

To use the Climbing Wall, you must be able to demonstrate that you are a competent climber. This is done through a **Competency Test** and completion of an **Acknowledgement of Risk** form. Once both are completed, you may use the Climbing Wall unsupervised, provided you follow all **Rules and Conditions of Use**.

If you are unable to meet the requirements of the Competency Test, you will need to attend an appropriate training session. Alternatively, you may use the wall under the direct supervision of a **UoN Sport-approved instructor or supervisor**. For more information on inductions and supervised sessions, please visit: <https://www.nottingham.ac.uk/sport/bookings-and-timetables/climb/climbing-wall.aspx> or speak to the team at **David Ross Sports Village reception**.

Association of British Climbing Walls Participation Statement:

"All climbing activities (encompassing roped climbing, bouldering and auto belay activities) have a risk of serious injury or death. Participants must be aware and accept 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 indoor environment, the risks involved are no less serious than climbing outdoors. There is also an additional risk that bolt-on holds may spin or break. Climbing beyond your limits is likely to result in a fall. Any falls, even with safety systems in place, may cause injury to yourself or others. You must assess the risks for yourself every time you climb.

Our Duty of Care - The rules below are part of the legal duty of care we owe to all customers and are not intended to limit your enjoyment of the facilities. They are designed to keep everyone safe and are **not negotiable**. Failure to follow the rules may result in a request to comply or to leave the climbing area.

Your Duty of Care - You also have a responsibility to behave safely and respectfully towards other users. Statements of **Good Practice** are displayed around the wall and outline the accepted methods of use and expected behaviour. If you notice any unsafe behaviour or practices, please report them to a member of the Climbing Wall Team or to reception.

Unsupervised Climbing – Before climbing without supervision, you must be able to competently complete the following actions for the activity being undertaken:

Bouldering - Identify when the wall is safe to climb on, descend the wall safely, and use the matting area provided appropriately.

Auto Belay - Use a climbing harness, check the device is safe to use, attach/ detach from the device correctly, and descend the wall safely

Climbing - Use a climbing harness, tie a suitable knot to attach the rope, and use a belay device to protect a climber or lower them safely

If you cannot demonstrate these skills, you are classed as a **Novice**. Unsupervised climbing means exactly that. Staff can offer general help and advice, but instruction in equipment use or climbing techniques is only provided through pre-booked, paid instruction. Information on induction courses is available from reception or via the Climbing Wall webpage.

Children (U18 years of age) – All children must be supervised in the centre unless they have been assessed by the Climbing Wall Team and registered for unsupervised climbing. At our discretion, **14–17-year-olds** may climb unsupervised following a separate induction process. Please contact the **Climbing Wall Manager** for more information.

Conditions of use and rules may be changed without prior warning due to recommendations from the BMC or ABC or from our own experience. Please check regularly for any changes. (v12 –MAR 02 - CWT)

General Safety Rules

Always book your session online 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 or understand the risks within the climbing wall.

Only use UIAA approved equipment for climbing – Staff reserve the right to prevent use of equipment that is not approved or out of date.

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.

Tie back long hair, secure loose clothing, and remove jewellery, rings and any items/mobiles 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 climbing shoes on the climbing wall. (Exception for supervised sessions). Training shoes and bare feet are not acceptable for climbing, nor are open toed sandals or flip flops. Always wear suitable footwear when belaying – bare foot is not acceptable

Lead Climbing

When lead climbing you must use your own UIAA/CE approved lead climbing rope – this should be checked before use to ensure it is in a serviceable condition.

Climbers must always tie the rope directly into the harness using a suitable climbing knot.

Quickdraws (runners) are already provided at intervals on the lead walls. You must clip all quickdraws on the route you are climbing.

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

Teaching friends to lead climb/belay is not allowed.

If a Top Rope is in-situ, do not pull the rope down, please pull the rope out of the way instead. Another quickdraw is supplied at the chains of top rope lines for a lead lower off. 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. Fig 8 descenders are not belay devices.

Ground anchors/belay bags are to be used when belaying a climber who is 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 allowed for top roping.

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

Auto Belays

Always conduct a pre use safety check before using the auto belay.

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 your route 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 fall zone/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, climb back down until the auto belay engages and descend as normal, alert a member of staff immediately.

If you let go of the karabiner climb up on an adjacent auto belay and return to the ground, if this is not possible contact a member of staff.

Rescue Rope – familiarise yourself with the rescue rope – ask a member of staff if you are unsure.

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, and it will not prevent all injuries.

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, 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.

Do not leave items on the mat – bottles, mobile phones, harnesses Etc.

Moonboard

Only wear climbing shoes while using the Moonboard.

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

Warm up properly before use, especially the fingers.

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.

Finger Board

The finger board is available for dead hang training. It has three rungs, small, medium and large. It is not designed for campusing. Only use this apparatus if you have warmed up and have a structured training plan.

Miscellaneous

Use of loose chalk is prohibited. Chalk balls and liquid chalk are acceptable and available from reception.

Tops must be always worn.

Bags should be stored in the lockers provided and not left on the floor.

Fire escapes should always be clear

Do not open the fire doors – this may allow entry to someone who is not a registered climber

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.

Auto Belay max booking is 1 hour

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