

Risks - “The British Mountaineering Council recognises that climbing and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.”

Although the climbing centre is an artificial environment the risks involved are **no less serious than when climbing outside** on a crag or mountain. There is an additional risk that bolt-on holds can spin or break.

The soft flooring under the bouldering walls is designed to provide a more comfortable landing for climbers falling or jumping from the bouldering wall. **THE SOFT FLOORING DOES NOT MAKE THE CLIMBING ANY SAFER.** Broken and sprained limbs are common on this type of climbing wall despite the soft landing. **Uncontrolled falls are likely to result in injuries to yourself or others.**

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 to avoid it. You must make your **own assessment of the risks** whenever you climb.

Our Duty of Care - The rules of the climbing centre set out below **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 must politely ask you to leave.

Your Duty of Care - You also have a **duty of care** to act responsibly towards the other users of the centre.

Unsupervised Climbing - Before you climb without supervision Rope Race expects you to be competent in the safe use of a safety harness, a suitable knot to attach a

rope to the harness and a belay device to secure a falling climber or lower a climber from the wall using a rope. You are required to complete a disclaimer/group form to say that you know how to use the equipment, that you are prepared to abide by the Rules below and that you understand the risks involved in your participation.

A novice must not climb without supervision of a registered user or instructor.

Unsupervised climbing is just that! Staff will provide whatever help and advice they can, but instruction in the use of equipment or climbing techniques will only be provided where it has been booked and paid for in advance. If you are not **confident** in the use of any climbing equipment or technique then **do not** attempt to use it without the supervision of someone who is competent to do so.

Supervised Climbing - An adult who has registered at the centre may supervise novice climbers as long as they are prepared to **take full responsibility for the safety of those people.**

Children – All children in the centre must be supervised and be **kept in line of sight at all times**, unless they have been assessed by the management and registered for unsupervised climbing.

Dry tooling – By signing the disclaimer overleaf you agree not to dry tool unless you have filled out the dry tooling disclaimer

RULES

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.
- Be aware of the other climbers around you and how your actions will affect them.
- Do not distract people while they are climbing or belaying.
- Stand well back from the climbing walls unless you are belaying or spotting a climber. Never stand directly under someone who is climbing.
- Children must not be left unsupervised.

Top Roping

- Many of the climbs in the centre have top ropes already in place. Do not take them down to use on other routes.

Leading

- When using the lead walls you must supply your own appropriately rated dynamic rope. Do not use the centre's top ropes for lead climbing.

- You must clip **all** the runners on the route you are climbing.

When Belaying

- Always use a belay device attached to your safety harness with a locking karabiner. 'Traditional', or 'body' belaying is not acceptable.
- Always pay attention to what the climber is doing.
- Always stand as close to the climbing wall as is practical, sitting or lying down is not acceptable.

When Climbing

- The tall walls are designed to be climbed using a rope for protection. Solo climbing is not acceptable on these walls. Always use a rope to protect yourself on these climbs.
- Always use a safety harness to attach yourself to the rope.
- Always tie the rope directly into the harness using a suitable climbing knot.

Bouldering

- Always climb within your capabilities and descend by down climbing, jumping or, at the very least, a controlled fall.
- Never climb directly above or below another climber.