

PARENTAL AUTHORIZATION ARKOSE

I, the undersigned, Mr. ou Ms

- ☐ Father
- ☐ Mother
- ☐ Legal guardian

Of the child

Born on

Residing at

Telephone

Mail.....

Declare :

- ☐ To have taken note of the internal regulations (on the back) and the GTC and I commit to respecting them and making them respected by the child(ren).
- ☐ To have taken note of the insurance conditions and that it is my responsibility to properly check my personal coverage with my insurer, and more particularly for damages caused to others and for individual accidents.
- ☐ To authorize my child aged over 12 years to practice bouldering and 16 years for roped climbing in autonomy (without any supervision) in the Arkose lofts. He/She will at no time be under the responsibility of Arkose, which I accept.
- ☐ That my child aged over 12 years masters the basics safety techniques in bouldering and over 16 years for roped climbing.

Done at On

Signature

The contracting entity is Arkose&Co, one of its subsidiaries or one of its franchise partners. Find all the legal mentions on the website arkose.com.

Arkose&Co, trading name Arkose, SAS with a capital of 1.164.513,75 euros,
SIRET : 793 196 536 RCS Paris, of which the headquarters is located at 37-39 rue des Grands Champs 75020
Paris



INTERNAL REGULATIONS

Anyone entering the Climbing Loft must :

- 1.** Be familiar with these Internal Regulations and undertake to comply with them. Any breach of these Regulations may result in the temporary or permanent exclusion of the member. The member may not claim any compensation.
- 2.** Pets are not allowed on the premises.
- 3.** Smoking or vaping is prohibited.
- 4.** Access to the climbing structures is prohibited after consuming alcohol or any other substance inappropriate for sports practice.
- 5.** The climbing structures and mats are exclusively intended for climbing.
- 6.** The use of climbing shoes is mandatory, as well as appropriate clothing.
- 7.** For safety reasons, it is strictly forbidden to use headphones or earphones in the climbing area (climbing structures and mats, etc.).
- 8.** Parents accompanying their children on the mats must remove their shoes; one adult may not accompany more than two minors.
- 9.** Children under 12 years of age do not have access to adult areas; from 10 to 12 years old, they may climb there under the close supervision of an adult, or alone provided they hold the Visarkose "Green" level.
- 10.** Outside supervised sessions, the areas reserved for children are accessible from 3 years of age. Children use these areas under the sole responsibility of their parents and in compliance with the safety rules set out below.
- 11.** In all cases, written parental authorisation is required for all minors between 12 and 16 years old who practice bouldering on their own, and from 16 years old for roped climbing.
- 12.** Running is strictly prohibited throughout the Climbing Loft.
- 13.** Training areas (training boards, beams, machines, racks, etc.), sauna and fitness areas are strictly reserved for adults.
- 14.** The sauna is not recommended for pregnant women or for people suffering from certain heart conditions or other disorders (infectious diseases, skin diseases, heart and respiratory diseases, hypotension or hypertension, circulatory disorders or diabetes). In general, we recommend that you check with your doctor whether your condition is compatible with a sauna session. Swimwear and a bath towel are mandatory, as well as taking a shower beforehand.
- 15.** No personal items (water bottle, bag, chalk bottle, etc.) are allowed on the mats.
- 16.** It is strictly forbidden to drink or eat on the mats; please help keep the premises clean: throw your rubbish (bottles, papers, etc.) in the bins provided, and help maintain the cleanliness of all facilities (especially changing rooms and toilets).

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17. The use of the changing rooms is mandatory for getting changed (locks are on sale at reception, subject to availability).
18. Arkose accepts no responsibility in the event of theft of personal belongings in the changing rooms or anywhere in the Climbing Loft.
19. It is recommended to tie back long hair and to remove all jewellery (watches, necklaces, rings, dangling earrings, etc.).
20. A proper warm-up is strongly recommended before starting a session, and you should progress gradually through the different difficulty levels.
21. Jumping from the top of the boulders is strongly discouraged; downclimb as much as possible using the white holds or any other holds within reach.
22. In order to avoid any risk related to a climber's fall, it is strictly forbidden to stand or move underneath someone who is climbing.
23. Respect the walking zones and the black lines marked on the mats in the lofts, especially under overhangs and around islands. Always keep a reasonable distance from other climbers and stay alert while moving around.
24. It is forbidden to sit or lie on the mats.
25. It is (strongly) recommended to climb in pairs or in a group (with at least one person on the ground to ensure that the landing zone remains clear).
26. The use of loose (powder) chalk is prohibited for bouldering. However, liquid chalk is permitted.
27. It is strictly forbidden to modify or move safety equipment or climbing holds, including quickdraws, anchors and belay points.
28. Anyone noticing an issue with any of these elements must inform the staff.
29. Every climber is encouraged to contribute to safety and to intervene if they witness risky behaviour, either by politely addressing the person concerned or by notifying the staff. The staff reserves the right at any time to prohibit the offender from accessing all or part of the facilities.
30. Any damage to equipment will be charged to the user. Any accident, even minor, must be reported at reception.
31. Any behavior, whether verbal or physical, that violates the dignity of another person, particularly when it creates an intimidating, degrading, discriminatory, or offensive environment, will not be tolerated.

Special Conditions for Arkose Routes

- a. On their first visit, every climber must demonstrate that they have mastered tying in and belaying (via an "autonomy" questionnaire or a practical assessment).

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- b.** Any member who has not passed the autonomy test may only access the facilities if accompanied by an autonomous climber who will supervise them and act as guarantor (no more than two beginners per “tutor”). Otherwise, the member will only have access to the auto-belay areas.
- c.** To access the roped climbing areas (other than auto-belay and bouldering) without a tutor, any climber deemed non-autonomous by the reception team must complete one or more group or individual courses, after which the instructor will certify that they have mastered the basic techniques.
- d.** Report any equipment anomaly (anchor, ropes, quickdraws, loose holds, etc.).
- e.** Take special care with your tie-in. It must be done exclusively through the tie-in loop of the harness provided for this purpose by the manufacturer, without a metal connector (except when using auto-belays). Make sure to check this tie-in and have it checked by your partner: the “double check”.
- f.** Make sure to:
 - check that the rope used is free, untangled (no knots) and of adequate length (a different colour may indicate long overhang routes and other zones);
 - when top-roping, check that the rope is correctly threaded through the anchor and stay in your lane;
 - check the condition of your equipment and strictly follow the instructions for use provided by the manufacturer.
- g.** The bowline knot is allowed only if your belayer is able to check it.
- h.** In all cases, it is strictly forbidden to:
 - start top-roping on overhangs without being on the strand running through the quickdraws;
 - use personal ropes and personal quickdraws;
 - climb unroped above the line of the first quickdraws;
 - belay barefoot or while standing an excessive distance from the wall;
 - belay using a figure-eight device or a half clove hitch;
 - intentionally skip quickdraws;
 - carry out specific training such as fall practice, rope-work exercises, etc., without the permission of the Arkose team.

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