next buckle! (Failure to ask may put you in conflict with our Child Abuse policy!)

Another option is to have groups harness each other and then have a Facilitator verify that the harness was put on correctly. This usually helps participants get the harnesses tighter than they could do on their own and it gives other members of the group something to do...

If a participant cannot get their harness tight and their partner cannot either, offer to assist them. If they refuse your help and cannot get the harness tightened sufficiently, do NOT let them climb.

Facilitator Note:

This became a very real issue when we had a male staff working with a rape-survivor’s group. Please be respectful of boundaries and find ways to adapt this process, as necessary.

HELMETS

Helmets – what we frequently call “brain buckets” – form the other primary piece of gear that the participants must have securely fastened prior to climbing.

1. All participants within the “Fall Zone” of the Climbing Tower – five feet or less from the base of the Climbing Tower – should be wearing a properly fitted and secured helmet. This keeps them safe from falling materials. (Adults and youth may be allowed inside the fence for ballast without being required to wear a climbing helmet.)

Facilitator Note:

Staff members who must enter the “Fall Zone” – five feet or less from the base – while someone is in the air on that side also need to have a correctly-fastened helmet.

2. Helmets should be carefully sized to the participant. We have both “adult” and “child” helmets. Because of that, some helmets will be too large for smaller participants and others will not fit the adults.
3. When the helmet is on, secure the chin strap and, depending on the helmet type, adjust the back strap to make sure it fits snugly. The way we test helmets is by a “sneeze check”. Have the participant fake sneezing; if the helmet moves, tighten it!



FACILITATING THE TOWER

To successfully facilitate the Tower:

On The Climber’s End -

1. Invite the new climber and their team in. Be sure to specify that they move behind other Facilitators, not in front of them! Do NOT let them walk under the rope of a climber!
2. Take this moment to learn the climber’s name, ask what their goal is, and be sure that the climber knows your name. This establishes a working relationship.
3. Connect the triple-lock carabiner through the belay loop on the harness.
4. While standing next to the participant, check to be sure their harness is tight enough, ALL belay loops are backed off, and if the knot and rope are ready.
5. Check their helmet to make sure it won’t slip off.

6. Check to see if their clothing is acceptable. (Not talking terms of fashion here, but be sure that shoelaces are tied, jewelry is not an issue, etc.)

Facilitator Note (Change):

*Per direct order of Don Nagy of Experiential Systems in the Fall of 2021, **backup carabiners are no longer to be used!** We are to use a single, steel, triple-lock parabiner through the belay loop ONLY!*

On The Facilitator's End -

1. Return to your position outside of the "Fall Zone".
2. Have the ballast team take their position. (Again, remember the "Rule of Two's": two feet firmly on the ground; two hands firmly gripping the webbing; two eyes on the climber; two ears listening to commands; and two lips closed, other than for encouragement.)



3. Assign Emergency Brake and Rope Tender, if used.
4. Assume your stance. This means feet approximately shoulder-width apart, your front foot pointed toward the Tower, and weight evenly distributed. (For heavier climbers, a wider stance with weight toward the back foot will help keep you more firmly anchored.)
5. Take out the slack.
6. Cue the participant to start the verbal contract. When they ask, "Ready to climb?", do a "Toe-To-Toe Check". This includes:
 - Climber Footwear
 - Climber Harness (Is it snug? Above the hips? Free of twists? Closed off? Adequate tail?)
 - Knot (Is it still tied tight? Has the bight slipped down or come undone?)
 - Rope (Follow it up from the climber and through the spin static. Are there twists?)
 - Belay Device (Is it set up correctly? Any twists?)

- Locking Carabiner (Is your carabiner locked? Do a quick squeeze check!)
- Facilitator Harness (Is it snug? Free of twists? Closed off? Adequate tail?)
- Facilitator Footwear (Are YOUR shoes tied? Do you have a solid base?)

(Adapted from the American Mountain Guides Association 2016-2017.)

7. When the “Toe-To-Toe Check” is completed satisfactorily, give the climber permission. “Climb on!”

Facilitator Note:

If a group cannot behave in a safe manner, do NOT do this activity! The Camp will support you if you decide that the group is not acting in an appropriate fashion.

BELAYING / RAPPELLING

To belay, we will train our Facilitators to use the style taught by Project Adventure, REI, and many other climbing organizations. Facilitators trained on other courses may demonstrate their belay style and, if it’s not a significant departure from what we teach, will be accepted. (This is to be evaluated by the Ropes Course Administrator on a case-by-case basis.) The following is taken directly from the REI “How To Belay” Course:

Belay Technique



The following are universal belay principles:

- Always keep your brake hand(s) on the rope. ALWAYS.
- Only slide a hand when the rope is firmly held in the braking position.
- Always orient brake hands in their strongest natural position.
- Always maintain attention on your climber, and be watchful for any hazards in your surroundings.

Proper Belay Stance

- Athletically, that means your non-dominant foot is forward, your knees are bent and your whole body is relaxed yet ready.

- Geographically, that means you're not too far from the wall. To avoid impact from the climber or a rock, you're also one step away from being directly under the climber's route.

Facilitator's Note:

This does not necessarily apply to our Ropes Courses as we prefer belayers to be back a minimum of five (5) feet from the base of the Tower so that they are outside of the "Fall Zone".

- Organizationally, that means that any rope on the ground is neatly stacked so that it won't get tangled up as you're belaying.

Proper Hand Position

Brake hand: Place your dominant hand about six inches below the belay device and firmly grip the rope. Thumb and forefinger are up, not down. (Note: If you put your brake hand too close to the device, you risk getting severely pinched during a forceful fall, which in turn, puts you at risk of dropping the rope.)

Guide hand: Place your opposite hand on the climber's side of the rope. Grab it slightly above your head at a height that's comfortable to reach.

PBUS (Pull, Brake, Under, Slide) Technique

When you're belaying a top-rope climber, most of your time is spent taking in slack as the person climbs. The PBUS method is a simple, effective way to do this:

Pull: Pull your guide hand downward while also lifting the firmly gripped brake rope out and up. This takes in slack as your partner climbs.

Brake: When the guide hand nears the belay device, flip the brake rope back down to lock the rope in the device.

Under: Move the guide hand to the brake rope, placing it underneath the brake hand. Grip the rope firmly to create a new temporary brake hand.

Slide: Loosen the grip, but don't unwrap the fingers of your original brake hand. Slide it up to its original position, six inches below the belay device, and grip the rope firmly.

Repeat: Move your guide hand back to its original position and you're ready to go again. Generally, short quick PBUS sequences work best.

Watch and listen to your climber closely and continuously. When the climber pauses, you pause. Always pause in the brake position. You must also be prepared to catch a fall, hold tension in the rope and lower your climber.

Catching a Fall

Whether it's because you hear the climber yell "Falling!" and/or you spot the fall because you never take your eyes off your climber, you must react quickly. That's why your athletic belay stance is so important.

- Pull your brake hand down as you tighten your grip.
- Use your body, harness, rope, and belay device to absorb the force of the fall.

Your body is acting as a counterweight to the climber's body. If you've been removing slack consistently during the climb, both the distance the climber falls and the resulting force you are catching will be relatively modest. Note that climbing ropes are designed to stretch a little, which helps absorb the force of the fall and, in turn, lessens the force on the climber's body during the fall.

Holding a Climber Who Pauses

Whenever a climber wants to pause for any reason—to rest, consider a move or is at the top of the climb, for example—the command is "Tension!"

- Remove any slack in the rope
- Pull your brake hand down
- Lean back to maintain rope tension
- Yell "Gotcha!"

Facilitator's Note:

You can certainly teach this, however we should be always doing this any time a participant pauses, whether they ask for "Tension!" or not!

Lowering a Climber

When the climber has completed the route, asked for tension and you've got them, the climber will lean back into a sitting position and yell, "Lower me!"

- Bring your guide hand under your brake hand
- Keep both hands on the rope
- Yell "Lowering!"
- Let the rope slowly feed through the belay device, lowering the climber
- Maintain a steady pace, adjusting speed if the climber requests it
- Pause to let the climber see and negotiate obstacles like a rock outcrop, a roof or an overhang
- Slow down near the ground to allow the climber to touch down with good footing

When the climber is standing on the ground, safely balanced on two feet, the climber yells "Off belay!" You respond by paying out plenty of slack and yelling "Belay off!"

(Taken directly from “How To Belay” by REI Co-Op, Expert Advice. For more information, please visit: <https://www.rei.com/learn/expert-advice/belay.html>)

Additional Notes

For both our Tower and High Ropes Course, there are two additional steps that we need to do to complete the climb:

- Before attaching the next climber, click the counter to indicate a climb on the rope. Any time a participant leaves the ground, it is consider one climb for our Rope Log.
- If someone has completed their climb, have them remain in their harness. When ALL climbers are done, have them unlock their harnesses – not undoing the buckles; loosen the belts, and slip them off! If you do it as a group, participants are less-likely to “spaghetify” the harnesses!



The bigger the kick, the more fun rappelling is!
(We won't talk about the lack of helmet here!)

Facilitator Notes:

At NO TIME does the Facilitator EVER release hold of the brake rope! *There is NEVER a reason to do that, regardless of what is happening around you! (If necessary, get them down quickly and safely and then deal with an issue!)*

As the climber moves, the Facilitator needs to pay close attention to them. This means listening to what they say, asking for information, and taking out slack.

A climber can ONLY climb to the height of the buttons at the top of the Tower. Never let a climber “over-climb” the wall!

CLEAN UP

At the end of the event, the routine is as follows:

1. Get the Rope Log and record the number of climbs per rope. (All ropes are color-coded with tape that matches the log.) Reset the counters, when finished.
2. Untie all knots and remove all gear from the climbing rope.
3. Tie the p-cord to the end of the climbing rope and pull it back through. Just like when you pulled it up, let the p-cord run through your hand. This prevents knots from getting tangled in the spin statics at the top. When the p-cord is back down, tie it onto itself using two basic overhand knots.
4. Visually and tactilely inspect the climbing ropes as you “butterfly” them. Tie them off and hang them by the ropes over the pegs! Do NOT hook the middle loop over the peg as it puts stress in the middle of the rope!
5. Put all harnesses back on hooks. If participants did spaghetti a harness, please reassemble it immediately. Do NOT leave it for someone else to fix!
6. Put all hardware on the shelf. (I typically leave a triple-lock, a screw-gate, and a belay device hooked together for ease next time.)
7. Untie the water knot and either roll or daisy chain the webbing.
8. Return the Tower Rescue Bag to the big shelves.
9. Take the helmets outside of the shed, spray them down with disinfectant, and store them right-side-down on the racks! (You want the disinfectant to be able to drip out of the helmets!)
10. Hang the tarp on the Climbing Tower and padlock it shut.
11. Do one last “ground sweep”! (Gear is too expensive to leave lying on the ground!)
12. Hang the chains to “close” the Tower.
13. Be sure to shut and lock the Ropes Course Shed before leaving the area.

APPENDIX A: ADDITIONAL CLIMBING COMMANDS

The commands in the next two sections are meant to expand your communication with participants. While these are NOT required, they are nice additions to any “training” programs (e.g. “Club Rock”) or a week-long Skills Class.

Verbal Contract (Long)

A longer verbal contract looks like this:

CLIMBER

“(Name) On Belay?”

BELAYER

“(Name) Belay is on.”

*The Climber is asking if they are safe. The Belayer, after visually double-checking the connections, the condition of the rope, looking for twisted ropes, etc. responds with is all hooked up and ready to climb. Usually, at this point, the Belayer makes sure that there is no slack in the rope. When the climber feels the rope tug on the harness, they know they are secure.

“(Name,) Climbing?”

“(Name) Climb on.”

*Before beginning to climb, the Climber checks one more time for permission. The Belayer, if ready, gives that permission and begins the process of belaying the participant.

Please note that the sample verbal contract provided here is only a suggestion. (The most basic one that I’ve used is: (Climber) “Ready to rock?” (Facilitator) “Rock on!” However it’s done, all Staff ARE REQUIRED to use some sort of a verbal contract with EVERY climber! ***There is to be no exception to this rule!***

Facilitator Note:

Be aware that you may need to adapt this with special populations. For nonverbal participants, hand gestures may be substituted, instead.

Special Commands

The following are special commands which will improve Belayer/Climber communication:

- | | |
|--------------|--|
| “Falling” - | This command is given if the climber starts to fall, alerting the belayer to use the brake. |
| “Got You” - | The belayer has removed the slack and is prepared for the climber to sit back on the rope. (Usually used with “Ready To Lower”). |
| “Lowering” - | The belayer tells the climber that they are being lowered. |
| “Okay” - | The belayer’s response to all of the above commands to let the climber know the team has heard them. |

“Ready To Lower” - The climber has sat back into the rappel position and is ready to come down.

“Slack” - If the climber feels the rope is being held too tightly they give this command. The belayer replies by letting out a little slack.

“Tension” - The climber wants ALL slack removed from the system and the rope to be held tightly. (Usually done before they make a more serious move.)

“Up Rope” - If the climber notices too much slack in the belay rope they give this command. The belayer should take in the loose rope so if the climber falls, they will only fall a minimum distance.

Facilitator Note:

Please note that “Falling” is a nicety; not a necessity. If a climber KNOWS they are going to fall, they can inform you. However, many participants do NOT know they are falling. This is why Facilitators need to be paying close attention and keep the slack in the rope to a minimum.



APPENDIX B: CLUB ROCK

Club Rock is an outreach of the Northern Lakes Impact Center and involves training Campers in more complicated rock climbing techniques. Although it is a “higher level” of instruction, Club Rock must still follow the procedures detailed herein, unless there is a documented deviation that has been approved of by the Ropes Course Administrator.

If an addendum is filed, it must be submitted in writing, approved, and then appended to this document. At the time of this writing, there are only two deviations that have been approved:

- Club Rock is allowed to use a Figure-8 tie-in method to the hard points of the harness for connecting climbers. This is standard practice in climbing gyms, is listed as an approved connection method on the materials that came with our harnesses, and will be conducted per American Mountain Guide Association (AMGA) standards.
- Club Rock may utilize Gri-Gris for belay devices, in addition to or in place of the standard ATC-style devices, as these are commonly used belay devices in the industry. The agreed upon standard for this is:
 - Trained Staff will set up and/or inspect the setup done by students before they are used.
 - Trained Staff will act as an Emergency Brake at ALL times when a participant is utilizing the Gri-Gri. (Club Rock will also need an Emergency Brake for participants learning to belay with an ATC-style belay device.)

An addendum for each of these exemptions is included with this document.

Club Rock is ONLY allowed to be taught by someone with current certifications in Climbing Wall Instruction. While other Facilitators may assist, in the event that someone with CWI certification is NOT present to directly oversee instruction, Club Rock may not deviate from the standards in place for throughout the rest of this document, nor may they use a “tie-in” or Gri-Gri in any capacity.

APPENDIX C: SKILLS CLASS

The Climbing Tower is available as a Skills Class during Summer Camp. For basic use, any Primary Facilitator can use the Tower with campers.

Advanced options include:

- Participants self-harnessing.
- Participant belay.
- Participant set-up/take down.
- Bouldering.
- Self-Rappel from top.

Primary Facilitators who would like to lead any of the advanced options will need to have a Ropes Course Trainer or Ropes Course Administrator to assist. In the case of Self-Rappel, the person in question must meet the ACCT criteria for a “competent person” and be trained to set up and lead this activity.



APPENDIX D: BOULDERING

Bouldering is another fun activity which can be done with this Tower. Instead of participants attempting to climb up, they challenge themselves to go around the Bouldering Wall without touching the ground. This is a fun, reasonably impromptu activity, requires no special set up, and may be used with any program. There are some rules, however:

1. Bouldering may NEVER be done at the same time as participants are climbing.
2. The tarp must be removed from the Tower. Also, the door to the Tower must remain closed during all Bouldering attempts.
3. Grounds around the Tower need to be inspected for safety, including, but not limited to: sticks, stumps, snags, dead trees, etc.
4. Bouldering must be supervised at ALL times. No staff person will ever leave campers unattended and will not divert their attention away from the participants.
5. ALL participants inside the fence are required to wear appropriately fastened helmets..
6. At this time, we do NOT require the p-cords to be removed. Participants, however, must go OVER the cords, not under them.
7. Bouldering will be done on the “buddy system”: one person attempts to climb around the wall while their partner stands behind them, hands up and spotting, to help cushion a fall. (Use the “Ninja” position for safety.)
8. Participant’s feet may not go over three feet (36 inches) up the Tower while Bouldering.
9. Campers not following directions should be warned once, and then removed from the activity. This is especially critical for those who fail obey the three-foot rule. **If your group is unable / unwilling to spot appropriately, your time Bouldering is at an end. There are no exceptions to this rule!**

**Notice the extreme lack of helmet and spotters!
This is from another camp. Do NOT copy their
example!**



APPENDIX E: SELF-RAPPEL

During the era of “Specialty Camps”, the Tower was a popular class. However, due to the length of class times, we needed additional activities. This activity was considered a “high point” (literally) for a number of campers, however it has since fallen into disuse.

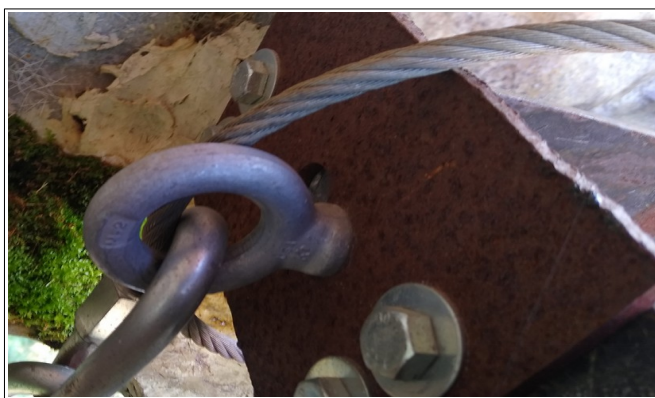
To rappel from the top of the Tower, participants need to have spent time learning to belay using a Gri-Gri. (No other belay device may be used by participants for self-rappel!) If you haven’t spent time with the Gri-Gri, do NOT select this activity!

To set up Self-Rappel:

1. Self-Rappel can ONLY be done on Side Three. (All other sides present potential hazards which can be dangerous for inexperienced climbers!)
2. Open the Tower door and enter. Attach the cable grab to the vertical cable, secure it to your harness, and begin your climb. (The cable grab will prevent you from falling more than two feet while ascending the Tower.)
3. Climb to the top of the Tower and secure yourself using lobster claws and/or lanyards to the belay cables on Side Three at the top.
4. Optional: Disconnect the rapid links and spin statics from one climb on Side Three. (Be sure to tie the p-cord in a loop and use it to pull the hardware up! Once it is brought inside the top of the Tower, attach it firmly to one of the belay cables.) Move the p-cord to the corner of Side Three so they don’t get in the way!

Facilitator Note:

I strongly recommend that you don’t do Step 4. Instead, place the belay line on the empty attachment. It has a ring bolt and backup cables, so it’s belay rated and safe.



5. Take a climbing rope, tie a double-bowline w/ triple-barrel onto the end, put it through a carabiner, and then clip it over the belay cable and through the ring bolt at the top of the climb. (Hint: You CAN put the rope through a rapid link, instead of a carabiner! It’s one less piece of gear to worry about.) Be sure if using a rapid link, screw down! (The gate

needs to screw shut by being screwed down toward the ground.) NEVER “screw up” on a Ropes Course! When that’s done, lower the climbing rope through the hole and down the Tower.

6. When this set up is done, double-check your anchors! Then, lean over the top, grab the rope, bring it back over the top, and attach the Gri-Gri. Put a triple lock carabiner onto the Gri-Gri and then secure the assembly to one of the belay cables at the top so that you don’t lose it!
7. Anchor yourself to the top of the Tower using a daisy chain. Then, tie a double-bowline with a triple-barrel knot, attach an triple-lock carabiner, and lower it back down the middle of the Tower. Hook up an ATC on your end, attach it to your harness, and wait.
8. On the ground, a Facilitator opens the door and escorts a participant in. The participant climbs into the center of the Tower, attaches the triple-lock carabiner, and waits for commands. (The Facilitator at the bottom is responsible for double-checking helmet, harness, carabiner connection, clothing, etc.) When done, this Facilitator exits, making sure the door is shut behind them.
9. When ready, the participant climbs the ladder while the Facilitator on top belays them up.
10. When the participant reaches the top, the Facilitator locks them off and has them step out to Side Three, where they clip the Gri-Gri onto their harness. (They are on TWO separate ropes and belay systems here – one that is theirs and one that belongs to the Facilitator at the top!)
11. The participant then sits on the top of the Tower and, with the aid of the Facilitator, lowers themselves onto Side Three. (There used to be a canvas tarp at the top of the Tower to protect participants. I would recommend replacing that if you plan on leading this activity.)
12. When they are hanging from their Gri-Gri, the Facilitator feeds approximately three feet of slack through their belay device.
13. When all is ready, the participant says, “Taking over belay!” The Facilitator double-checks the set up and says, “Take over!”
14. At this point, the Facilitator at the top moves the brake rope into an “open” position that will allow the rope to follow through. The participant opens the Gri-Gri and begins to rappel their way down.

Facilitator Note:

The Primary Facilitator will sit on top of the Tower on Side Three and act as an Emergency Brake. (Another good reason for wanting that tarp!) If the participant opens the Gri-Gri and seems in danger of not stopping, the top Facilitator will engage their brake to protect the participant! If you are unsure if they’re moving too fast...they’re probably moving too fast!

15. Once on the ground, the bottom Facilitator disconnects the participant and attaches the Gri-Gri onto the rope connected to the top Facilitator. The top Facilitator pulls the gear back up and resets the belay systems. When the rope is lowered down the inside of the Tower, the bottom Facilitator escorts the next participant in.
16. When the activity is complete, reset the rapid links and spin statics, making sure that you are through the bolt AND over the cable. Be sure to screw down! Drop the ropes down the outside, hook the gear to your harness, move back to the cable grab, and make your way back down. Be sure to lock the Tower door when done!

Facilitator Note:

I've had participants reach the top and refuse to rappel. It's okay. Just disconnect the Gri-Gri, have them move back to the ladder, and belay them down the inside.

Final Thoughts:

I would ONLY do this with high school students and adults.

I would ONLY do this on the final day of the program. It really is a big deal, so where do you go from there? Make it your grand finale!

If you are uncertain about someone's abilities, do NOT let them do this! If you are uncertain about your abilities, do NOT do this! If you've never led anything like this, don't do this! Remember the rule: When in doubt, don't!

The thing I like most about this activity is the processing that you can get out of it. Don't just lead the activity, spend time talking about it! What was it like going over the top of the Tower? Did you trust your brake? Would you have done this if there wasn't a Facilitator with a rope attached to you? Why or why not?



APPENDIX F: SAMPLE HOLD HARMLESS FORM

Northern Lakes Partners

2750 Bible Camp Road
Rhineclander, WI 54501
(715) 203 - 0502

SPECIALIZED PROGRAM RELEASE, INDEMNIFICATION AND HOLD HARMLESS AGREEMENT

In consideration of participating in the indicated Specialized Programs, and for other good and valuable consideration, I hereby agree to release and discharge from liability arising from negligence Northern Lakes Partners, its subsidiaries, owners, directors, officers, employees, agents, volunteers, participants or entities acting for them (hereafter referred to collectively as "NLP") on behalf of my children, parents, heirs, assigns, personal representatives and estate and agree as follows:

1. I accept the fact that there are inherent risks in simply being in an outdoor environment. While a safety orientation will precede all Specialized Programs, I acknowledge that environmental factors may change and render an activity area unsafe.
2. I accept the fact that, while course leaders are skilled, trained and experienced, they cannot guarantee my total safety since some risks are beyond their control.
3. I agree to follow all instructions and guidelines provided by the Specialized Program Instructors and to act in a safe and responsible manner toward all participants. I realize that if I fail to follow directions or act in a manner that is inconsistent with the safety guidelines that I will be removed from the program and/or asked to leave the grounds without a refund of my program fee.
4. I fully comprehend and willingly assume the responsibility and risks of participating in the Specialized Programs selected below and as explained to me by the Instructors. My participation in this activity is purely voluntary and I elect to participate despite the risks.
5. I am sufficiently fit to participate in the Specialized Programs selected below. I agree to inform the Instructors if there are any medical concerns. I agree to notify the Specialized Program Instructors if any changes to my emotional, mental and/or physical health occur during the course of my program. Should I become ill or injured, I give permission for the program facilitators to render first aid and to seek emergency medical or rescue services, as they see fit and at my cost. I represent that I have adequate insurance to cover any injury or damage I may suffer or cause while participating in this activity or else I agree to bear the costs of such injury or damage myself.
6. I hereby voluntarily release, forever discharge, and agree to indemnify and hold harmless NLP from any and all claims, demands or causes of action which are in any way connected with my participation in this activity or my use of their equipment or facilities, arising from negligence. *This release does not apply to claims arising from intentional conduct.* Should NLP or anyone acting on their behalf be required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify and hold them harmless for all such fees and costs.
7. I understand that by signing this, I am giving permission to use photographs, videos or other media-related items of me or my child for use as they see fit and without compensation.
8. I acknowledge that this agreement will cover the following Specialized Programs (please indicate all applicable programs):

<input type="checkbox"/> Equestrian Programs	<input type="checkbox"/> Off-Site Trips	<input type="checkbox"/> Paintball
<input type="checkbox"/> Ropes Courses	<input type="checkbox"/> Target Sports (e.g. Riflery)	<input type="checkbox"/> Waterskiing / Tubing

Signature: _____ Print Name: _____

Parent or Guardian Agreement (For participants under the age of 18)

In consideration of _____ (print minor's name) being permitted to participate in the indicated activities, I further agree to indemnify and hold harmless NLP from any claims alleging negligence which are brought on behalf of the minor listed above or are in any way connected with such participation by the minor.

Signature: _____ Print Name: _____

Event (if applicable): _____ Date: _____

Failure to sign this document will result in removal from the activity and a refund of any program fees.