

OUTDOOR SKILLS AND THRILLS INC. — INFORMATION PACKAGE

SPORT/LEAD CLIMBING COURSE



So you've decided to come rock climbing with Outdoor Skills And Thrills? Amazing, we're excited to share the adventure of Northwestern Ontario climbing with you!! 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 sport/lead climbing course will prepare you with the necessary skills and knowledge to sport climb safely outdoors. Compared to top-roping, lead climbing presents many more variables and dangers that a climber and belayer need to be aware of and experienced with to stay safe. It is crucial for a climber to properly learn and understand what is involved with safely leading, belaying, and rappelling a sport climb outdoors. This course is ideal for climbers who have never led before, gym climbers who have been looking to make the transition into the outside world, or beginning leaders/belayers who seek to refine their technique, skills, and safety knowledge!

Here is some information about the adventure you need to know:



If you have [Facebook](#), we invite you to 'Like' our page and 'Join' this adventure through our '[Events Page](#)'; chat with others about carpooling, share your excitement, and tell your friends about Outdoor Skills And Thrills!

- What You Will Need to Bring:

All technical climbing equipment is included!

Please make sure to have the following items:

- Backpack (large enough for all your belongings).
- Water bottle (1L minimum)
- Snacks/lunch to keep your energy up.
- Sunglasses/Sunscreen/UV Lip Balm.
- Camera
- Active clothing appropriate for the weather conditions
- Close-toed shoes (hiking shoes preferred)

Clothing Considerations:

- ❖ Don't be afraid to bring too much!
- ❖ There can be periods of high activity followed by periods of inactivity in changing temperatures and conditions.
- ❖ We suggest bringing clothing of varying thicknesses that can be 'layered' to achieve comfort and versatility.

PLEASE SCROLL DOWN TO FIND DRIVING DIRECTIONS TO YOUR CLIMBING LOCATION,
COURSE OVERVIEW, WAIVER FORM, & POLICY.

Directions to: **Silver Harbour** – GPS: 48.509831, -88.975475

To find using Google Maps [CLICK HERE](#), or type in ‘Your Location’ to ‘Silver Harbour Conservation Area’ - Thunder Bay’ or the GPS coordinates.

These are driving directions which begin from the HWY 11/17 & Harbour Expressway intersection. 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! Parking is available at the Silver Harbour Conservation Area parking lot.

Directions to: **Pass Lake** – GPS: 48.564851, -88.731092

To find using Google Maps [CLICK HERE](#), or type in ‘Your Location’ to ‘Pass Lake - Thunder Bay’ or use GPS coordinates.

These are driving directions which begin from the HWY 11/17 & Harbour Expressway intersection. 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! Parking for climbers is at the large gravel pullout on the left hand (north) side of the road, directly across from ‘Karen’s Kountry Kitchen’. Please park as organized as possible so that other climbers can fit their vehicles as well. If this spot is full you can park anywhere along the cliff-side of the road, but make sure you are well off the shoulder to avoid any accidents.

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 looks at:

- ❖ The differences between top-roping and lead climbing
- ❖ The gear involved with sport climbing
- ❖ Objective hazards and subjective risks in sport climbing
- ❖ Minimizing the potential dangers by looking at a variety of scenarios
- ❖ Advanced belay techniques for lead climbing
- ❖ Optimal body positioning
- ❖ Methods for clipping bolts quickly and safely
- ❖ Breaking strength of a different climbing material
- ❖ How to properly attach yourself to an anchor
- ❖ Fall factors
- ❖ Lowering/rappelling from the top of the climb
- ❖ Deciding when/how to bail from a sport climb
- ❖ Mental techniques for lead climbing
- ❖ Falling
- ❖ Forces placed on anchor points and how they factor in
- ❖ Energy conservation while climbing
- ❖ Rope management

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 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



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/outdoorskillsandthrills

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



Rock and Ice Climbing Guided Adventures & Courses
Northwestern Ontario

Policy Details

After Submitting your Reservation: Each climber is required to fill out a [Participant Information Sheet](#) online. Please do this as soon as you've submitted your payment. This is to ensure we have all the information needed to provide you with the best possible experience and the properly fitted equipment.

Equipment Rental: The total cost of the trip includes the rental of all technical equipment needed for the outing: helmet, harness, rock shoes, ice axes, ice boots, crampons, and whatever else may be required for a specific course or adventure.

Transportation: Transportation is not included, so you will need to arrange a way to and from the climbing spot. If you are open to carpooling let us know and we can try to help you arrange this with the other participants.

Waiver Form: You will be required to sign our [waiver form](#) before commencing the program. Participants under the age of 18 will need their parent/guardian's permission to complete registration. Minors who show up for an adventure or course without a properly signed waiver by their parent or legal guardian will not be allowed to participate. If you do not have access to a printer prior to your booking, please let us know and your guide will have paper copies available upon your arrival. At Outdoor Skills And Thrills we take great pride in ensuring our participants have a fun and safe experience. The proof is in the records – we are proud to say that we have never had an incident or injury occur during any of our guided outings! Nonetheless, we do want to make sure you are aware that rock and ice climbing is a dangerous activity that can result in death, paralysis or serious injury.

Cancellation & Refund Policy: Once a booking is submitted, we hold a 50% non-refundable deposit of the total cost of your outing. All program deposits are non-refundable, and the full amount becoming non-refundable 7 days prior to the booking. All requests for cancellations or date changes must be submitted in writing to info@outdoorskillsandthrills.com. 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.

Health/Cancellation & Interruption Insurance: It is important to make sure that your current plan covers you in the case of an illness, accident, cancellation, or interruption prior to or during your trip; get extra coverage if necessary. In the case of a trip cancellation or interruption, we cannot be held responsible for expenses incurred by the client in connection with the trip such as airfare, car rental, equipment purchases, etc.

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.

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.