

Good Practice Notices

BOULDERING

Falling Off

- Avoid uncontrolled falls. They are likely to result in injuries to yourself or others around you.
- Descend either by down-climbing, jumping or at least a controlled fall.
- THE SOFT MAT DOES NOT MAKE BOULDERING ANY SAFER, broken and sprained limbs are common on this type of wall.

Traversing

- Climbers doing vertical problems have priority.

Obstructions

- Keep the mat free of objects and obstructions like bags, clothing, chalk bags, brushes etc.
- Don't sit or stand under the wall when people are bouldering.

Spotting

- Spotting involves helping someone to control their fall, not trying to catch them!
- Do not attempt to spot someone unless you feel confident to do it properly.
- Make sure the climber wants you to spot them!

Hardware

- Don't boulder with hardware hanging on your harness. It might hit someone or injure you when you fall.

ROPED CLIMBING

General

- Report any problems like spinning holds or damaged ropes to staff as soon immediately.
- Don't stand underneath climbers unless you are belaying them.

Belayers

- Lower your climber carefully to avoid collisions or losing control.
- Don't stand too far back from the wall. You may be pulled off your feet if the climber falls unexpectedly.
- When belaying a heavier climber, clip yourself into a ground anchor to avoid being pulled off your feet.
- Do not belay directly from the ground anchors.
- Sitting or lying down when belaying compromises your ability to hold a fall and, in the event of a sudden fall, may cause you injuries.

Climbers

- We insist that you tie the rope into to your harness and do not clip in with a karabiner.
- Experience has shown that tying in is the most consistently reliable method of attaching the rope to your harness.

LEAD WALLS

Rope Length

- These lead walls require a *[insert length here]* metre rope in order to lower off safely.

Conflicting Routes

- In the interests of self-preservation, climbers must be aware of others around them and take any necessary action to avoid accidents.
- The onus is on the lower climber to anticipate any problems that may result from a fall of a climber above them.
- If the climber above looks likely to fall, back off!

Back Clipping

- Don't back-clip quick-drawers as they may un-clip and release the rope when you fall on them!

Seconding and Top Roping

- If you have to lower off from an overhanging route without reaching the top then you will have to pull the rope and start again in order to make another attempt!
- Only top rope on lead routes when the climb has been completed and the rope is correctly clipped into the lower off point at the top.

Uncontrolled Swings

- If you are top-roping an overhanging route, always climb on the end of the rope that passes through the quick-drawers.
- You must ensure that the rope is clipped through sufficient quickdraws to prevent you from swinging in the event of a fall.
- If another climber is going to top-rope the route after you then make sure you re-clip the quick-drawers on the way down.

TRAVERS WALL

Falling Off

- THERE IS NO SOFT FLOORING IN THIS SECTION OF THE CLIMBING WALL.
- Descend either by down-climbing, jumping or at least a controlled fall.
- Avoid uncontrolled falls. They are likely to result in injuries to yourself or others around you.

Traversing

- This is a dedicated traverse wall.

Obstructions

- Don't sit or stand under the wall when people are traversing.

Spotting

- Spotting involves helping someone to control their fall, not trying to catch them!
- Do not attempt to spot someone unless you feel confident to do it properly.
- Make sure the climber wants you to spot them!

TRAINING AIDS

Injuries Through Misuse

- These training aids are designed for use by experienced climbers.
- If you use them incorrectly you could sustain long term injuries to tendons or ligaments.
- If you are unsure how they should be used then don't use them until you have been shown how to use them properly.
- Tuition can be arranged by prior appointment.

Falling Off

- Avoid uncontrolled falls. They are likely to result in injuries to yourself or others around you.
- Try to descend either by down-climbing, jumping or at least a controlled fall.
- THE SOFT MAT DOES NOT MAKE BOULDERING ANY SAFER, broken and sprained limbs are common on this type of wall.

Obstructions

- Keep the mat free of objects and obstructions like bags, clothing, chalk bags, brushes etc.
- Don't sit or stand under the training aids when people are using them unless you are spotting them.

No Feet On The Campus Board

- The campus board is designed for training moves using only your hands. Using your feet may damage the rungs.

GROUND ANCHORS

How to use them

- Use a ground anchor when belaying a climber who is heavier than you are.
- No direct belaying off Ground Anchors.
- Attach your Ground Anchor to your belay loop below your belay device with a locking karabiner or tie directly into your harness.
- Attach yourself to the anchor point so you can stand just in front of the Ground Anchor.
- Never stand behind where the anchor attaches to the floor and never stand with the anchor running between your legs.
- Never attach a Ground Anchor directly to the karabiner you are belaying with as this causes 3 way loading.
- Never use a larks foot directly into the ground anchor.
- A climbing sling or rope 9mm or larger should be used to anchor to the ground but must be attached via a locking karabiner.