



## ROPE SKILLS WAIVER & DECLARATION OF PROFICIENCY

All participants are required to have the ropes skills necessary to compete in a race that has a rappel and/or Via Ferrata (a Via Ferrata is sometimes used in 24+ Hour races). If you don't have the skill and training necessary, participants may bypass the ropes course. See race details for event specific information on bypassing a ropes course.

By signing this declaration you attest to your proficiency in, knowledge and understanding of the following **TECHNIQUES AND SAFETY MEASURES:**

**Knowledge, Familiarization, Terminology:**

Harness use & Fitting, Carbiners-screw locking, auto locking, Rappelling Devices; ATC or Figure 8.

**Competency on the rope:**

Proper sequence and safety measures (double back, lock carabiners, pack attachment, communication).

Correct technique: Rappelling; proper setup/ backup, control of descent (double rope/single rope), considerations when rappelling with a pack, communication.

Knows how to perform a Fireman's Belay.

Can traverse a fixed line using slings and carabiners (or a Via Ferrata Set) to safely navigate the line and anchors. (for The Xstream Expedition Adventure Race or some 24+ hour races)

**Safety Measures:**

Comfortable & knowledgeable with all ropes equipment; harness, carabiners, rappel device.

Announcing movement/replying, Belaying-proper positioning, knowledge and use of a prusik/autoblock for safety backup.

***I have read this form in its entirety. I understand and accept the requirements of the event I am about to take part in. I certify that I have acquired the skills and proficiency necessary to safely participate in this event and that I have had all ropes course related questions answered for me.***

**TEAM NAME:** \_\_\_\_\_

---

Participants PRINTED Name	SIGNATURE	DATE
---------------------------	-----------	------

---

Participants PRINTED Name	SIGNATURE	DATE
---------------------------	-----------	------

---

Participants PRINTED Name	SIGNATURE	DATE
---------------------------	-----------	------

---

Participants PRINTED Name	SIGNATURE	DATE
---------------------------	-----------	------

**This completed Waiver and Declaration form must be turned in at racer check-in.**