

CONDITIONS OF USE AND RULES OF THE QUAY CLIMBING CENTRE

"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."

RISKS - 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 safer landing for climbers falling 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. 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; tying our approved knot to attach a rope to the harness (**The Quay Climbing Centre only accepts a re-threaded figure of eight with stopper knot**); and a belay device to secure a falling climber or lower a climber from the wall using a rope. You are required to sign an 'Unsupervised Disclaimer 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. Anyone who has not completed an 'Unsupervised Disclaimer Form' 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 will only be provided where it has been booked and paid for in advance. If you are not **COMPETENT & confident** in the use of any climbing equipment then you must not attempt to use it.

SUPERVISED CLIMBING - An adult who has 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 an instructor holding the relevant qualification.

CHILDREN – All children in the centre must be supervised by an adult.

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.
- Many of the climbs in the centre have top ropes already in place. Do not take the down to use on other routes.
- Do not use your own 'quick draws' to lead the top rope walls.
- 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.
- Sitting or lying down whilst belaying is not acceptable.
- Solo climbing is not acceptable at the Quay Climbing Centre.
- Always tie the rope directly into the harness.
- Never climb directly above or below another climber.

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.
- You will require a 50m rope to use the Quay Climbing Centre's lead wall.
- You must clip all runners on the route you are climbing.

Bouldering

- Always climb within your capabilities and descend by down climbing.
- Never climb directly above or below another climber