



## Activity Waiver

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To participate in CCA rock climbing activities, you must:

- be 18 years old or over, or 16 years old and over and accompanied by a legal guardian.
- have had experience in rock climbing and related outdoor activities. At a minimum, this experience must include climbing at an indoor gym where formal instruction and approval has been given to you to belay.
- be a current financial member of the CCA.

Before you join your first CCA climbing activity, it is important that you read and understand the following Safety Warning:

- Climbing is an intrinsically dangerous activity. You could be seriously injured or killed, even by events beyond your control, by taking part in climbing activities.
- Climbing is a team activity. It is typical for people with whom you are climbing to hold your life in their hands (e.g. belaying). Only climb with people you trust. If you are not sure, then don't climb.
- The safety issues relevant to climbing outdoors are totally different to those involved with indoor gym climbing. The CCA encourages the use of safe climbing practices, but any climbing you undertake with the CCA is at your own risk.
- The CCA cannot guarantee your safety on climbing trips or other CCA activities. You are personally responsible for your own safety, which includes choosing where and what you climb, what gear you use (whether it's yours or someone else's), and with whom you climb.
- The CCA strongly recommends you engage professional instruction and undertake courses to learn and improve your safety and technical skills.
- It is always a requirement that participants on CCA trips wear a climbing helmet while climbing and belaying, or whenever above or below a cliff.
- The CCA does not hold insurance policies for personal injury or public liability. It is strongly recommended that participants take out their own personal injury insurance that will cover them in the event of a climbing accident.

I further acknowledge that I am aware participation in any CCA activity may expose me to risk that could lead to injury, illness or death or to loss or damage to my property.

These **risks may include but are not limited to**: muscle strains and broken limbs, brain damage, hypothermia, dehydration, sunburn, exposure to heights, exposure to cold and/or bad weather including wind and rain, slippery and/or uneven surfaces, equipment failures, failure to use equipment correctly, loose rocks, falling rocks/equipment, unstable cliff edges, falling at edges of cliffs or drops, group being delayed or disorientated, vehicle traffic, actions of participants and/or spectators and/or members of the public.

To minimise these risks at each CCA activity I attend, I have endeavoured to ensure that:

- The activity is within my capabilities and I am carrying food, water and equipment and wearing clothing and footwear appropriate for this activity.
- I have advised the trip leader if I am taking any medication or have any other physical or other limitation that might affect my participation in this activity. Furthermore, I do not believe that my medication or limitations will prevent me from successfully completing this activity.
- I am not under the influence of alcohol or other psychotropic drugs that are not prescribed by a medical practitioner.
- I will make every effort to remain with the rest of the party during the activity and accept the instructions of the trip leader of this activity.
- I will note any risk warning given prior to or during the activity.
- I will advise the trip leader of any illness/injury/misadventure which may/will affect my ability to participate during the trip and which requires medical attention.

I have carefully considered the safety warnings and the likely risks involved in my participating in any CCA activity.

In participating in any CCA activity, the CCA accepts no responsibility for the above or for any acts, omissions or defaults of any of its members or other persons.

I agree to waive any claim for damages arising from participating in any CCA activity, against the Canberra Climbers' Association, the trip leader or other participants in tort or contract. In the event of my death, this waiver will bind my estate.

This waiver will remain effective in perpetuity.

Name \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

Guardian Name (if applicable) \_\_\_\_\_

Guardian Signature \_\_\_\_\_

Date \_\_\_\_\_