



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