



RISKS

Participation Statement: *All climbing activities have a risk of serious injury or death. Participants must recognise that even if they follow all good practice there may still be the risk of accident and injury. It is the responsibility of the participant to adhere to the conditions of use.*

- 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.
- The soft matting under the bouldering walls does not make the activity safe- broken and sprained limbs are common. Uncontrolled falls are likely to result in injuries to yourself or others.
- Climbers lowering using the Autobelays are not able to stop or slow down – you must remain clear of their landing zones.
- Climbing holds can spin or break. This can cause you to fall unexpectedly and increases the risk of injury.
- Obstructions in a climbers landing zone carries an increased risk of injury
- When climbing you must always ensure your landing zone is clear
- When moving around the centre you must be aware of the location of other climbers and their landing zones and avoid obstructing them. Get into the habit of looking up. Climbers may not always be visible, doorways, arches, corners may obstruct your view. Proceed with caution when moving around the centre.
- Being landed on may result in injury to all parties involved.
- When belaying you may get pulled into the wall or lifted off the ground, this may result in injury. You must make your own assessment as to whether the use of a ground anchor is required.
- A significant risk of roped climbing is not being connected to the safety system. Always perform partner checks before climbing (harness, knot & belay set up).

CONDITIONS OF USE

Duty of care. You 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.

Registering for activities in the centre. It is your responsibility to ensure you have completed the appropriate forms for the activity you wish to undertake. This may be checked by our staff at any time.

Unsupervised climbing is just that! If you are a novice or not confident in the use of any climbing equipment or technique then do not attempt to use it without the supervision of someone who is competent to do so. Novices must be supervised at all times and must complete a novice supervision form (along with your supervisor). This may be checked by our staff at any time.

Bouldering Only. If you are not competent to put on a harness, tie in and belay safely, you will only be allowed to use the bouldering facilities. You may not use the roped walls (including the Autobelays) as a climber or as a belayer. If you do climb with ropes and someone is injured as a result of your actions, it is you and not The Castle who will be held legally liable. If competent to do so, you may upgrade your registration to allow you to use the roped walls at any time. Please do so prior to using the roped walls.

Supervising climbers. Only climbers with a Roped Climbing Registration can supervise novices; Bouldering Only members may not supervise novices. A maximum of two novices may be supervised at any one time. A novice supervision form must be completed prior to supervising any novice. Novice climbers and their supervisor must report to reception on each visit.

Children. All children in the centre and garden (even when not climbing) must be supervised by an adult. In addition to the risks inherent in climbing, children on the ground are at particular risk of being seriously injured by falling climbers. Please advise the Duty Manager if you think children are not being supervised properly. Non-climbing children should not be in climbing areas. Non-climbing children are permitted to use The Tunnels under the supervision of parent/guardian. Conditions of Use for The Tunnels are posted by the entrance.

Staff. Our staff are here to ensure you have a safe and fun experience. Abusive behaviour towards staff will not be tolerated.

Personal Property. The Castle accepts no responsibility for any loss of or damage to customer's personal property whether they are in lockers or not. Customers are advised that they use the bike park, car park and garden at their own risk.

General Safety

- Failure to abide by the rules of the centre may result in you being asked to leave the centre and the termination of your membership.
- Check in at reception on each visit before you climb.
- Always take account of other centre users and how your actions will affect them. Refrain from any activity that will increase the risk of injury to other users.
- Report any problems with the walls, equipment or other climbers' behaviour to a member of staff immediately.
- Do not distract people while they are climbing or belaying.
- Never stand directly under someone who is climbing.
- Do not obstruct the landing zone below climbers and boulderers.
- Do not climb barefoot.

Bouldering

- Always climb within your capabilities and descend by down climbing, jumping or, at the very least, a controlled fall.
- Never climb directly above or below another climber.

Roped Climbing (Top Rope & Lead Climbing)

- Solo climbing on the roped walls (top-rope or lead) is not permitted.
- Only lead climb if you are competent and confident to do so. Lead Climbing involves significant risk of falling.
- If you make an error clipping e.g. Z clipping, back clipping, do not proceed without correcting the error. This may include climbing to the ground to safely correct the error.
- Do not take down the top ropes provided by the centre.
- When using the lead walls, you must supply your own appropriately rated dynamic rope. You must clip **all** the in-situ runners on the route you are climbing. Use of your own personal quick draws is not permitted.
- Always use a safety harness to attach yourself to the rope. You must tie the rope directly into the harness using either a rethreaded figure eight knot with a minimum 10cm tail or bowline with appropriate stopper knot.
- When belaying, always use a belay device attached to your safety harness with a locking carabiner.
- The attachment points on the floor are provided to give support when belaying a heavier climber. Ground anchors are available for hire in the shop. You may not belay directly from the ground anchors.
- When belaying, stand as close to the climbing wall as is practical.
- Sitting or lying down when belaying is not acceptable.
- Always make sure you are using your equipment in accordance with manufacturer's instructions.

Autobelays

- Users must read guidance notes provided prior to using the autobelay. These provide key safety instructions for use.
- Bouldering Only members may not use the autobelay at all unless an autobelay waiver has been completed.

If you are a bouldering only member wishing to use the Autobelays you must speak to reception and complete a waiver.

- Novice climbers may not use the autobelay without supervision.

Gym & Training Equipment

- The Castle has a small gym with free weights and cardio machines which is open to all registered climbers over 18. Users must read and follow the guidance notes displayed in the gym prior to using any equipment. Equipment may not be removed from the gym.
- The Castle has a number of training aids located around the centre (rings, bar, campus boards). You must read and follow the guidance notes/best practice information located adjacent to the equipment.