

## ADULTS WAIVER FOR PRACTICING INDOOR CLIMBING VERTICAL SPIRIT climbing gym, 80 Baicului Street

Practicing indoor climbing under safety conditions is the most important aspect on the basis of which we lay all of our undertakings regarding the promotion of this sports activity. For this reason, knowing and observing the safety rules is highly important. Each climber is required to be informed about these rules and to draw others' attention when noticing errors being committed in this respect.

- Access to the climbing wall for minors who have not participated in the climbing initiation courses, as well as for any child under 14 years of age is only permitted under the supervision of an instructor.
- The wall may be climbed without the use of rope up to the height of 3 meters from the ground (measured from the inferior body extremity) and only if the climbing wall is equipped at its basis with landing mattresses of minimum 15 centimeters thickness.
- It is forbidden to stand on the landing mat while other practitioners are ascending, as a fall of the climber might produce severe injury to those standing directly below on the mattress.
- For climbing the wall above 3 meters (measured from the inferior body extremity), the use of harness, rope, safety devices mounted on the wall and safety belay anchors is mandatory for all climbers.
- **It is mandatory to clip all anchors on the climbing wall**, as the climber ascends.
- The rope, the harness and the safety devices, as well as any other safety equipment must be UIAA certified for sport climbing (**NOT for industrial mountaineering**).
- Climbing the wall is allowed only with climbing shoes adequate for artificial structures, while boots or street shoes are not permitted under any circumstances.
- The safety rope will be installed on the gym ceiling, by means of locking carabiners or quick link (maillon rapide) in one of the special-mounted bolts (or by use of specially-mounted metal bars).
- Top-roping can be mounted by the gym personnel only, or by those that are familiar to the specific maneuvers for installing top-rope and only under the surveillance of gym personnel.
- For rope-tying a figure 8 knot is mandatory to be used, directly through the harness (for lead-rope) or through the UIAA certified locking carabiner (for top-rope).
- Both the climber and the belayer are compelled to check each other regarding the knot and the belay method.
- The belayer will not stand at more than 2 meters from the basis of the climbing wall, in order to avoid any incident; the belayer is forbidden from sitting down while ensuring the climber.
- It is strictly forbidden to play around with the safety equipment, as well as make any other jokes regarding safety maneuvers, safety equipment and behavior during climbing trainings.
- **Climbing and bouldering under the influence of alcohol is strictly forbidden;**
- **All climbers will be tested by the designated supervisors regarding: climbing knots, top rope belaying, lead belaying and lead climbing;**
- **Climbing in the gym without prior examination from the designated supervisor is forbidden;**
- Safety is one main aspect of climbing, but there is a component of 'personal risk' of injury. The climbers accept the risks related to the practice of this activity and are responsible for the autonomous actions in which they themselves must take into account various circumstances, such as: the distance between quick draws, the method of clipping quick draws, the method of belaying their teammate, the position of the body against the rope during ascent, landing on the safety mat.
- **Breaking the above mentioned rules could lead to suspension and in some cases to cancellation/termination of monthly subscription and forbidden access into gym premises without refunds.**

Name .....born ..... on.....  
 residence....., identified via.....  
 Series..... number..... PNC.....

**I hereby declare:**

- I have been informed about the safety rules and the internal functioning regulations of the Vertical Spirit Climbing Gym in 80, Baicului Street and I hereby pledge to observe them;
- I have performed the necessary medical check-ups that certify I am fit for the practice of climbing.

**Therewith I pledge:** to observe the practice hours, the instructors', supervisors' and space-accountables' directives, to display a civil behavior and language during the activities undertaken while on the climbing wall; to use the space and the available equipment in a civil manner, and handle all costs related to any damage brought to the gym. **In the event of injury resulting from disobeying the safety rules, Vertical Spirit Gym is absolved from all and any liability.**

Date.....Signature.....

**I hereby declare that:**

- I know how to lead climb and belay for lead climbing
- I know how to belay top rope
- I don't know how to belay.

**\*\*\*In case you declared you are able to belay, please complete the following:**

**I hereby declare that I have the ability and experience to belay with:**

- Reverso and ATC type devices
- Gri Gri type devices
- Other devices:.....
- None of the above/I don't know how to use any device.

**NAME & SIGNATURE**

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**CONTACT DETAILS** (completing this field is mandatory)

Email..... Mobile.....

- I agree to receive Vertical Spirit newsletter
- I do not agree to receive Vertical Spirit newsletter

**IMAGE AGREEMENT**

The undersigned ....., I express my agreement as Vertical Spirit to use the photos and videos in which I appear as a climber or participant in the activities organized at Vertical Spirit, in order to promote the Vertical Spirit climbing gym or the events organized by them, on social networks (Facebook, Instagram), in posters or dedicated photo albums or on the website [www.verticalspirit.ro](http://www.verticalspirit.ro) .

**NAME & SIGNATURE**

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**GDPR POLICY**

Vertical Spirit collects your personal data with the purpose of providing services (participation in climbing lessons and other sporting activities organized by Vertical Spirit, renewal and management of subscriptions, contract management, announcement of gym schedule), in order to comply with legal obligations and for marketing purposes, for information and for improving the quality of the services and products offered, as well as to prove that the legal safety rules on said climbing activity have been acknowledged.

By signing this consent, you agree that the data provided by you will be processed for this purpose.

According to Regulation 2016/679 / EU, you have the right to information, access, rectification or deletion (the right to be forgotten), restriction, portability, withdrawal of consent and the right not to be the subject of a decision based solely on automatic processing, including the making of profiles.

You can make the above requests about your rights by contacting Vertical Spirit at Liviu Rebreanu Street, No. 15, Bl.N3, Sc.1, Ap.191. Et. 8, Sect 3. Bucharest or by e-mail at [roxana@verticalspirit.ro](mailto:roxana@verticalspirit.ro).

**Personal data processed by Vertical Spirit:** name, surname, date of birth, ID number, contact details: address, e-mail, telephone number.

**Method of data collection used:** by filling in the sign-up forms, either hard copy or online at Vertical Spirit's website and information requests.

**Collected data can be transferred to:** Public authorities, if they request, to respond to legal requirements.

**Duration of personal data processing:** Your personal data is processed throughout the entire contractual relationship and, upon completion, at least for the period required by applicable law, including, but not limited to, archiving provisions.

**NAME & SIGNATURE**

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