



CLIMBING WALL



Climbing Wall Rules & Regulations

- All climbing wall users must have read the guidelines, signed the disclaimer and be in possession of a valid Authorised Climbing license issued by the Department of Sport which must be presented at reception for each session.
- Climbers can only use the wall as part of an organised group session or they must book individual sessions at reception.
- Climbing is a high risk activity and users should follow these guidelines.
- Climbers are responsible for their own safety and should not act in a way likely to cause offence, injury or harm to others.
- Staff observations and instructions must be followed.
- Beginners, individuals or groups, should seek advice and tuition from a qualified instructor.
- Do not stand, walk or run under other climbers (Look up before you approach the wall).
- Do not climb above or below other climbers. Give way to climbers using ropes.
- The rubber tiles are designed to reduce the risk of injury in the event of a fall. They should not be dived or jumped onto from the climbing wall. (Try to climb down).
- No climbing above the first anchor point without using either top ropes or appropriate lead equipment and experience.
- No lead climbing using the in-situ ropes. Climbers must provide their own suitable dynamic ropes.
- No waist or shoulder belaying. Only recognised belaying devices may be used (e.g. ATC, Tuber, Gri-gri).
- Stand while belaying, no sitting or lying down.
- Climbers must be tied into a recognised harness, using only the Figure of 8 knot. This should also be finished with a stopper knot. (Check each others knots).
- Climbers should be aware of the risk of spinning or loose holds and bolt hangers.
- Climbers are not to remove or adjust the bolt on holds or bolt hangers.
- All loose holds and equipment failures must be reported to Sports Staff.
- All accidents and incidents should be reported to centre staff.
- All climbers are required to dress appropriately and have suitable footwear. (This includes wearing a shirt or vest at all times).
- No loose chalk (blocks or powder) to be used. (Chalk balls must be keep in chalk bags).
- No body may mark the Walls wit Chalk or any other item.
- All Climbers use the Climbing wall at their own risk.