



# Rules

**Climbing is dangerous. Climbing presents a significant inherent risk of serious physical injury, including paralysis or death. When you or the children for whom you are responsible climb at Sheer Fun, you voluntarily assume all risks associated with climbing. The flooring will not prevent injury or death. Please be careful.**

Everyone must have a signed, completed waiver on file. Those younger than 18 years old must have a waiver signed by a parent or legal guardian. Everyone must check in at the beginning of every visit. If you have not checked in, you do not have permission to climb or use the facilities.

Any youth (younger than 14) must be actively supervised by the adult who is responsible for them during their visit to the gym. Any parent, guardian or chaperone responsible for a youth must maintain direct supervision over the youth during the entirety of their visit. An adult cannot supervise more than 3 youth at a time.

Everyone must wear closed toe shoes and a shirt. No street shoes in gym or climbing areas. Shoes worn to climb may not be worn in the restroom.

Be aware of other climbers. Take turns when climbing in areas that are highly trafficked, on routes that cross paths or on routes with intersecting fall zones. Never climb above, below, or near another climber. Never stand, sit, or walk in an area where another climber could fall. Climb down, do not jump down.

Only liquid chalk permitted. Place your chalk container out of fall zones.

No running, yelling, rough housing, or acrobatics (flips, cartwheels, handstands, etc.). No jumping from structures. Topping out is not allowed.

Keep climbing area clear of hazards – personal items (water bottles, clothes, etc.) should be placed in cubbies. No food or drink on padding.

No climbing while under the influence of drugs or alcohol.

Fitness equipment may only be used by people 14 and over. No playing allowed on fitness equipment.

Immediately report any problems with the walls, equipment, or any other concerns, to a member of the staff.

Before beginning any fitness program or changing your physical activity patterns, you should always consult with your doctor or physician, particularly if you have been inactive, are overweight, or have or suspect any sort of medical condition that might be worsened by exercise.

Follow health protocols as directed by local authorities or the State of Texas.