

OUTDOOR SKILLS AND THRILLS INC. — TOP - ROPE ANCHORS COURSE

INFORMATION PACKAGE



So you've decided to learn about anchors with Outdoor Skills And Thrills!? Good choice!! My name is Aric Fishman, the Founder & Lead Guide of O.S.A.T and the author of '[Thunder Bay Climbing: A Guide to Northwestern Ontario's Best Kept Secret](#)'. This 1 day top rope anchor building course will teach you how to safely and efficiently build your own anchors while also covering basic rappelling techniques.

Because there are so many variables when it comes to anchors, I strive to prepare you with the necessary skills and knowledge to safely build your own rock climbing anchors and to rappel back down to the ground in a variety of situations. Learning these skills will give you the confidence and freedom to take your climbing experience to the next level. Here is some information about the adventure you need to know:



What You Will Need:

All technical climbing equipment is included.

Every climber is recommended to bring:

- ❑ Any climbing gear you may own and would like to bring.
- ❑ Backpack (large enough for all your belongings for the day).
- ❑ Active clothing appropriate for the weather conditions (and some warm layers in case you get cold).
- ❑ Close toed shoes for hiking in.
- ❑ Lots of water (1 liter minimum).
- ❑ Snacks/lunch to keep your energy up.
- ❑ Sunglasses/Sunscreen/UV Lip Balm.
- ❑ Camera.
- ❑ Tons of Excitement and an Open Mind!!

Clothing Considerations:

- ❖ Don't be afraid to bring too much!
- ❖ There can be periods of high activity followed by periods of inactivity in sometimes chilly temperatures.
- ❖ I suggest bringing light clothing of varying thicknesses that can be 'layered' to achieve comfort and versatility.
- ❖ The most important consideration for clothing is the ability to regulate temperature as you change from periods of activity to periods of rest.
- ❖ Synthetic blends work well.

Course Overview

This is a basic outline of the topics that will be covered during this course; however I often customize/modify the course based on each individual's level of experience

This course helps you understand:

- ❖ Setting up a top-rope anchor using 2,3 & 4 bolts
- ❖ Setting up a top-rope anchors using natural features such as tress or boulders.
- ❖ A look at materials: webbing vs. slings vs. cord vs. rope
- ❖ Advantages and disadvantages of the different climbing materials and their uses
 - ❖ Equalizing your top-rope anchor with 2, 3, and 4 point anchors
- ❖ Advantages and disadvantages of pre-equalized vs. self-equalizing anchors
 - ❖ Rope management
 - ❖ How to top-rope belay
 - ❖ How to rappel from the top of a climb
- ❖ How to properly inspect your gear before/after use
- ❖ Understanding about the forces applied on climbing equipment and anchor points

❖ - Find below the driving directions and parking information to your outing location-

❖ Location 1: Silver Harbour

- ❖ **Directions:** These are driving directions which begin from the HWY 11/17 & Harbour Expressway intersection in Thunder Bay. Drive east on 'HWY 11/17' for 16 km (10 mi) and exit right on to Spruce River Road. Drive down Spruce River Rd. for 1.3 km (0.8 mi) until you arrive to a stop sign at the T-Junction (Spruce River Road and Lakeshore Dr). Turn left on to Lakeshore Dr. Drive down Lakeshore Dr for 11.7 km (7.3 mi) and turn right on to Silver Harbour Road (there are signs for 'Silver Harbour Conservation Area' just before this turn off). Continue down to the end of Silver Harbour Rd for 1.3km (0.8 mi) to arrive at the Silver Harbour Conservation Area. You've arrived! GPS: 48.509831, -88.975475
- ❖ **To find using Google Maps:** type in 'Your Location' to 'Silver Harbour Conservation Area' - Thunder Bay' or the GPS coordinates
- ❖ **Parking:** Plenty of parking is available at the Silver Harbour Conservation Area parking lot. Please do not park down the private road (Mickelson Dr) just before the parking lot as it is for local resident use only.

❖ Location 2: Pass Lake

- ❖ **Directions:** These are driving directions which begin from the HWY 11/17 & Harbour Expressway intersection in Thunder Bay. Drive east on 'HWY 11/17' for 46 km (28.5 mi) and turn right on to 'HWY 587' (look for 'Pass Lake' sign). There is a 'Flying J/Shell Gas Station' on the westbound side of HWY 11/17. Head down 'HWY 587' for 6.5 km (4 mi) until you see a nice little lake on your right, this is the Pass lake (there is also a sign that says 'Pass Lake'). You will see the cliffs on the left (north) side of the road. You have arrived! GPS: 48.564851, -88.731092
- ❖
- ❖ **To find using Google Maps:** type in 'Your Location' to 'Pass Lake - Thunder Bay' or use GPS coordinates to be more precise.
- ❖
- ❖ **Parking:** You will be parking at the gravel pullout on the left hand side of the road, directly across from 'Karen's Kountry Kitchen'. Please park as organized as possible so that other climbers are able to fit their vehicles in as well.

Please feel free to get in touch with us if you have any other questions or concerns!



Outdoor Skills and Thrills Inc. Per: Aric Fishman – Founder & Lead Guide

Phone: 1-807-472-4742 E-mail: aric@outdoorskillsandthrills.com

Check out the Website: www.outdoorskillsandthrills.com

Like us on Facebook: www.facebook.com/tbayclimbing

Follow us Instagram: [@outdoor_skills](https://www.instagram.com/outdoor_skills)



Rock and Ice Climbing Guided Adventures & Courses
Northwestern Ontario

OUTDOOR SKILLS AND THRILLS INC.

ADVENTURE WAIVER

**RELEASE OF LIABILITY, WAIVER OF CLAIMS,
ASSUMPTION OF RISKS AND INDEMNITY AGREEMENT
(hereinafter referred to as the "Release Agreement")
BY SIGNING THIS DOCUMENT YOU WILL WAIVE OR GIVE UP CERTAIN LEGAL RIGHTS, INCLUDING THE RIGHT
TO SUE OR CLAIM COMPENSATION FOLLOWING AN ACCIDENT**

PLEASE READ CAREFULLY!

SIGNATURE OF PARTICIPANT

Name	Last	First	Middle Initial
Address	Street		
	City	Prov./State	Postal/ZipCode

COMPANY NAME: OUTDOOR SKILLS AND THRILLS INC. and its (their) directors, officers, employees, instructors, guides, agents, representatives, independent contractors, subcontractors, suppliers, sponsors, successors and assigns (all of whom are hereinafter referred to as "the Releasees")

ADVENTURE ACTIVITIES: HIKING, ROCK CLIMBING (to be referred to as "ADVENTURE")

DEFINITION

In this Release Agreement, the term "Adventure" shall include all activities, events or services provided, arranged, organized, conducted, sponsored or authorized by the Releasees and shall include, but is not limited to: "Adventure"; "Adventure" rental; orientational and instructional courses, seminars and sessions; travel, transport and accommodation; and other such activities, events and services in any way connected with or related to "Adventure".

PROTECTIVE EQUIPMENT

I have been advised to wear all protective equipment that is required by the rules and regulations of the governing body for my sport.

ASSUMPTION OF RISKS

I am aware that "Adventure" involves many risks, dangers and hazards. The risks, dangers and hazards, including but not limited to: loss of balance; difficulty or inability to control one's speed and direction; variation or steepness in terrain; rapid or uncontrolled acceleration on hills and inclines; mechanical failure of equipment; variation or changes in the playing surface including rocks, gravel; changing weather conditions; exposure to temperature extremes or inclement weather; travel or transport to and from the sites used for "Adventure" travel on highways and backcountry roads; encounters with domestic and wild animals including dogs, bears and cougars; collision with pedestrians, motor vehicles, cyclists and other players; failing to play safely or within the limitations of one's own abilities, negligence of other participants; and NEGLIGENCE ON THE PART OF THE RELEASEES, INCLUDING THE FAILURE ON THE PART OF THE RISKS RELEASEES TO SAFEGUARD OR PROTECT ME FROM THE RISKS, DANGERS AND HAZARDS OF "Adventure".

I AM AWARE OF THE RISKS, DANGERS AND HAZARDS ASSOCIATED WITH "Adventure" AND I FREELY ACCEPT AND FULLY ASSUME ALL SUCH RISKS, DANGERS AND HAZARDS AND THE POSSIBILITY OF PERSONAL INJURY, DEATH, PROPERTY DAMAGE OR LOSS RESULTING THEREFROM.

RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT

In consideration of the RELEASEES agreeing to my participation in "Adventure" and permitting my use of their services, equipment and other facilities, and for other good and valuable consideration, the receipt and sufficiency of which is acknowledged, I hereby agree as follows:

1. TO WAIVE ANY AND ALL CLAIMS that I have or may in the future have against the RELEASEES AND TO RELEASE THE RELEASEES from any and all liability for any loss, damage, expense or injury, including death, that I may suffer or that my next of kin may suffer, as a result of my participation in "Adventure", DUE TO ANY CAUSE WHATSOEVER, INCLUDING NEGLIGENCE, BREACH OF CONTRACT, OR BREACH OF ANY STATUTORY OR OTHER DUTY OF CARE, INCLUDING ANY DUTY OF CARE OWED UNDER THE OCCUPIERS LIABILITY ACT, ON THE PART OF THE RELEASEES, AND FURTHER INCLUDING THE FAILURE ON THE PART OF THE RELEASEES TO SAFEGUARD OR PROTECT ME FROM THE RISKS, DANGERS AND HAZARDS OF PARTICIPATING IN "Adventure" REFERRED TO ABOVE;
2. TO HOLD HARMLESS AND INDEMNIFY THE RELEASEES for any and all liability for any property damage, loss or personal injury to any third party resulting from my participation in "Adventure";
3. This Release Agreement shall be effective and binding upon my heirs, next of kin, executors, administrators, assigns and representatives, in the event of my death or incapacity;
4. This Release Agreement and any rights, duties and obligations as between the parties to this Release Agreement shall be governed by and interpreted solely in accordance with the laws of the province where the "Adventure" takes place and no other jurisdiction; and
5. Any litigation involving the parties to this Release Agreement shall be brought solely within the province where the "Adventure" takes place and shall be within the exclusive jurisdiction of the Courts of that province.

In entering into this Release Agreement I am not relying on any oral or written representations or statements made by the Releasees with respect to the safety of participating in "Adventure"; other than what is set forth in this Release Agreement.

I CONFIRM THAT I HAVE READ AND UNDERSTOOD THIS RELEASE AGREEMENT PRIOR TO SIGNING IT, AND I AM AWARE THAT BY SIGNING THIS RELEASE AGREEMENT I AM WAIVING CERTAIN LEGAL RIGHTS WHICH I OR MY HEIRS, NEXT OF KIN, EXECUTORS, ADMINISTRATORS, ASSIGNS AND REPRESENTATIVES MAY HAVE AGAINST THE RELEASEES.

Signed this _____ day of _____, 20_____.

Witness
Please print name clearly

Signature of Participant
Please print name clearly
Signature of Guardian if Participant is age of minority

Cancellation & Refund Policy: All program deposits and payments are non-refundable. All requests for cancellations or date changes must be submitted in writing. Please notify us as soon as possible if you wish to make any date changes to your reservation. We reserve the right to cancel any program due to weather or route conditions, guide health, or for any other reason deemed necessary by the guide. In such cases, we are not responsible for expenses incurred by the client in connection with the trip such as airfare, car rental, equipment purchases, etc. If we cancel an outing prior to the trip date, every effort will be made to reschedule for another available date within the current season. By its very nature, climbing is an uncertain endeavor, and many factors can influence the outcome of a trip. Accordingly, once a trip begins, we are unable to offer refunds for weather related cancellations, or for trips that end prematurely due to weather, route conditions or circumstances within, or affecting, your group.

Insurance: Outdoor Skills And Thrills Inc. is fully insured for all of its outings, guides, and participants while on trip, however it is important to make sure that your personal plan covers you in the case of an illness, accident, cancellation, or interruption during your trip; obtain extra coverage if necessary.

Drugs and Alcohol: No alcohol or drug use is allowed on our programs. We have a zero tolerance policy and no climbing is ever permitted under the influence of alcohol or drugs.

Waiver: Please note that you will be required to sign our waiver form before commencing the program. It must be read and signed before the start of your trip. Any participants under the age of 18 are required to have the waiver signed by a parent or legal guardian to participate in this program.

Authorization for use of photographs and/or videos: We often take incredible pictures and videos on our programs! Normally, these are used to give you some kind of keepsake, either by giving you physical pictures/videos or making digital copies accessible for you to see. Sometimes when a picture/video is incredible, it also may be used in our marketing material! Please let us know if you do not wish to be photographed or filmed during the adventure.