



# Teen Adventure Center Contact and Health History Form



Full Name: \_\_\_\_\_ School: \_\_\_\_\_ Grade: \_\_\_\_\_ DOB: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Parents/Legal Guardians: \_\_\_\_\_

Parent's Date of Birth: \_\_\_\_\_ Lives with: \_\_\_\_\_

Teen E-mail: \_\_\_\_\_ Parent E-mail: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Mom's Work Phone: \_\_\_\_\_

Dad's Work Phone: \_\_\_\_\_ Mom's Cell Phone: \_\_\_\_\_

Dad's Cell Phone: \_\_\_\_\_ Teen's Phone: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Relationship: \_\_\_\_\_ Phone: \_\_\_\_\_

Family Doctor: \_\_\_\_\_ Phone: \_\_\_\_\_

Date of last tetanus shot (DTP/TDP/Tetanus) if applicable \_\_\_\_/\_\_\_\_ (Month/Year)

All other shots are up to date: (Please circle) YES NO I choose not to vaccinate

List any allergies, health problems, physical limitations, or dietary concerns:

Notes:

### Health Care Authorization

This health history information is correct to my knowledge. My child is in good physical condition at this time and can engage in teen adventure center activities, except as noted above. In the event of an emergency, if I am unable or cannot be reached, I hereby give permission for the Tri-Cities Family YMCA, to provide routine, non-surgical medical care, and to secure emergency medical and surgical treatment for the teen named above, while attending the Teen Adventure Center program.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

### Consent to use name, photograph and created works

I, the undersigned, being over 18 years of age, give permission for the name, photograph and/or created works of my child, \_\_\_\_\_, to be published by the media. This may include publications used by the Tri-Cities Family YMCA to promote its programs.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date



# Teen Adventure Center Waiver



## Code of Conduct: Rules, Policies, and Expectations of Behaviors

We expect all teens to behave in a manner that is fitting for the YMCA, and that honors our core values of **caring, honesty, respect and responsibility**.

1. All teens must have a permission form and waiver on file, signed by a parent or guardian to use the teen center.
2. Staff are to be respected at all times.
3. Re-entry is not permitted, sign in once and sign out once.
4. Possession of or being under the influence of tobacco, alcohol, or drugs will not be tolerated.
5. In keeping with the values of the YMCA appropriate language is expected at all times. No swearing.
6. Overtly sexual actions including but not limited to, kissing, sitting on laps, laying on top of people, and inappropriate touching will not be tolerated.
7. Fighting and possession of weapons will not be tolerated.
8. Threats, bullying, and sexual harassment will not be tolerated.
9. Teens will respect the teen center and YMCA facilities and equipment. If something breaks it should be reported to a staff person immediately.  
Teens will be responsible for replacing items intentionally broken or vandalized.
10. Teens will come to the center appropriately dressed. No backless, strapless, midriff exposing, or spaghetti tops. No revealing shorts or mini skirts. Underwear will not be showing. Nor will clothing with explicit references to drugs, alcohol, tobacco, contain obscenities or offensive language, or having sexual references be allowed.

Members and Teen Adventure Center participants are encouraged to request that anyone engaging in offensive behavior stop what they are doing. If a member/TAC participant feels uncomfortable confronting the person directly, they should report it immediately to a TAC staff person or another YMCA employee. Members and Teen Zone participant should not hesitate to notify a staff person if assistance is needed. Our staff is here to help make the YMCA the best part of your day.

The Teen Adventure Center Coordinator will review all reported incidents. Consequences will apply based on the severity of the violation, but will follow the general guidelines set forth on the next page. All Teen Adventure Center Staff has the authority to ask a teen to leave for the remainder of the program. Any further disciplinary action will be determined by the TAC Coordinator. If the TAC Coordinator is not available, the Fitness and Program Director or the CEO will deem the appropriate consequences.

### Liability Release

I, the undersigned, do hereby agree to allow the individual(s) named herein to participate in the Teen Adventure Center and I further agree to indemnify and hold the Tri-Cities Family YMCA harmless from and against any and all liability for any injury which may be suffered by the aforementioned individual arising out of or in any way connected with his/her participation in this activity. I have read, understand and agree to all rules, policies and expectations of behavior. I also understand that teens are allowed to sign themselves in and out of the program, and that the Tri-Cities Family YMCA is not liable for the individual once they have signed out of the program.

*I ACKNOWLEDGE THAT I HAVE CAREFULLY READ THIS WAIVER AND RELEASE AND I FULLY UNDERSTAND THAT, BY SIGNING BELOW, I AM WAIVING ANY RIGHT THAT I MAY HAVE TO BRING A LEGAL ACTION OR TO ASSERT A CLAIM AGAINST THE TRI-CITIES FAMILY YMCA FOR NEGLIGENCE.*

**By signing this form I testify that I have read, understand, and agree to all terms and conditions listed.**

Parent or Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Printed Name: \_\_\_\_\_

Teen Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Printed Name: \_\_\_\_\_

## Teen Adventure Center Rules

Level	Conduct	Value Violated	Consequence	Authority
<b>1</b>	<ul style="list-style-type: none"> <li>▪ Using angry or vulgar language</li> <li>▪ General disregard of YMCA policies, rule, or property</li> <li>▪ Use of angry, disrespectful or vulgar language with members or staff</li> <li>▪ Further disregard of YMCA policies, rules, or property after verbal warning</li> </ul>	Respect  Caring  Responsibility	<b>MINIMUM: Verbal warning</b>  <b>Maximum: removal for the day</b>  <b>Parents will be notified</b>	TAC staff  TAC Coordinator  Full time Director level staff
<b>2</b>	<ul style="list-style-type: none"> <li>▪ Harassing or intimidating by words, gestures, body language, or other menacing behavior with members or staff.</li> <li>▪ Attempt to sneak past front desk</li> <li>▪ Second documented one day removal in 30 days</li> <li>▪ Continued disregard of YMCA policies, rules, or property after verbal warning</li> </ul>	Respect  Caring  Responsibility	<b>MINIMUM: One week suspension</b>  <b>Maximum: Two week suspension</b>  <b>Parents will be notified</b>	TAC staff  TAC Coordinator  Full time Director level staff
<b>3</b>	<ul style="list-style-type: none"> <li>▪ Passing of membership cards to unauthorized users</li> <li>▪ Intentional physical contact in any angry, threatening, or sexual manner</li> <li>▪ Sneaking past front desk</li> <li>▪ Second documented week suspension in a 3 month period</li> </ul>	Respect  Caring  Responsibility  Honesty	<b>MINIMUM: One Month suspension</b>  <b>Maximum: Six Month suspension</b>  <b>Parents will be notified</b>	TAC Coordinator  Full time Director level staff
<b>4</b>	<ul style="list-style-type: none"> <li>▪ Physical violence against another, vandalism, including sexual activity in the locker rooms or other parts of facility</li> <li>▪ Using or possessing illegal chemicals or alcohol on YMCA property or YMCA vehicles</li> <li>▪ Carrying or concealing any weapons, devices, or objects that can be used as weapons</li> <li>▪ Chronic disregard for YMCA policies, theft, or any other illegal activity</li> </ul>	Respect  Caring  Responsibility  Honesty	<b>MINIMUM: One year suspension</b>  <b>Maximum: Indefinite suspension</b>  <b>Parents will be notified</b>	TAC Coordinator  Full time Director level staff



# Rock Climbing Waiver and Release of Liability

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**Notice: THIS IS A LEGALLY BINDING CONTRACT.** In consideration of my being permitted by the Tri-Cities Family YMCA to use its Climbing Gym, and/or participate in any climbing program offered by the Tri-Cities Family YMCA, [hereafter TCFYMCA] including, but not limited to, climbing lessons, training, birthday parties, rentals, special events, etc. I agree to the following waiver and release and I make these following representations:

**I HEREBY ACKNOWLEDGE THE INHERENT EXTREME RISKS IN ROCK CLIMBING**, including climbing on artificial surfaces. I realize that those risks include, but are 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, and accidents which cannot be foreseen. I acknowledge that the above list is not inclusive of all possible risks associated with the use of the facilities, and/or the sport of climbing and I agree that said list in no way limits the extent or reach of this release. **I VOLUNTARILY ASSUME ALL RISKS WITH FULL KNOWLEDGE AND APPRECIATION OF THE DANGERS AND RISKS INVOLVED.**

I voluntarily agree to assume all risks of personal injury, **including paralysis and death**, which may occur while I am in the Climbing Gym, or participating in any event, program, birthday party or training at any time, whether or not under supervision of TCFYMCA personnel. I hereby knowingly and intentionally waive and release any and all claims or causes of action which might arise from use of the Climbing Gym or participation, and agree to indemnify, hold harmless and defend the TCFYMCA, its successors, assigns, officers, employees, volunteers, wall designers or builders, manufacturers, lessors and agents from all liability for any such damage, injury, paralysis or death which may result. **This Waiver/Release shall be effective even though said loss, damage or injury results or has resulted from negligence, wrongful acts, omissions, breach of warranty or strict tort liability of the TCFYMCA or the other parties released.**

I am in good health and have not any known physical limitations, which affect my use of the Climbing Gym. I agree to pay attention to the state of the ropes, anchors and other equipment I may use, and to advise staff members if I do any damage or notice damage or problems. I certify that I have read the posted rules, and accept responsibility for failure to abide by these rules. If the TCFYMCA personnel makes a specific request of or instruction to me, I agree to comply. I understand that indoor climbing is not the same as outdoor climbing, which requires additional skills, and I agree to seek qualified instruction before attempting to climb outdoors.

I am at least 18 years of age and otherwise legally competent to sign this agreement. This waiver/release shall be effective and binding upon me and upon my assigns, heirs, representatives, guardians and administrators. If under the age of 18, this waiver/release is signed by a parent/guardian of the minor, and the undersigned waive any and all claims, and agree to indemnify and hold harmless the TCFYMCA and its agents in the event of any injury to the undersigned or minor climber.

**I understand that this waiver/release is a contract. I expressly state that I have read, understand and am familiar with all its provisions and that I sign it of my own free will. I also agree to the follow the rules and etiquette listed on the second page of this document.**

Climber Signature \_\_\_\_\_ Climber Name \_\_\_\_\_  
Date \_\_\_\_\_ Phone \_\_\_\_\_ Date of Birth \_\_\_\_\_  
Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_

**TO BE READ AND SIGNED BY PARENT/GUARDIAN OF MINOR:** I hereby represent that I am the parent/guardian of the minor whose name appears above. I am familiar with and consent and agree to the terms and provisions set forth in this waiver/release, on behalf of myself and said minor.

Signature of Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_

*Photo/Talent Release: I hereby irrevocably release, consent and authorize the TCFYMCA and its agents to use my photograph/likeness/voice, as it pertains to my participation with the TCFYMCA, in any manner for promotional efforts without expectation of or right to any reimbursement in connection with its use.*

## Indoor Climbing Gym Rules and Etiquette Agreement

1. All climbers and belayers must read and complete the waiver/release form. Minors under the age of 18 must have the waiver completed and signed by their parent/guardian.
2. **At NO time should anyone be climbing without climbing staff present. Parents must be present when children are 7 and under during open climbing.**
3. Belayers must pass a belay skills test previous to belaying in the climbing wall, which includes knot tying, belaying and climbing commands in order to become belay certified. If it has been more than 60 days since they have last belayed, they need to pass the safety check and show basic belay skills again before climbing. Anyone under the age of 11 may NOT become belay certified.
4. Belayers must stay alert and keep their eyes on the climber at all times.
5. All climbers agree to use the double check exchange before each climb. This entails the belayer checking the climber's gear and the climber checking the belayer's gear and belaying system. Each person must give a verbal confirmation that the climb is ready to begin and that the climb has ended.
6. Do not belay off the floor anchors; they are for backup only.
7. Climbing or traversing beneath another climber is **prohibited**.
8. **NO** bouldering above your shoulder height – denoted by a red line on the wall. Yield to roped climbers and show courtesy to other boulderers. The Tri-Cities Family YMCA recommends using at least one spotter when bouldering.
9. **NO open-toed shoes or bare feet.** Shirts and climbing shoes or athletic shoes are required at all times.
10. Staff reserves the right to inspect any personal equipment.
11. All incidents, accidents, wall damage and equipment damage **MUST** be reported to a Tri-Cities Family YMCA staff member immediately.
12. Tightening, loosening, or moving holds is not permitted without authorization from the climbing staff.
13. Please report any loose holes, bad wear spots on ropes, and anything else you may believe is a safety hazard so we can correct it.
14. All climbers **MUST** abide by the judgments of the Tri-Cities Family YMCA staff.
15. **Three strikes and you're out.** You will be suspended for misconduct in the Climbing Wall. The **first offense** will be a *one-week* suspension from the Climbing Wall. **Second offense** is a *one-month* suspension. **Third offense** is a *one-year* suspension from the Climbing Wall.
16. **HAVE FUN!**

I agree to these rules and etiquette.

The Tri-Cities Family YMCA wants to provide a safe and fun environment for all members and spectators. Any person(s) not complying with all of the above rules and etiquette will be asked to leave immediately. The Tri-Cities Family YMCA and its employees reserve the right to deny access to anyone for any act deemed inappropriate or unsafe.

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