

## CANOE CREATION RAPPELLING MEMORANDUM

Due to the dangerous nature of the areas where rappelling classes are held, Canoe Creation asks all participants to observe the following practices. A participant is defined as any person who travels to any areas of vertical cliffs or rock climbing areas, whether they actually climb/rappel or not, including parents, teachers, chaperones, and siblings. At least one adult chaperone will be required for each under-aged (non-rappelling) child and must be with that child at all times.

Canoe Creation liability insurance covers all participants on rappelling outings and therefore each participant will be required to pay the full fees. If your organization has provided Canoe Creation with a Letter of Insurance Liability, in advance, as proof of self-coverage, then the fees for non-rappelling parties that attend can be deducted from the total group cost. Please note that such proof of self-coverage does not exempt anyone from following all rules and instructions given by Canoe Creation staff.

### PREPARATION FOR RAPPEL

All participants will be required to have:

- ❖ Sturdy shoes or boots with tread
- ❖ Long pants (no shorts on the rocks)
- ❖ Multiple layers of clothes (cliff sites are colder than surrounding area)
- ❖ Long Hair kept in a hair tie and tucked into shirt-back
- ❖ No loose jewelry, drawstrings, or unbuttoned jackets
- ❖ Water Bottle and jugs or coolers for refilling them
- ❖ Leather gloves if you have them (no cloth gloves allowed while on rope) – Canoe Creation will provide them if you don't have any

### RULES OF THE ROCKS TO REMEMBER

- ❖ Absolutely **no horseplay** around cliff sites or rock outcrops will be tolerated
- ❖ There are **no "chickens"** – put downs will not be tolerated
- ❖ Unless directed by CC staff, **stay away from the edge or base** of all cliffs
- ❖ **Obey all directions** given by CC staff
- ❖ **No throwing objects** over cliffs – always assume someone is down there
- ❖ Any **exploring or rock scrambling** must be accompanied by an adult
- ❖ **Avoid stepping on ropes** or equipment
- ❖ Keep **chatter to a minimum** so that cliff leader, rappeller and belayman can hear
- ❖ **No one alone**

All participants will be required to listen to training session before they are permitted on any activity.

Rappelling activities are best for persons between 50-300 lbs.