

The Climbing Wall & Bouldering Cave

Supervisor Manual

Oberlin College Recreation Center
rev. September 2004

Table of Contents

Purpose	3
Supervisor Roles & Responsibilities	
Supervisor Qualifications	
Supervisor Management	
Climbing Wall Policies	4
Color Coded Climbing Cards	5
Checking In Climbers	6
Administering Skills Tests	7
Boulderer/Climber Checklist	9
Climber & Belayer Checklist	10
Lead Climbing & Belaying a Lead Climber Checklist	11
Curriculum Guidelines:	
How-to-Guide: Introduction to Climbing Basics	12
How-to-Guide: Climbing Techniques	14
How-to-Guide: Lead Climbing	16
How-to-Guide: Youth (13 and under) Climbing Clinic	18
How-to-Guide: Route Setting	20
Wall & Equipment Maintenance	21
Waiver of Liability, Assumption of Risk & Indemnity Form	23
Back of Waiver with Information Form	24

Climbing Wall Supervisor Manual

Purpose

The Oberlin College Climbing Wall is designed to promote climbing education, personal challenge and physical well being within the Oberlin community. Throughout the year the wall staff will offer diverse programs geared towards all levels of climbers as well as leadership training and other group activities. Participants will encounter personal challenges, both mental and physical, through these programs. It is our goal to use the wall not only as a platform for teaching climbing basics but also as a segue to outdoor recreation and total physical fitness.

Supervisor Roles and Responsibilities

The job of a wall supervisor is to oversee the safe use and enjoyment of the wall. Supervisors must constantly be aware of the safety hazards associated with climbing. They can effectively prevent and eliminate these hazards by staying alert, maintaining the equipment, following standards and giving proper instruction to climbers. Supervisors must be enthusiastic, aware of climber abilities and needs, and eager to help them learn and improve those abilities. Wall supervisors will set good examples for other climbers by being knowledgeable, encouraging and committed to facility policies.

Supervisor Qualifications

In order to become a Wall Supervisor one must fulfill the following qualifications:

- At least two years of climbing experience OR prior employment as an instructor at a climbing facility OR formal training in technical climbing.
- Current first aid and CPR certification
- Oberlin College student
- Completion of the supervisor training program
- Teaching belaying
- Lead Climbing
- GriGri ascension
- Route setting

Supervisor Management

Three student managers oversee various elements of the climbing program. The responsibilities and job descriptions are as follows:

- **Program Manager:** This individual is responsible for maintaining an all-encompassing vision for The Wall. The coordinator is responsible for ensuring that all staff members meet required competencies and performance expectations, that the curriculum for both basic instruction and special seminars is safe and adequate, and that day to day administrative tasks are carried out.
- **Staff Coordinator:** The task of staff and class scheduling is the responsibility of this position. This coordinator ensures that The Wall is appropriately staffed during all open hours and manages all schedule changes and subbing.
- **Equipment Manager:** This person is responsible for the maintenance and logging of all climbing gear. The decision to retire or replace specific items is the call of this manager. All wall and equipment inspections are either performed or directly supervised by him or herself.

Oberlin College Recreation Center Climbing Wall Policies

1. All participants must check-in with a Wall Supervisor, sign the climbing log and obtain the appropriate certification tag.
2. A climbing tag can only be obtained by passing the Boulderer & Climber, Top Rope Climber & Belayer or Lead Climber & Belayer test.
3. Only tagged climbers and belayers are allowed within the climbing area. Observers must stay outside the designated walled area. Exceptions will be made at the wall supervisor's discretion using sound judgment based on numbers, location of climbers, etc.
4. All climbers must read and sign the Climbing Wall Waiver and Release of Liability before climbing. A parent or guardian must sign for climbers under the age of 18.
5. Climbing is allowed only when the complex is open and a wall supervisor is present. Wall supervisors have the authority to enforce all climbing wall policies. Any violation of policies may result in the suspension of climbing privileges and removal from The Wall.
6. Participants may use harnesses, shoes, carabiners, belay devices and other equipment provided by the OC Recreation Center. A wall supervisor must approve personal harnesses and other gear; however the responsibility and risk in using such personal equipment remains with the participant.
7. Only locking carabiners with an ATC or similar device may be used for belay purposes.
8. Only climbing shoes or athletic shoes are permitted. Street shoes and bare feet are not allowed.
9. No loose chalk is permitted on the wall.
10. Bouldering is allowed under unoccupied pitches. The boulderer's hands must stay below the ten (10) feet line.
11. Climbers are strongly encouraged to remove jewelry, rings and watches prior to climbing. Safety straps for eyeglasses are also recommended.
12. No food or beverages are allowed in the climbing area. Water in plastic bottles is okay; please no glass for safety reasons.
13. Please report damaged or loose holds or any other damage immediately to the wall supervisor on duty.
14. The Oberlin College Recreation Center is not responsible for lost or stolen items. Lockers are available from the Equipment Room.
15. Climbing wall staff members have the right to ask unruly or unsafe patrons to leave. Loss of certification may result.
16. Any guest of an Oberlin student or employee must purchase a guest day pass from the Recreation Center Office and follow all the above policies in order to use the wall.

Color Coded Climbing Cards

Wall staff must issue a color-coded card to every climber who enters the area. These cards are used to help staff identify the climber's ability level and are very important. The cards must be issued and collected every time a participant enters and leaves the wall respectively.

-Upon successful completion of the Boulderer/Climber test every academic year, participants will be allowed to boulder or top rope climb at the wall during open hours.

These participants will be issued a red certification card to wear on their harness every time.

-Upon successful completion of the Belayer/Climber test, participants will be allowed to boulder, top rope climb and belay at the wall during open hours.

These participants will be issued a yellow certification card to wear on their harness.

-Upon successful completion of the Lead Climber/Belayer test, participants will be allowed to boulder, top rope climb, belay and lead climb or belay a lead climber at the wall during open hours.

These participants will be issued a green certification card to wear on their harness.

Color of Card	Certification
Red	Bouldering and Top rope climbing ONLY
Yellow	Bouldering, Top rope climbing and belaying
Green	Bouldering, Top rope climbing, belaying, AND Lead climbing and belaying a lead climber

Checking In Climbers

First Time Climbers

1. For first time climbers, give the patron a copy of the waiver and wall policies.
2. Discuss the inherent risks of climbing and the importance of adhering to the wall policies.
3. Make sure the climber reads through the waiver and policies before signing. The document is good for the current academic year. For climbers under the age of 18, a parent or legal guardian must read and sign the waiver.
4. Explain the certification system. Have the climber complete the information on a Wall Card. Explain that this card will be kept on file in case of emergency and as a record of successful certifications.
5. Explain the policies on personal climbing gear and equip the climber as necessary. Collect OCID or OCRC ID for use of any OC issued gear (color-coded climbing card, shoes, harness, belay device, carabiner, chalk bag, etc.).
6. Have the climber sign-in.
7. Inquire which skill test the climber wishes to take and administer this or direct them to the appropriate wall supervisor.
8. After a successful test, fill out the card as necessary and give the climber the appropriate certification tag. Explain that the tag will be issued each time the climber checks into the wall. The tag must be displayed by hanging on a leg loop of the harness whenever using the wall.

Returning Climbers

1. Ask the climber to sign in.
2. Look up the patron's Wall Card to make sure it is on file and to check for the certification level. Issue the appropriate certification tag.
3. Equip the climber as necessary and note the items on the sign-in sheet. Collect OCID or OCRC ID for use of any OC issued gear (color-coded climbing card, shoes, harness, belay device, carabiner, chalk bag, etc.).

Administering Skill Tests

Boulderer and Climber

1. Make sure the patron has completed the liability waiver and release form and Wall Card.
2. Remind the climber that s/he must climb with a certified belayer as a spotter and that bouldering may only occur on unoccupied sections of the wall with hands staying below the ten-foot line. Make sure that the crash mats are under persons while they bouldering!
3. Have the climber demonstrate the following:
 - Harness don and double back
 - Correct tie-in with a figure-eight follow-through knot and with double fisherman's knot back up
 - Proper use of basic verbal climbing commands
4. Sign and date the Boulderer & Climber line on the patron's Wall Card and issue the appropriate tag (red) to be worn on the harness.
5. Encourage the patron to sign up for the Intro to Climbing Basics so s/he can improve skills and take better advantage of the wall.

Belayer and Climber

1. Make sure the patron has completed the liability waiver & release and Wall Card.
2. Ask the participant about his or her previous climbing experience. Make sure the test taker has previously belayed. If not, recommend taking the Intro to Climbing Basics before testing.
3. Provide the climber with the necessary equipment or inspect personal gear to ensure that it is appropriate.
4. The test taker must demonstrate the following skills with no assistance from the supervisor:
 - Harness don and double back
 - Correct tie-in with a figure-eight follow through and double fisherman's knot back-up
 - Successful threading of an ATC or Pyramid type belay device
 - Belay device attached to harness through two strong points or belay loop with locked carabiner
 - Satisfactory belay technique and rope management including breaking and lowering
 - Proper use of verbal climbing signals
 - Full and undivided attention given to the climber
5. Have the test taker belay a climber up a few feet, catch an announced and then an unannounced fall, and slowly lower the climber to the floor. Back up the belayer!
6. Stress that the belayer should double-check both belayer and climber for proper tie-in and rigging.

7. Sign and date the Belayer & Climber line on the patron's Wall Card and issue the appropriate skill tag (yellow) to be worn on the harness.
8. Remind the new Belayer & Climber that just because a person has passed the belay test does NOT mean he/she should teach belaying to others.
9. If the climber fails, encourage signing up for the Intro to Climbing Basics and re-testing after more training and experience is acquired.

Remember that the safety of the facility is primarily governed by the competency of its users. If you have any doubt to a test taker's skills, do not pass that person. Honestly, would you want that person belaying you? More training never hurts.

Lead Climber & Belayer

1. Make sure the patron has completed the liability release and Wall Card.
2. If the Wall Card indicates that the climber has not already gained Belayer & Climber certification, administer the test as described above.
3. Select a dynamic lead rope. Do not use a low-stretch top rope.
4. The test-taker must demonstrate the following skills without direction or assistance from the supervisor while climbing a 5.8 or harder route :
Belayer:
 - Smooth rope management: the rope feeds out to the climber without unnecessary drag and while keeping the brake hand on the rope
 - Proper use of verbal climbing signals
 - Full and undivided attention given to the climber**Climber:**
 - Confidence and proficiency with rope management while on the lead route
 - Correct clipping of rope through the quickdraws (from the wall side out) ie. NO "Z" clipping.
5. Have the belayer catch an announced and then an unannounced fall after the climber has clipped into the third quickdraw.
6. MOCK LEAD - staff should back-up climber with top-rope.
7. After the test-taker has both climbed and belayed successfully, sign and date the Lead Climber & Belayer line on the patron's Wall Card and issue the appropriate tag (green) to be worn on the harness.
8. If the climber fails, encourage signing up for a Lead Climbing Seminar and for retesting once more training and experience are acquired.

Climbing Wall Boulderer/Climber Safety and Skills Test

INSTRUCTION:

Below is a checklist of skills needed to pass the Safety & Skills Test. If you are unable to pass any portion of the test, you will have to re-take the test at another time. These lead skills are required of all Climbing Wall patrons at all times. Failure to follow these basic guidelines can result in a loss of climbing privileges. Any failing grade on a skill will automatically stop the test.

Name: _____ T# _____ Date _____

Harness

- Worn properly
- Fits snugly
- Belt buckle double backed
- Properly fits a children's harness (if applicable)

Comments

Spotting techniques

- Balanced body position, wide base of support, knees flexed to absorb impact, hands up and ready
- Eyes constantly focused on the boulderer
- Ready to "give" with the body going in the direction of force—or rolling in the direction of force
- Ready to support the upper body and head in a fall

Climber's Set-up

- Tied directly into harness
- Helmet worn correctly (if applicable, waiver signed?)
- Figure eight follow-through knot
- Double fisherman's back-up knot
- Double checks belayer's set-up
- Properly ties into a children's harness (if applicable)

Belayer's Set-up

- Harness worn correctly
- Belay device used correctly
- Carabiner oriented length-wise and locked
- Double checks climber's set-up

Climber's Commands

- Knows appropriate use of belay commands
- Climber established "On Belay" prior to climbing

Overall Grade

PASS

FAIL

RETEST

Staff Name: _____ Staff Signature _____ Date _____

Climbing Wall Belayer/Climber Safety and Skills Test

INSTRUCTION:

Below is a checklist of skills needed to pass the Safety & Skills Test. If you are unable to pass any portion of the test, you will have to re-take the test at another time. These lead skills are required of all Climbing Wall patrons at all times. Failure to follow these basic guidelines can result in a loss of climbing privileges. Any failing grade on a skill will automatically stop the test.

Name: _____ T#: _____ Date: _____

Harness

- Worn properly
- Fits snugly
- Belt buckle double backed
- Properly fits a children's harness (if applicable)

Comments

Climber's Set-up

- Tied directly into harness
- Helmet worn correctly (if applicable, waiver signed?)
- Figure eight follow-through knot
- Double fisherman's back-up knot
- Double checks belayer's set-up
- Properly ties into a children's harness (if applicable)

Belayer's Set-up

- Harness worn correctly
- Belay device used correctly
- Carabiner oriented length-wise and locked
- Double checks climber's set-up

Climber's Commands

- Knows appropriate use of belay commands
- Climber established "On Belay" prior to climbing

Belaying

- Demonstrate safe and consistent technique
- Brake hand NEVER leaves the rope
- Keeps rope taut
- Catches one announced and one unannounced fall (instructor backs up belay)
- Uses proper lowering techniques

Overall Grade

PASS

FAIL

RETEST

Staff Name: _____ Staff Signature: _____ Date: _____

Climbing Wall LEAD CLIMBING/LEAD BELAYING test

INSTRUCTION:

Below is a checklist of skills needed to pass the Safety & Skills Test. If you are unable to pass any portion of the test, you will have to re-take the test at another time. These lead skills are required of all Climbing Wall patrons at all times. Failure to follow these basic guidelines can result in a loss of climbing privileges. Any failing grade on a skill will automatically stop the test.

Name: _____ T#: _____ Date: _____

Pre-Test

Comments

- Top rope climb a 5.8 route
- Clip quickly and efficiently with both hands, both gate directions

Climber's Set-up

- Harness worn correctly
- Helmet worn correctly (if applicable, waiver signed?)
- Tied directly into harness
- Figure eight follow-through knot
- Double fisherman's back-up knot
- Double checks belayer's set-up

Belayer's Set-up

- Harness worn correctly
- Belay device used correctly
- Carabiner oriented length-wise and locked
- Double checks climber's set-up

Lead Climber

- Keeps body outside of rope
- Doesn't back clip, Z clip or skip clips
- Doesn't clip too high (head above bolt)
- Doesn't clip from inefficient or unstable stances
- Doesn't bite the rope

Belaying

- Demonstrate putting out and taking in rope
- Brake hand never leaves the rope
- Catches one announced and one unannounced fall
- Demonstrates braking and sitting/dropping knee to take force during fall
- Uses proper lowering techniques

Overall Grade

PASS

FAIL

RETEST

Staff Name: _____ Staff Signature: _____ Date: _____

How To Guide: Introduction to Climbing Basics Clinic

1. General Information
 - A. Suggest removal of all jewelry and tie back long hair
 - B. Yosemite Decimal System and subjective ratings
 - C. Gear Care
 - D. Climbing etiquette
 - E. Offer Helmets and demonstrate proper fit (must cover forehead)

2. Harness
 - A. Know your harness and that of your partner!
 1. Styles vary and tie in points vary
 2. Instructions often on the inside
 - B. Proper fit requires your harness to be above the hips and snug
 1. Larger climbers and children require special attention to fit and tie in
 2. All buckles must be double backed (on most harnesses)

3. Demonstration of entire set-up (brief)
 - A. Describe from climber to anchor to belayer, using consistent terminology
 - B. Use individuals on the wall for examples

4. Knots and Practice
 - A. Demo figure 8 follow through and fisherman back up
 1. Practice knot, discuss how to tell if each is tied correctly
 - B. General Information
 1. Carabiner should be in the down and out position
 2. Carabiner must be locked and belayer anchored during class & whenever climber is heavier
 3. Discuss "end to end loading" of the carabiner
 4. Take a solid leg stance
 5. NEVER TAKE YOUR HAND OFF THE BRAKE!
 - C. Demonstrate Belay and Practice
 1. Pull in the slack with the guide hand while pulling with the brake hand
 2. Grasp rope beyond brake hand with guide hand.
 3. Slide the brake hand up/over to the belay device (don't get pinched)
 4. Repeat
 5. Rest position: put on the brake often
 6. If climber falls or looks like they will fall - brake
 - a. Brake and sit at the same time - do not rely on the ground anchor
 - b. Do not come off of the brake until they are completely back on the wall
 7. NEVER let go with your BRAKE hand!

5. Actual Climbing and Belay practice
 - A. Climber and belayer check -- Harness fit, buckle doubled back, proper tie-in, correct knot, and proper attachment to ground and belay device, and squeeze check on locked carabiner

B. Commands – Reinforce that the connection between a belayer and their climber is unbreakable—regardless of the distractions that may arise.

Ex. On Belay, belay on, climbing, climb on, off belay, belay off, up rope, slack, got me, got you, rock, falling, or others such as take, on you, tension

<u>Climber</u>	<u>Belayer</u>	<u>Meaning</u>
On Belay	Belay On	I am tied in/ I am ready to belay
Climbing	Climb On	I am preparing to move/I am expecting your move
Slack	OK	Release the tension on the rope/OK
Take/Tension	OK	Pull the rope tight/I am prepared for a fall
Falling	Got You	Obvious
Off Belay	Belay Off	I am detached from the rope/The rope is free

C. Back up belay and climbing and falling practice

1. Do not interfere with the belayer's hand movement
2. Do not fall behind in taking in the rope
3. Pay attention, if the climber falls, you put on the brake as well

D. Lowering/Climbing Down

1. Take in slack, put on brake, place both hands on brake and lower slowly

6. Safety

A. Choose rope above route, keep the rope between your arms while climbing

B. Watch for pendulum severity, watch for rope hooking on holds

How To Guide: Climbing Technique Clinic

1. General Information

- A. Stress warm up and stretching - avoid injuries
 - 1. Effective technique - body position and technique relates to how difficult a sequence can be
 - 2. Correct body position & technique will make a sequence easier
 - 3. Poor body position & technique will make a sequence harder
- B. Increase of repertoire means climbers can climb with less energy and more grace
- C. Balance is key
 - 1. Make your legs and your body do much of the work
 - 2. Don't rely on arms and muscles
- D. Keep hips and elbows close to the wall as much as possible
- E. Climb smooth
- F. Make your movements with purpose and finesse rather than pawing, kicking, taping, etc.
- G. No Fear
 - 1. Try new moves
 - 2. Your belayer will catch you
- H. Rest and save energy
 - 1. Take advantage of rest positions
 - 2. Climb quickly through hard sections
- I. Open your eyes
 - 1. Look around you
 - 2. Breathe and relax
 - 3. Climbing is fun

2. Observe, Observe, and Observe

- A. Watch the students climb
- B. Identify strengths and weaknesses
- C. Pick easy techniques to teach
- D. Pick techniques that address the climbers weaknesses

3. Climbing Techniques

- A. Arms, hands, grips
 - 1. Open, cling/crimp, ring, vertical, pocket, pinch, under cling, side cling, match hands, switch hands, mantle, straight arm
 - 2. Advanced: Crossing over/under, slopers, mono pockets
- B. Legs, feet
 - 1. Edging in/out, smearing, flagging, stemming, front pointing, heel hook, toe hook, footswitches
 - 2. Advanced: Hip in, shoulder roll, straight arm, crossing over/under, stepping through
- C. Additional
 - 1. Advanced: lay back, dead point, chimney, drop knee, dyno, inside flag, high step and rock on, knee bar, pivot and momentum, foot to hand match

4. Advanced Topics
 - A. Crack techniques
 - B. Overhang and roof techniques
 - C. Visualization and planning
 - D. Injuries and prevention
 - E. Endurance vs. power
 - F. Onsight and redpoint tactics

How To Guide: Introduction to Lead Climbing Clinic

1. Gear
 - A. Harness
 1. Styles and tie in points vary, check fit, check buckles
 - B. Helmets - proper fit of straps, be sure forehead stays covered
 - C. Rope- always dynamic, never static & why
 1. Alternate rope ends- improves wear and allows rest after a fall
 2. Pull back and secure top ropes when leading - do not lead on a top rope
 3. Explain lead equipment check out/in procedures: rope, carabiner, log sheet
2. Belaying a Leader
 - A. Alternate ends of the rope, flake it out
 - B. Spotting the leader to the first clip - protect hips to head, tuck your thumbs, break the fall
 - C. Solid leg stance, loose floor anchor, stand close to wall & to one side
 - D. Total attention to climber
 - E. Demo & Practice belay without climber - take in/ feed out rope prior to clip, after clip, missed clip
 - F. Braking and sitting- timing can be important, but not always possible
3. Clipping Basics
 - A. Clipping methods, L & R hands, both gate directions - practice low on wall- no biting the rope
 - B. Back clipping and Z clipping & why they are very bad
 - C. Clip stance - solid stance, quickdraw at waist is best but not always possible, not too high or low
 - D. Commands "clipping/slack" and "clip" /take
 - E. Rope management- never put your body parts between the rope and the wall & why not
 - F. Falling & relaxation, body positioning
 1. Practice by trailing a lead rope, while on top rope. Allow more top rope slack when falling.
4. Leading for Real
 - A. Each student's 1st lead - instructor will belay- watch clip and rope, take a few falls after 3rd bolt
 - B. Each student's 2nd lead - another student will belay them with instructor backing up. Be aware that the belayer will need to practice catching falls & climber taking falls (wall staff may be used)
 - C. All subsequent leads will be belayed by other students while instructor backs them up
 - D. No student will belay without instructor back-up until they pass their lead test -test is on another day
 - E. No student will lead climb without a helmet until they pass their lead test: Hel mets rock !

5. Mini-test

Instructor, while on top rope, will trail lead rope, making many mistakes & class must catch the mistakes

Mistakes: back clip, Z clip, missed clip, leg in rope, clipping too high/low/unstable

Gear: 2 bolt hangers & bolts, 2 quick draws, 1 lead rope, 4 practice ropes

Each student: helmet, harness, carabiner, belay device, climbing shoes

How To Guide: Youth Climbing Clinic (13 and under)

1. General Information
 - A. Suggest removal of all jewelry and tie back long hair
 - B. Yosemite Decimal System and subjective ratings
 - C. Gear Care
 - D. Climbing etiquette
 - E. Offer Helmets and demonstrate proper fit (must cover forehead)
2. Harness
 - A. Know your harness and that of your partner!
 1. Styles vary and tie in points vary
 2. Instructions on the inside
 - B. Proper fit requires your harness to be above the hips and snug
 1. Larger climbers and children require special attention
 - C. All buckles must be double backed (on most harnesses)
3. Demonstration of entire set-up (brief)
 - A. Describe from climber to anchor to belayer, using consistent terminology
 - B. Use individuals on the wall for examples
4. Knots
 - A. Tie directly into the harness
 - B. Figure Eight follow through, with a fisherman back-up
 - C. Body Harness must have figure eight tight against the tie in points
5. Belay set up
 - A. Show how to set up a belay properly and how to check it
 - B. Briefly demonstrate how a belay works
6. Climbing - Lots & Lots
 - A. Climber and belayer check
 1. Harness fit, buckle doubled back, proper tie-in, correct knot, proper attachment to belay device, and squeeze check on locked carabiner
 - B. Commands
 1. On Belay, belay on, climbing, climb on, off belay, belay off, up rope, slack, got me, got you, rock, falling, or others such as take, on you, tension
 - C. Lowering
 1. Take in slack, put on brake, place both hands on brake and lower slowly
7. Safety
 - A. Choose rope above route, keep the rope between your arms while climbing
 - B. Watch for pendulum severity, watch for rope hooking on holds
8. Technique
 - A. Body position - weight over legs - stay balanced
 - B. Three point rule
 - C. Look around - don't forget about your feet
 - D. Try different hand grips and foot placements - variety - give examples
 - E. Matching and switching feet or hands

9. Climbing Games

- A. Climb blind folded - watch their heads
- B. Climb with only one arm or one leg

10. Parents

- A. Adult should know how to properly fit and tie into their child's harness
- B. Adult should know how to properly fit a helmet
- C. Adult will have to pass our Safety and Skills test in order to bring their child (under 14) to climb

Route Setting Rules and Guidelines

~Only staff members or those individuals being supervised by a staff member should set routes. Please set routes outside of normal wall hours. Get the key from the equipment room and work in your spare time.

~There are two types of bolts, martini (small wrench) and gin and tonic (big wrench). Some holds take either, others take only one kind. One of the most common mistakes gin and tonic bolts in martini holds, especially the red pockets. If you look into a hold and there is a metal washer in the hold (not just metal residue from where a bolt was forced into the hold), it takes a gin and tonic. Please use a gin and tonic if the hold will accept one. If there is no metal washer and the hole is wide it takes a martini bolt. Please use the shortest bolt that will work (there are three lengths in each kind of bolt), so as to save the longer bolts for deeper holds. **Using the correct type of bolt is critical!**

~When bolting on a hold, first clean out the t-nut (t-nuts are the small metal things that are fired into the back of the plywood and have screws to accept the bolts) with the martini wrench, then place the hold over the hole, insert the bolt and GENTLY screw it in. Be very careful that it is going in straight; t-nuts are a softer metal and it is easy to screw the bolts in crooked, resulting in cutting new threads but usually ending up as a spinner. If you encounter resistance and you are sure you're going in straight back out and use the tap (a metal tool shaped like a t with a sliding handle and threads) to clean out the t-nut; screw it all the way in and then back out. Try the bolt without the hold, again gently.

~DO NOT over tighten the bolts. This can split holds or create spinners. Tighten until the hold just barely no longer spins and then another quarter to half turn ONLY.

A few route setting tips:

~Remember that the fewer artificial rules you impose (ie., no smearing, this hold for hands only, no using the edge) the easier and more fun the climb will probably be.

Make the first move doable. This is truer for climbing routes than bouldering problems. The first move should almost never be the most difficult on the route. Start with a big jug, even if you're setting a 5.13. There's nothing more frustrating and discouraging than not being able to get off the ground (ok, granted falling 25 straight times off the same move 100 feet off the ground would be pretty bad too).

~Taller route setters: try not to set anything you can't touch with your elbow, as a consideration to those less well height-endowed.

~Try to envision how climbers with different builds might climb it: Could someone with really good technique get a free rest somewhere? Could a monkey do some crazy hand-foot match and make it easier? Would someone try to campus it? Could a tall person just reach or do an easy dyno past your deeply thought-out crux? Most climbs are fun and challenging if done with precisely the sequence the route setter envisioned, but become dull if not done that way.

Guidelines for wall and equipment maintenance procedures

Inspections will be done daily (opening, during open hours and closing), weekly, bi-weekly, and monthly. All equipment inspections will follow the manufacturer's recommendation or accepted industry practice and will be documented in the staff logbook.

~Daily safety inspection procedures: during open hours of the wall.

1. Visual inspection of all harnesses, carabiners, belay devices, helmets, lead ropes, and quick draws as they are used for obvious excessive wear and tear.
2. Visual inspection of the wall, landing surface, top ropes, bolt hangers, and floor anchor webbing for excessive wear, loose holds, and other hazards.
3. Visual inspection of shoes and chalk bags as they are used for wear and tear and chalk levels.

~Daily equipment safety or maintenance procedures: as needed.

1. All loose holds should be tightened immediately.
2. Unsafe or potentially unsafe equipment should be removed and given to the Outdoor Recreation Coordinator for further inspection.
3. Any carabiners or belay devices dropped from the wall should be inspected for broken gates/possible fractures.
4. Inspect all ropes for flat spots or fraying after hard or long falls.
5. Loose wall particles should be removed immediately.
6. Empty chalk bags should be filled.
7. Shoes should be sprayed with disinfectant after each use.

~Weekly safety inspection procedures:

1. Manual inspection of all ropes and floor anchors for potential hazards.
2. Manual inspection of wall and landing surface for potential hazards.
3. Resupply of Climbing wall first aid kits.

~Bi-weekly safety inspection procedures:

1. Manual inspection of all harnesses, belay devices, carabiners, quick draws, helmets, gri-gris for potential hazards.

~Monthly safety inspection procedures:

1. Manual and visual inspection of wall, support structure, anchors, and landing surface.
2. Wall front: check for loose holds, art wall chips and cracks, and the loosening of top anchors and bolt hangers.
3. Wall back: check for changes in the support structure and surrounding area, and the loosening of all anchor points.

Documentation and retirement policy for equipment

Any equipment showing excessive wear, considered to be unsafe, or which has exceeded the recommended life as defined by the manufacturer will be removed from use. Inspection procedures will follow the manufacturer's recommendation. If the manufacturer has no set policy, the accepted industry practices for such items will be utilized. The following are the accepted industry practices for the inspection and discarding of safety equipment:

~Rope: Retire a rope after no more than four years of occasional use, two years of week end climbing, or one year of active use. Retiring a rope after only six months of hard use is not uncommon; some climbing gym ropes wear out after only a few weeks of intensive use.

~Harnesses: Retire a harness when it shows visible signs of wear such as fading or abrasion or after it has held a severe fall. Over time, the webbing will get fuzzy at the tie-in points. This is O.K. Be suspicious, though, of wear to the stitching or excessive wear to the tie-in points. Check your harness periodically to make sure the stitching is intact. A harness should last about two years under normal weekend use. You can extend the life of your harness by working the rope back through the tie-in points gently when untying—forceful pulling causes these points to abrade quickly.

~Carabiners: Falling onto bolts and pitons is particularly hard on carabiners. Made of aluminum, carabiners are easily grooved and nicked by bolt hangers and pitons, which have narrow edges and are made of a harder material, steel. There are 3 simple effects for inspecting carabiners before each use:

1. All surfaces of the carabiner should be free of cracks, sharp edges, corrosion, burrs, or excessive wear.
 2. Gate opening and closing should be quick and easy. Be sure the gate and any locking mechanism closes freely and completely.
 3. Rivets should not be bent, loose or missing.
- If the carabiner does not pass the above inspection, remove it from service and destroy it.

CAUTION: READ BEFORE SIGNING

WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY

In consideration of _____ (the "Participant"), being permitted to
(name of participant)
participate in any way in [Climbing on the Oberlin College Climbing Wall] ("the Activity"), I, _____,
the undersigned, for myself, my heirs, personal representatives and assigns, (person executing this document)

A. Do hereby release, waive, discharge and covenant not to sue Oberlin College and their respective board members, trustees, faculty, instructors, agents, advisors, employees, affiliates, members, volunteers, staff (including, without limitation, Climbing Wall staff) and representatives (collectively, the "Releasees") from any and all claims including, not by way of limitation, any claims arising from negligence of Releasees or any of them resulting in personal injury, accidents or illnesses (including death) and/or property loss arising from or relating in any way to participation in the Activity and/or travel before, during or after the Activity.

B. Acknowledge that the Activity may involve strenuous activities, exercise and climbing to heights on artificial surfaces, and certify that Participant is in good physical health for the purpose of participating in the Activity.

C. Acknowledge that participation in the Activity carries with it certain inherent risks that cannot be eliminated, regardless of the care taken to avoid injury. These specific risks vary from one activity to another, but the risks include (1) minor injuries such as scratches, bruises and sprains; (2) major injuries such as eye injury or loss of sight, joint or back injuries, fractured or broken bones, heart attacks and concussions; and (3) catastrophic injuries including paralysis and death. Such risks may result from many factors including, but not limited to, falls from or contact with walls or equipment, bad decision making, inattention of belayers or actions of other climbers, misuse or failure of equipment, holds which may have become loose or damaged, or accidents which cannot be foreseen. I acknowledge that the above list is not inclusive of all possible risks associated with the Activity and agree that said list in no way limits the extent or reach of this Waiver of Liability, Assumption of Risk and Indemnity. I assert that my participation is voluntary and I knowingly assume all such risks.

D. Agree to indemnify and hold harmless Releasees from any and all claims, actions, suits, procedures, costs, expenses, damages and liabilities, including attorneys fees, and to reimburse Releasees for any such expense incurred in connection with or as a result of (1)(a) Participant's participation in the Activity or (b) travel associated with the Activity or (2) arising in connection with or as a result of any attempt by anyone, including, not by way of limitation, Participant or anyone claiming on Participant's behalf, to avoid the terms of this Waiver of Liability, Assumption of Risk and Indemnity.

The undersigned further expressly agrees that (1) this document and/or any action or claim relating to this document and/or the Activity shall be governed by the laws of the state of Ohio without regard to the laws of conflict of law thereof; (2) any action or claim relating to this document and/or the Activity shall be initiated and maintained in municipal or state court in Lorain County, Ohio or in United States District Court for the Northern District of Ohio; and (3) the foregoing Waiver, Assumption of Risk and Indemnity is intended to be as broad and as inclusive as is permitted by the laws of the State of Ohio and that if any portion thereof is held invalid it is agreed that the balance shall, notwithstanding, continue in full force and effect.

I have read this Waiver of Liability, Assumption of Risk and Indemnity, fully understand its terms, and understand that I am giving up substantial rights - including my right to sue. I know, understand and appreciate these and other risks that are inherent in the Activity. I expressly agree and assert that participation in the Activity is voluntary and I knowingly assume all such risks and elect to proceed with the participation despite all the risks. I acknowledge that I am signing this Waiver of Liability, Assumption of Risk and Indemnity freely and voluntarily and intend, by my signature, the complete and unconditional release of all liability to the greatest extent allowed by law.

Date: _____
Participant's Signature

Participant's Age (if minor): _____

TO BE READ AND SIGNED BY PARENT/GUARDIAN, IF MINOR:

I hereby represent that I am the parent or guardian of the minor whose name appears above. I have read and consent and agree to the terms and provisions set forth in this Waiver of Liability, Assumption of Risk and Indemnity on behalf of myself and said minor.

Date: _____
Parent/Guardian of Minor

PLEASE PRINT LEGIBLY!

Last Name: _____ First Name: _____ M.I. _____

Affiliation: _____ climbing fee pd.

____ OC student T # _____ birthdate _____ \$10. NA ____
____ OC Employee/Family birthdate for minor _____ \$10. ____
____ OC Alumni _____ \$10. ____
____ OCRC member birthday for minor _____ \$10. ____

Helmet Release (Sign only if you do not want to wear a helmet)

I voluntarily choose not to wear a helmet and accept personal responsibility for injuries that may occur as a result of not wearing a helmet.

Participant Name _____

Signature _____ Date _____

Signature of Parent or Guardian (if under 18)

_____ Date _____

Personal Harness Release (Sign only if you want to use your own harness)

I voluntarily choose not to wear an Oberlin College harness and accept personal responsibility for injuries that may occur as a result of not wearing an Oberlin College harness.

Participant Name _____

Signature _____ Date _____

Signature of Parent or Guardian (if under 18)

_____ Date _____

Climbing tests --

date

_____ boulderer/climber (red) _____ staff initials _____

_____ belayer/climber (yellow) _____ staff initials _____

_____ lead climber/belayer (green) _____ staff initials _____