

# Nottingham Climbing Centre Conditions of Use (Risks, Conditions and Rules)



## RISKS

- Climbing is an activity with a danger of personal injury or death. Participants should be aware of and accept these risks and be responsible for their own actions and involvement.
- Although the indoor climbing centre is an artificial environment these risks are no less than when climbing outside. There is an additional risk that climbing holds can spin or break. This can cause you to fall unexpectedly and increases the risk of injury. Loose/damaged holds must be reported to reception at once.
- The soft matting under the bouldering walls does not make the activity safe - broken and sprained limb injuries are more common in this type of climbing. Jumping or falling may result in injury 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. You must make your own assessment of the risks whenever you climb.

Where used throughout this form, the term "climbing" also includes bouldering, and other related activities.

## CONDITIONS OF USE

**Our duty of Care** - The risks and rules of the climbing centre set out herein are not intended to limit your enjoyment of the facilities. They are part of our duty of care that we, as operators, owe you, the customer, by law. As such they are not negotiable and if you are not prepared to abide by them you will be asked 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.

**Unsupervised climbing is just that!** If you are not confident in the use of any walls, climbing equipment or technique then do not attempt to use it without the supervision of someone who is competent to do so.

**Unsupervised roped climbing** - Before you climb with ropes without supervision the centre expects you to be registered to climb and boulder unsupervised, and be competent in the use of a safety harness, a suitable knot and belay device.

**Unsupervised bouldering only** - If you are not competent in the use of a safety harness, a suitable knot and belay device but are competent to boulder you will be registered to boulder only. You will only be allowed to use the bouldering facilities and may not use the roped walls or auto-belays as a climber or belayer. If you do climb with ropes and someone is injured as a result of your actions, it is you and not the climbing centre that will be held legally liable. If competent to do so, you may request to upgrade your registration to allow you to use the roped walls at any time.

**Novice** - Anyone who has not registered for unsupervised climbing and/or bouldering is classified as a novice and must not climb without supervision.

**Supervision of climbers** - An adult All Climbing Member who has been granted unsupervised access can supervise, taking full responsibility for, up to 2 novices or children, who must register as novices. Staff may provide help and advice; however this does not constitute instruction or supervision.

**Children** - All children in the centre (even when not climbing) must be supervised by an adult (with the exception of experienced children who have passed an Unsupervised Access test). In addition to the obvious risks of climbing, children on the ground are at particular risk of being seriously injured by falling climbers. Please advise staff if you think children are not properly supervised.

**Personal property** - Nottingham Climbing Centre accepts no responsibility for any loss of or damage to customer's personal property whether in lockers or not.

## RULES OF USE

### General Safety

- Report to reception on each visit before you climb. The climbing walls are not supervised.
- You must exercise care, common sense and self preservation at all times.
- Report any problems with the walls, equipment, holds 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 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 or obstruct the landing zone below them.

### Roped Climbing

- Climbing:
  - Solo climbing on the roped walls (top-rope or lead) is not permitted.
  - Always tie the rope directly into a climbing harness using a suitable climbing knot. Clipping in with a karabiner is not acceptable.
  - Many of the climbs in the centre have top ropes already in place. Do not take them down to use on other routes.
  - When using the lead walls you must supply your own appropriately rated dynamic rope. Do not use the centre's top ropes for lead climbing. You must clip all the runners on the route you are climbing.
- Belaying:
  - Always use a climbing safety harness with a belay device attached with a locking karabiner. 'Traditional' or 'body' belaying is not acceptable.
  - The attachment points at the bottom of climbs are provided to give support to people belaying a climber who is much heavier than they are. Direct belays from anchor points are 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 is not acceptable.

### Auto-belays

- When using the auto-belays, users must read and follow their instructions provided prior to use.
- Novice or boulder only users must be supervised by a competent All Climbing member or receive tuition from a centre instructor.

### Bouldering

- Always climb within your capabilities; descending by down climbing until close to the mats is strongly recommended.
- Never climb directly above or below another climber.

### Gym

- Nottingham Climbing Centre has a small gym with free weights and cardio machines available to registered climbers over 18. Users must undertake a booked induction, read and follow the guidance notes displayed in the gym prior to using any equipment. Equipment may not be removed from the gym.