



BOULDER UK

CLIMBING

Centre Rules and Conditions of Use

What is Bouldering?

Bouldering is a form of free climbing above industry regulation matting, so ropes and harnesses are not required. It challenges the climber to complete short but technical boulder "problems" using strength, technique, power, balance and, most importantly, their brain! Industry regulated bouldering walls are no higher than 4.5metres high.

Risks

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.

- Although this bouldering centre is an artificial environment, the risks involved are no less serious than when bouldering outside. There is an additional risk that the climbing grips/holds may become loose. Loose or damaged holds must be reported to reception straight away.
- The soft matting does not make the climbing any safer! The matting under the bouldering wall is designed to provide a more comfortable landing for climbers falling or jumping from the bouldering wall.
- A fall from the climbing surface could result in an injury despite the safety systems in place to avoid it. Uncontrolled falls are likely to result in injuries to yourself or others - broken and sprained limbs are common injuries when bouldering despite the soft landing.
- Climbing beyond your capabilities on any wall is likely to result in a fall.
- You must make your own assessment of the risks whenever you climb.

Our duty of care:

The rules of this bouldering centre are set out below and 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 staff must politely ask you to leave.

Your duty of care:

- 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.
- Beware of other climbers around you and how your actions will affect them.
- Never climb directly above or below another climber.
- Don't sit or stand under or near the walls when people are climbing.
- Keep the mat free of any obstructions like bags & bottles. No food or drink on the mats at any time.
- Spectators are not permitted on the matted area or in the training area upstairs.
- Only registered members of the facility are allowed upstairs in the training area.
- Accidents & near misses should be reported to a member of
- You should not climb if you suffer from a medical condition or ailment that may put you or others at risk.

Bouldering Safety

- Always climb within your capabilities and descend by climbing down, or at the very least a controlled fall.
- Statements of "Good practice" are posted around the centre. These

describe the accepted methods of use and how customers would normally be expected to behave towards each other.

- Do not attempt to climb on top of the climbing surface.
- Climbing shoes should be worn by all participants on the climbing surface.
- Cleaning brushes should be returned to the designated area after use.
- Be aware that some climbs will cross over, always give way to those already climbing.

Unsupervised climbing

- Before you climb without supervision the centre expects you to fully understand the dangers involved with bouldering and accept the risks involved.
- You are required to register to say that you are prepared to abide by the rules and that you understand the risks involved in your participation.
- Anyone who has not registered must not climb with or without supervision.
- Staff will provide whatever help and advice they can, but instruction in climbing techniques & safety will only be provided where it has been booked and paid in advance.
- If you are not confident in the use of any of the facility, then do not attempt to use it without the supervision of someone who is competent to do so.

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 with prior agreement from the centre. See our individual policy for external instructors.
- Guests under the age of 8 years old must be supervised by a non-climbing supervisor.

Children

Ages 14 – 17 years old

- **Existing experience:** may climb unsupervised upon successful completion of junior competency test*. Parental consent will also be required to climb without supervision.
- **Little or no experience:** will need to be accompanied by a registered supervising adult or have completed a 'Young Person's Induction' to climb unsupervised.

Ages 8-13 years old

- May only climb under the supervision of a centre instructor, registered supervising adult or registered external instructor. Only GB Team members or Boulder UK academy members may climb unsupervised upon successful competition of a junior competency form.

Ages 3 to 8 years old

- Must always be supervised by a non-climbing registered climber.
- The minimum age for climbing in the main bouldering area is 7 years old.

* *The junior competency test is a written test that allows individuals to demonstrate their understanding of the centres conditions of use as well as their own skill level. A Boulder UK Staff member will assess the completed form and it is to their discretion to allow the junior to be able to climb unsupervised based on the answers given on the form. Occasionally, children may be asked to climb to assess their skill level.*