

GOOD PRACTICE GUIDELINES

PLEASE READ

BOULDERING

General

- Report any problems such as 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. Have fun and encourage others!

Falling Off

- **IMPACT FLOORING DOES NOT REMOVE THE RISK OF INJURY, BUT IS DESIGNED TO REDUCE THE SEVERITY OF THESE INJURIES.** Uncontrolled falls are likely to result in injuries to yourself or others.
- Descend either by down-climbing or by a controlled jump from as low as possible.
- Before doing a dynamic move, think about what you might hit on the way up or the way down. It is your responsibility to keep clear of wall structures, lighting, girders etc.

Obstructions

- Keep the mat free of objects and obstructions such as water bottles, bags, clothing, chalk bags, brushes etc.
- Do not take food or drinks onto the mats.
- Volumes on the walls are designed to enhance the quality of climbing but you must be aware that 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 that you are doing it properly.
- Make sure the climber wants you to spot them.
- A primary purpose of spotting is to ensure the climber's landing zone is free from objects and other climbers.

Hardware

- Do not boulder with objects in your pockets and remove jewellery before climbing.
- Do not attach your chalk bag using a karabiner.

Chalk

- Try to minimise the use of chalk and the spreading of chalk dust. We encourage the use of liquid chalk and chalk balls.

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TRAINING AIDS

By using this equipment, you acknowledge that there is risk of injury associated with participating in any exercise programme or sports activity. You also certify that you are in good physical condition and have no known health conditions that might cause injury to yourself or others.

Please note: You should be at least 18 years old and have adequate knowledge of how to safely use these training aids. Anybody below the age of 18 may only use the following equipment under the close supervision of an instructor/coach:

- Dumbbells
- Barbells and squat racks
- Fingerboards/hangboards
- Campus rungs
- Cardio machines

Injuries through misuse

- These training aids are designed for use by experienced climbers and gym users.
- If you use them incorrectly, you could sustain long-term injuries to tendons or ligaments.
- If you are unsure how they should be used, do not use them until you have been shown how to use them properly.

Obstructions

- Keep the area clear of objects and obstructions such as bags, clothing, chalk bags, brushes, and gym equipment.

Etiquette

- Be considerate to other users.
- Do not monopolise equipment.
- Ensure all weights are put back on their racks.
- Do not drop weights.
- Clean the equipment after use.
- Wear trainers rather than climbing shoes, socks, or bare feet when using the gym equipment.