

Risks - “The Mountaineering Council of Scotland and The British mountaineering Council recognise 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 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 climbing surfaces is designed to provide a more comfortable landing for climbers falling or jumping from the walls. **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 and/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. Statements of ‘good practice’ are posted around the centre adjacent to the relevant facilities. These describe the accepted methods of

use and how customers would normally be expected to behave towards each other.

Unsupervised Climbing - Before you climb without supervision the centre expects you to be competent in the 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 register 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.

Anyone who has not registered is classed as a **novice** and **must not** climb without supervision.

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 is registered at the centre may supervise up to **two** novice climbers as long as they are prepared to **take full responsibility for the safety of those people**. Groups of three or more novices must only be supervised by a centre-registered instructor holding relevant Mountain Training Board qualifications and liability insurance.

Children - All children in the centre must be supervised by an adult unless they have been assessed by the management and registered for unsupervised climbing.

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 climber’s 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.

All climbers & belayers should use a ‘buddy system’ of checks ie: checking that your partner is wearing their harness correctly and either belaying you correctly or is correctly tied to the rope.

Rock shoes must be worn by all climbers.

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.

Do not use your own ‘quick draws’ to lead the top rope walls.

Leading

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

You must clip all the quick draws on the route you are climbing. Both top karabiners must be clipped before descending.

Lead climbers top roping on their own ropes must re-clip quick draws on descent if climbing overhanging routes.

When Belaying

Always use a belay device attached to your safety harness with a locking karabiner. ‘Traditional’ or ‘body’ belaying is not acceptable.

The attachment points at the base of the walls are provided to give support to people belaying a climber who is much heavier than they are. Direct belaying from the attachment points 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 are not acceptable.

When Climbing

The tall walls are designed to be climbed using a rope for protection. Solo climbing is forbidden on these walls where the climber’s hands are above 2.5m..

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. Clipping in with a karabiner is not acceptable.

Bouldering

Always climb within your capabilities and descend by down climbing whenever possible, instead of jumping off.

Never climb directly above or below another climber.

Bouldering in the roped climbing areas is only allowed when it does not interfere with other users and the climber’s hands remain below 2.5m (the first clip)

Chalk

Loose chalk is not permitted in the centre. Climbers should minimise their use of chalk & not wear chalk bags in the bouldering areas.

Thank you for reading the above, please enjoy your time here and climb safely.