

# Bouldering Good Practice

## General

- Report any problems like spinning or broken holds to staff immediately
- Do not climb above or below anyone else - climbers doing vertical problems have priority over climbers traversing. If you wish to traverse please use the dedicated Traverse Wall
- Do not walk, sit or stand on the matting in an area where a climber might fall and hit you
- Always keep an eye on climbers above you as you walk around the Centre
- The onus is on the lower climber or bystander to anticipate any problems that may result from a fall of a climber above them
- Be aware of other climbers attempting problems on your patch of wall and share the space
- While we take care to secure holds, they may spin or break.
- Have fun and encourage others!

## Falling Off

- THE SOFT MAT DOES NOT MAKE BOULDERING ANY SAFER. Broken and sprained limbs are common in bouldering.
- Avoid uncontrolled falls. They are likely to result in injuries to yourself or others around you
- Descend either by down-climbing, or by a controlled jump from as low as possible
- Practise controlled jumps from a height you are comfortable with.
- Think before doing a dynamic move about what you might hit on the way up or the way down! Keeping clear of wall structures, lighting, girders etc is your responsibility

## Obstructions

- Volumes and large holds are designed to enhance the quality of climbing but you must be aware that when climbing above them there is an additional risk of falling onto them

## Spotting

- Spotting involves helping someone to control their fall, not trying to catch them!
- Do not attempt to spot someone unless you feel confident doing it safely
- Make sure the climber wants you to spot them!

## Hardware

- Do not boulder with objects in your pockets & remove jewellery before climbing
- Do not attach your chalk bag using a karabiner. Do not wear chalk bags with brushes attached.

## Chalk

- Try to minimise the use of chalk and the spreading of chalk dust; we encourage the use of Liquid Chalk and Chalk Balls over loose chalk.
- Avoid wearing a chalk bag when bouldering to reduce airborne chalk dust



# Conditions of use

## General Safety

- Report to reception on each visit before you climb
- You must exercise care, common sense and self-preservation at all times
- Report any problems with the walls, equipment or other climbers' behaviour to a member of staff immediately. This is particularly important with broken or spinning holds
- Be aware of the other climbers around you and how your actions will affect them
- Never stand directly underneath someone who is climbing
- If you have children, you must keep them under control and supervise them directly at all times.
- Be close enough to affect or control the child's behaviour at all times
- Please make yourself aware of the location of the fire exits in the building and fire assembly points

## As a user of this climbing wall, you must be aware of and accept the following:

- Volumes on the walls are designed to enhance the quality of climbing but you must be aware of and accept that when climbing above them there is an additional risk of falling onto them
- Climbing beyond your capabilities on any wall is likely to result in a fall. Any fall may result in an injury despite the safety systems in place. You must make your own assessment of the risks whenever you climb
- Participants must understand that climbing while pregnant can increase the risk posed to mother and unborn child
- Participants must be aware and accept that climbing holds can spin or break
- You must do everything reasonable and practical to avoid endangering yourself or others
- You have to be aware of and adhere to the safety rules of the centre at all times
- Stand back from the climbing walls unless you are spotting a climber
- Please empty your pockets and remove all jewellery before climbing
- Do not climb under the influence of alcohol or drugs. Smoking is not permitted in or around the Centre.
- Respect the Centre and all the equipment therein. Damage to Centre property will not be tolerated.
- Refer to best practice and safety signage for specific area safety rules.

## Bouldering

- Whenever possible, downclimb, or if this is not possible, use a controlled/planned jump
- It is your responsibility to ensure that you can climb down or land safely; don't climb into a situation that you cannot safely get out of
- Never climb directly above or below another climber
- Don't climb above the highest hold. We do not have top outs at the centre.
- Do not climb over or on top of any bouldering walls and structures. Do not hold or touch the tops of the walls, any girders, metalwork or lights.
- Keep the mats free from objects or obstructions such as bottles, bags, clothing, brushes, shoes etc.
- No food or drink is permitted on the mats.
- No headphones during busy periods.
- Always be aware of people climbing above and around you

## Training Equipment

- You use the training equipment at your own risk.
- Under 18s are not permitted to use the weights, or any feet-off training aids.
- The training boards are to be used by experience climbers only.
- Only use equipment that you are familiar with and confident using.
- Users must read and follow the guidance displayed prior to using any equipment or training boards.
- Keep the gym clean and tidy and respect other users.

## Our Duty of Care

The conditions of use of the climbing centre are not intended to limit your enjoyment of the facilities; they are part of the duty of care that we, as operators, owe to you, the customer, by law. As such, they are not negotiable and if you are not prepared to abide by them then the staff may ask you to leave.

## Your Duty of Care

You have a duty of care to act responsibly towards the other users of the centre, follow good practice and abide by the conditions of use of the centre. Statements of 'Good Practice' are posted around the centre adjacent to the relevant facilities. These describe the accepted methods of use of equipment and climbing areas.

## Unsupervised Climbing

Unsupervised climbing is just that: You should not expect to receive any instruction in the use of equipment or climbing techniques unless specifically booked and paid for in an organised class. If you are not confident in the use of any climbing equipment or techniques, you must not attempt to use it without the supervision of someone who is competent to do so.