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182-184 SUSSEX STREET COBURG

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## TOP ROPED SAFETY COMPETENCY

I Nicholas Rhook and/or my child/minor

acknowledge that I/we have undertaken the Gravity Worx Safety Induction and am able to use the gym facilities unassisted, as well as having a thorough understanding of the following:

- \* Gravity Worx Centre Rules
- \* Proper use of Harness
- \* Proper use of karabiners (including that I must have two karabiners clipped into my harness before leaving the ground to climb, clipping direction must be opposed)
- \* Proper communication
- \* Proper ground sling length
- \* Proper use of auto belay systems and safety "Climber Above" drop down mats
- \* Buddy check of climbing partner prior to leaving ground on every climb
- \* Identification of potential hazards and how to move safely within the gym
- \* Correct "5 step" belaying method for top roped climbing
- \* Correct Lowering method for top roped climbing
- \* Gravity Worx takes **NO** responsibility for the condition of my personal climbing equipment that I provide

I have achieved the necessary skills to use the auto belays and the top roped setups

\_\_\_\_\_  
(Signature)

Date 12/03/2026

\_\_\_\_\_  
Trained by (Signature)

Glen Buchanan  
(Printed)