In order to use the Climbing Wall you must be able to demonstrate that you are a **competent climber**. This is by means of a self-declaration registration form. Once you have completed the form you will be able to use the Climbing Wall unsupervised as long as you comply with the Rules of the Climbing Wall. If you are unable to complete the registration form you will be required to attend the appropriate training session in order to learn how to use the climbing wall. Alternatively, you may use the wall under the direct supervision of a UoN Sport approved instructor/supervisor or registered climber (a separate supervising form must be completed). For more information relating to inductions and supervised sessions, please log onto www.nottingham.ac.uk/sport/climbingwall or enquire at the David Ross Sports Village reception.

**Risks** – ***“The Association of British Climbing Walls (ABC) recognises that all climbing activities have a risk of serious injury or death. Participants must recognise that even if they follow all good practice there may still be the risk of accident and injury. It is the responsibility of the participant to adhere to the conditions of use.”***

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

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 wall 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, the staff will politely ask you to leave.

**Your Duty of Care** – You also have a duty of care to act responsibly towards other users of the climbing wall. Statements of ‘Good Practice’ are displayed around the climbing wall and climbing wall notice boards. These describe the accepted methods of use and how customers would normally be expected to behave towards each other. If you see something wrong report it to a member of staff or reception.

**Unsupervised Climbing** – Before you climb without supervision the centre expects you to be competent in the use of a climbing harness, a suitable knot to attach a rope to the harness and a belay device to secure a falling climber or lower a climber to the ground. 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 or is unable to complete the registration process is classed as a novice and must not climb without supervision. Registration forms are available from reception.

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. Information on induction courses is available from reception or from the Climbing Wall Webpage.

**Supervised Climbing** - An adult who is registered to use the climbing wall may supervise up to two novice climbers as long as they are prepared to take full responsibility for the safety of those people. You must complete a separate novice supervision form before climbing. Groups of three or more novices must only be supervised by an instructor holding the relevant qualifications or authorisation.

Children (U18 years of age) – All children must be supervised in the centre unless they have been assessed by the management and registered for unsupervised climbing.

**Please turn over**

**RULES**

**General Safety**

**Always book your session on-line or at reception.**

**Always swipe in on each visit before you climb.**

**Do not open the door for other climbers – they may not be registered.**

You must exercise care, common sense and consideration for others at all times.

Report any problems with the wall, equipment or other climbers’ behaviour/bad practice to a member of staff immediately. Misbehaviour will not be tolerated.

Tie back long hair, secure loose clothing, and remove jewellery and any items from pockets.

Report loose or spinning holds immediately to reception.

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.

Do not attempt to tamper with overhead lighting – danger of electric shock.

Do not lie or sit on the bouldering mats.

Climbing routes without equipment (Soloing) and bouldering on the roped walls is prohibited.

Traversing across the climbing wall is permitted up to 1m above the ground but only when routes are not in use.

Top ropes are the responsibility of the centre. Do not take them down to use on other routes.

Wear appropriate clean footwear. Bare feet are not acceptable, nor are open toed sandals or flip flops.

**Lead Climbing**

When lead climbing you must use your own UIAA approved lead climbing rope.

Running belay attachments (runners) are already provided at intervals on the lead walls. You must clip all quick draws on the route you are climbing.

Do not attempt to lead climb unless you have had sufficient experience or appropriate training.

If a Top Rope is in situ you may pull the rope down but it must be replaced after you have finished leading. Do not use the centre’s top ropes for lead climbing.

Do not attempt to climb past the last hold on the main climbing wall.

The use of traditional climbing protection is prohibited on the feature panels without prior authorisation from the climbing wall manager. The practice of belay building is allowed at ground level as long as the protection is not loaded.

**When Belaying**

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

Ground anchors/belay bags are to be used when belaying a climber who is much heavier than you are.

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 belaying.

Always use a safety harness to attach yourself to the rope.

Climbers must always tie the rope directly into the harness using a suitable climbing knot. Clipping into the belay loop with a karabiner is not recommended.

Do not belay outside of the climbing area (black matting).

Do not belay a lead climber unless you have had sufficient training and practice.

Do not attempt to teach someone to lead belay/climb.

**Auto Belays**

Always double check that you have clipped into the auto belay before you leave the ground.

Do not deviate from the holds on your line. Check before leaving the ground.

Never climb past the point where the auto belay stops taking in.

Descending from the route must be done in a controlled manner, always check the landing area is clear before letting go.

Do not attempt to grab back on to the wall when descending.

If tape does not take in stop climbing and alert a member of staff immediately.

If you let go of the karabiner do not attempt to retrieve it, contact a member of staff.

**Bouldering**

The soft flooring under the bouldering wall is designed to provide a more comfortable landing for climbers. Injuries may still occur despite the soft landing.

Be aware of other climbers around you and don’t start climbing or traversing until your route is clear.

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. Show consideration for other climbers and give way to climbers in a higher position.

Remove harnesses before bouldering.

**Campus Training Area**

No use by under 18’s unless supervised by a climbing coach.

Warm up properly before use, especially the fingers.

Don’t use a campus board with your feet off, or dynamically, unless you are an experienced climber and fully understand what you are doing.

Use the campus board at the beginning of your training session – tiredness increases your risk of injury.

Don’t do double dynos unless you are very experienced in campus board use. Warm down afterwards.

**Pull up Bar**

The pull up bar should only be used to do pull ups – not muscle ups

Always warm up before use

Do not swing on the bar or kick against the window

**Crack Machine (When fitted)**

The crack machine is designed to simulate crack climbing and as such may cause injury if used incorrectly.

If you are unsure on how to use the crack machine, seek advice from one of our climbing instructors.

**Miscellaneous**

Use of loose chalk is prohibited. Chalk balls are acceptable.

Tops must be worn at all times.

Bags should be stored in the lockers provided.

A minimum of 2 hours’ notice is required to cancel a booking.

A maximum of 3 bookings may be made by the member within any 24 hour period.