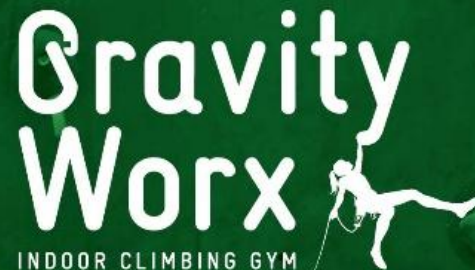


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182-184 SUSSEX STREET COBURG

03 9350 1789



TOP ROPED SAFETY COMPETENCY

I Frida Foerster 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 21/12/2025



Trained by (Signature)

Zoe Puglisi
(Printed)