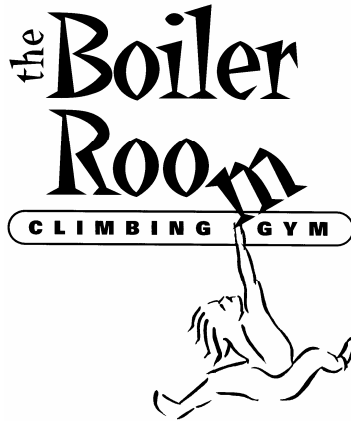


# INFORMATION PACKAGE FOR TEACHERS, PRINCIPALS AND GROUP ORGANIZERS

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(A division of Breakthrough Associates Inc)

## INTRO LETTER FOR TEACHERS AND PRINCIPALS

Dear Teacher or Principal,

We'd like to tell you about our indoor rock climbing gym and invite you to consider visiting us for class, team, or club field trips. Supervised climbing is a safe activity. Statistics show that a number of team and individual activities such as basketball, soccer, skating, skiing, skateboarding, cycling, baseball, hockey and football have much higher injury rates per participant hour than indoor rock climbing. We offer an excellent safety record, rigorous training standards, mature and conscientious staff, and a unique facility in a carefully renovated historic building. Children as young as 4 years old climb our walls, but most start to seriously enjoy and understand the activity at age 6 and older. We've had extremely positive feedback from all of our school age visitors and their teachers.

### **Individual and Group Benefits of Climbing:**

Indoor rock climbing gives children and teens a chance to challenge themselves in many different ways. Physical strength and endurance play a part -- but more important are balance, body-awareness and flexibility. Dealing with the "vertical" reality of our facility also requires them to hone their analytic, strategy, and problem solving skills. Individuals leave the gym with a sense of accomplishment and a renewed willingness to challenge themselves. They don't know they are doing all these good things for their minds and bodies... they only know they're having an adventure!

Climbing helps people of all ages build confidence in themselves and others. It is a highly interactive and social recreational activity that relies on teamwork, communication, and trust between the climber on the wall and the "belayer" on the ground. Best of all, indoor wall climbing is a "gender-neutral" option for recreation. The way a boy or a girl engages with the activity is contingent on their personal approach to challenge and their own level of body-awareness, not on their gender.

**About our Facility and Safety System:**

Our indoor rock climbing gym is 30 ft tall (9 meters) and has moveable, sculpted hand and foot holds all over the walls. The moveable holds allow us to create a variety of climbing routes from beginner to world class. We currently boast 35 routes and our 100 ft (30 meter) chimney -- Canada's highest indoor climb! While climbing at height, climbers wear a harness, which is connected to a safety rope system. This system can only be operated by people age 14 or older who have been thoroughly trained and certified by our instructors.

If any of the students in your class or group are age 14 or older, they begin their visit to the gym with our Basic Safety Training Lesson. We teach them how to tie the safety knots, how to manage the safety ropes (called "belaying"), and basic climbing technique. If the students in your group are younger than 14, we ask that you bring at least one adult (or person over the age of 14) for every 4 climbers in your group. The adults will take our Basic Safety Training Lesson while the children practise their climbing technique in our bouldering caves. **There is no charge for those who are belaying only and not climbing.** We staff at a ratio of at least 1 instructor for every 6 learners. Our instructors are all experienced climbers who have completed our rigorous training process.

**About Costs, Consent Forms, and Booking Your Class or Group:**

If you have eight or more climbers and you schedule with us at least 48 hours ahead of time, you qualify for our group and class discounts:

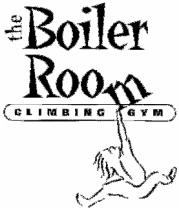
<b>STUDENTS 10 AND OLDER:</b>	<b>Cost</b>	<b>GST</b>	<b>PST</b>	<b>Total</b>
Day Pass & Harness Rental	\$11.52 ea	\$ .81	\$ .17	\$12.50
Climbing Shoe Rental (optional but recommended)	\$ 3.27 ea	\$ .23		\$ 3.50

<b>STUDENTS UNDER 10 YEARS OLD:</b>				
Day Pass & Harness Rental	\$ 9.18 ea	\$ .64	\$ .17	\$10.00
Climbing Shoe Rental (optional but running shoes will do)	\$ 2.80 ea	\$ .20		\$ 3.00

All first time visitors to our gym must have our consent form signed by their own parent or legal guardian. A copy is enclosed along with a letter for parents.

If you have any questions or concerns or if you would like to book your group, email us at [info@boilerroom.ca](mailto:info@boilerroom.ca) or phone the gym at 549-0520. If you get the answering machine, leave us your name and number and we'll get back to you within 24 hours. You can also find more information on our website at [www.boilerroom.ca](http://www.boilerroom.ca). We look forward to a visit from your school!

Sincerely,  
Catherine Wills & Martin Honig, Owners



## OUR SAFETY RECORD AND STANDARDS

We often receive inquiries about the suitability of indoor rock climbing as an activity for students and youth. We are very much interested in addressing any concerns you may have regarding indoor rock climbing as a safe and appropriate activity for your students. Please allow us to address some frequently asked questions, beginning with a brief summary of our safety record:

We have had more than 100,000 individuals visit the gym at least once. We have received well over 200,000 visitors to the gym including repeat visitors since the gym opened in 1995. We currently have approximately 20,000 visitors to the gym annually.

We have never had a serious accident. In the past 14 years, the most significant injuries we have had are:

- 1 broken arm (greenstick fracture suffered by an 11 year old)
- 1 broken ankle (greenstick fracture suffered by a 10 year old)
- 1 broken finger (adult)
- 1 separated shoulder \*
- 2 dislocated knees \*

\*The last three injuries were all recurrent - suffered by climbers who had previously injured the same body part doing something else.

We occasionally have minor injuries at the gym such as bumps, bruises, blisters and scrapes. These are unfortunate but are hard to avoid completely, as they would be in any demanding physical activity. We have had a few climbers suffer sprained or pulled tendons.

The duration of the average visit to the gym is about 2.5 hours, so this implies an injury rate of about 1 per 83,000 participant-hours, which we believe will compare favourably with injury rates for many team and individual sports such as soccer, basketball, football, hockey, skateboarding, skiing, and cycling. Discounting the recurrent injuries listed above, our rate improves to about 1 per 166,000 participant-hours.

We have a well documented and rigorous inspection procedure for our safety system. All of our climbing equipment (harnesses, ropes, and belay devices) meets or exceeds U.I.A.A. standards (Union Internationale des Associations Alpinisme), and all of our equipment and procedures meet or exceed the standards of the O.I.A. Climbing Gym Association. The top and bottom anchors in our facility, integral parts of the safety system, were designed by a professional engineer, and are capable of withstanding dynamic loads many times greater than those generated by a falling climber.

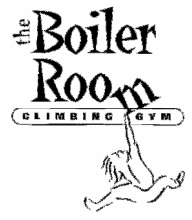
All of our employees are mature and conscientious, most have significant climbing experience. We have a thorough and well documented training process for our staff. In addition to our own rigorous training program, all of our employees attend workshops with our senior instructor and training consultant, who is an O.R.C.A. certified rock climbing instructor and holds several other relevant certifications, including an M.Ed. in Outdoor Experiential Education.

We are very proud of our safety record and spend a great deal of effort managing the risks inherent in the sport of indoor rock climbing as best we can. We have never been the subject of any claim or lawsuit, for physical injury or anything else.

Included in this package is a copy of our consent form for those under the age of eighteen. Please keep in mind the consent form is not a waiver – we ask that parents accept the physical risk inherent in the sport, but they do not waive their right to sue us for damages should their children be injured due to negligence.

If you have any concerns about safety at the gym, you are welcome to phone us or drop by for a tour of the facilities, and we will be happy to answer your questions.

Martin Honig and Cathy Wills,  
Owners, The Boiler Room Climbing Gym



## 10 GOOD REASONS TO CLIMB AT THE BOILER ROOM!

- 1) Climbing activities allow you to meet, demonstrate and discuss the Ontario Curriculum Expectations in Health & Physical Education
- 2) We meet or exceed the mandatory minimum standards for the Climbing Activity Pages in the Physical Education Safety Guidelines
- 3) Climbing is a great way to build teamwork, responsibility and perseverance
  - Students share ideas & help one another while finding their own way to accomplish personal goals
  - Students learn to persevere to accomplish their goals and aspirations
- 4) Students gain self confidence and self esteem through challenge.
  - Each student sets a personal challenge ranging from getting both feet off the ground to climbing to the top of the chimney!
- 5) Climbing is a fun way to help build body strength and muscular endurance, as well as promoting balance and flexibility.
- 6) Students can apply the skills learned during climbing to future challenges and entertainment.
  - Climbing & Bouldering are becoming increasingly popular activities due to the trend in media and advertising using climbing images to promote products – students should learn to do it safely!
- 7) Our Climbing Walls provide success for all students
  - Climbing is something novel for most and our instructors provide an environment for success – success means meeting your own personal goal!
  - Self-improvement, rather than competition is the goal.
- 8) Climbing activities provide an environment in which neither gender has a physical advantage
  - Both females and males can be successful at the same activity for different reasons and competition between the sexes is not apparent... there is no head to head competition involved.
- 9) The wall is an excellent source of integrating learning
  - Critical thinking skills are needed as students plan their climbs. They can return to the classroom and describe the ascent in detail. Through stories and/or journal entries, students can reflect on their development and improvement.
- 10) Children with exceptionalities and/or health concerns can usually participate with other classmates.
  - We've had a variety of intellectually and physically challenged participants find great success and challenge with the help of our wonderful staff!



## MEMO FOR STUDENTS

### Why Climbing & What's a Climbing Gym?

Climbing is a recreational activity that gives you a chance to "hang out", solve problems, and challenge yourself in many different ways. Physical strength plays a part -- but attitude, strategy, and flexibility are more important. Indoor climbing is a sister sport to traditional outdoor rock climbing with some important differences. An indoor climbing gym has sculpted hand and foot holds all over the walls, from floor to ceiling, with safety ropes permanently installed. The indoor environment allows our staff to create interesting climbing routes of any difficulty level from beginner to world class -- we currently have 35 different routes and the highest indoor climb in Canada (a 100 ft high chimney)!

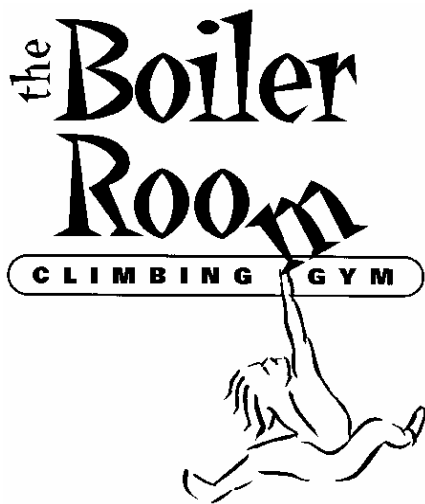
### How do I Learn? Is it safe?

Beginners are always welcome and basic instruction is included free of charge. While scaling our walls, climbers wear a safety harness, which is tied into a rope system. First time climbers aged 14 or older always start with a lesson to ensure a complete understanding of the rope and harness system as well as basic knowledge about climbing. Our instructors are friendly and will stay with you until you have mastered our safety system. We've had over 100,000 visitors to the gym and no one has ever been seriously hurt!

### What to Wear and Bring?

Go with loose, baggy, comfortable clothing. A T-shirt underneath with long sleeves on top to warm-up is a common combination. Either shorts or long pants are fine. Consider securing glasses with a strap, trimming very long fingernails, and leaving removable jewelry at home. Be sure to bring socks with you if you want to rent our climbing shoes. We have a pop machine, chocolate bars and water for sale on site but you might want to bring your own bottle of water and snacks. Cameras and camcorders are welcome.

**Consent Forms: All first time visitors under 18 must have one signed by their parent! Be sure to bring it with you on the day of your visit! If you've lost yours you can download a copy from [www.boilerroom.ca](http://www.boilerroom.ca)**



## LETTER FOR PARENTS

The Boiler Room Climbing Gym  
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voice: 613-549-0520 fax: 613-549-0848

[www.boilerroom.ca](http://www.boilerroom.ca)

e-mail: [info@boilerroom.ca](mailto:info@boilerroom.ca)

(A division of Breakthrough Associates Inc.)

Dear Parents,

Your child's group is planning a field trip to our facility. We've had extremely positive feedback from all group visits to The Boiler Room. We are providing this letter to help you understand the concept of a climbing gym and to let you know exactly what your child will be doing on his or her visit.

Indoor wall climbing is a sister sport to traditional outdoor rock climbing with some important differences. An indoor climbing gym has sculpted hand and foot holds all over the walls, from floor to ceiling, with safety ropes permanently installed. The indoor environment allows us to create interesting climbing routes of any difficulty level from beginner to world class. We currently have 35 different routes and a 100' high chimney -- the highest indoor climb in Canada.

Climbing is a sport that challenges a participant in many different ways -- physical strength plays a part, but equally important are attitude, strategy, and flexibility. Climbers as young as 3 have scaled the 30ft (9m) walls at The Boiler Room but most begin seriously at age 7 and older. The sport is very popular with teens, young adults and fitness conscious parents.

While climbing at height, participants wear a safety harness, which is tied into a rope system. This safety rope system can be operated by anyone 14 years of age and older, who has been thoroughly trained and certified by the gym's staff. First time climbers aged 14 or older always start with a lesson to ensure a complete understanding of the rope and harness system as well as basic knowledge about climbing. We teach them how to operate the safety ropes (belaying) and how to tie the rope to the harness. We usually staff at a ratio of 6:1 for this training. Children under 14 are welcome to climb, but do not operate the ropes -- this is normally done by parents or other volunteers brought by the group.

Please note that the attached **Informed Consent Agreement** must be completed and signed by a parent or legal guardian for those under the age of 18. Our insurance company is very particular about this form and we cannot accept incomplete forms. Although this form is a bit intimidating, we can assure you that we have had many thousand visits to the gym with no significant accidents. We conform to or exceed all of the OIA Climbing Gym Association's safety standards for procedures and equipment.

We look forward to working with your son or daughter in our gym. If you have any questions or concerns, please do not hesitate to call us, or stop by to see our facility for yourself. We'll be happy to show you around and answer your questions. Although we open for groups of 8 or more at any time, our regular hours are:

Monday - Friday 4:00pm to 10:30, Saturday & Sunday 10:00am to 7:00pm.

Sincerely,

Martin Honig and Cathy Wills, Owners

