

RISKS: “The BMC recognises that climbing, hill walking 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 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 matting under the bouldering walls is designed to provide a more comfortable landing for falling or descending climbers. **THE SOFT MATTING 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, a suitable knot to attach a rope to the harness and a belay device to secure a falling climber or lower a climber from the wall using a rope. You are required to register to say that you know how to use the equipment, understand the conditions of Use, that you are prepared to abide by the Rules below and that you understand the risks involved in your participation.

While you climb without supervision the centre expects you to be aware of all other climbing users, whether boulderers or roped climbers and their belayers.

Anyone who has not registered 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 or climbing techniques will only be provided on a pre booked session. If you are not **confident** in the use of any climbing equipment or technique, then do not attempt to use it without the supervision of someone competent to do so.

Supervised Climbing – An adult who has registered at the centre may **supervise a maximum of 2 novice climbers** as long as they are prepared to take **full responsibility for their safety**. **Groups of three or more novices must only be supervised by an instructor with relevant experience and who holds a qualification recognised by the management of the climbing wall.**

NB: Anyone learning to belay must be tailed by a competent climber.

Children (Under 18) – All children in the centre must be supervised by an adult unless they have been assessed by the management and registered for (14+) unsupervised climbing. **Full supervision must be maintained at all times.**

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 climber’s behaviour to a member of staff immediately.
- Be aware of other climbers around you and how your actions will affect them.
- Do not distract people while they are climbing or belaying.
- Stand well back from the climbing walls unless you are spotting a climber.
- Never stand directly under someone who is climbing.
- **Volumes on the walls are designed to enhance the quality of climbing but you must be aware that when climbing above them there is an additional risk of falling onto them.**

TOP ROPING

- **Rope stretch must be taken into consideration when using the top rope and lead walls as dynamic rope will stretch about 10%.**
- Many of the climbs in the centre already have top ropes in place. Do not take them down to use on other routes.
- The silo quick draw clips are not for lead climbing. They are there as a safety precaution to use in an emergency.
- You may only top rope on the lead wall using the full or half height lower off chains.

LEADING

- When using the lead wall you must supply your own appropriately rated dynamic rope **(at least 45m long)**. Do not use the centre’s top ropes for leading.

- All running belay attachments (“quick draws” or “runners”) are provided at intervals on the lead wall. You must clip **all** the runners on the route you’re climbing.

WHEN BELAYING

- Always use a belay device attached to your harness with a locking karabiner. “Traditional” or “body” belaying is not acceptable.
- Always pay attention to what the climber is doing.
- Always stand as close to the climbing wall as is practical unless you are using an anchor bag. Sitting or lying down is not acceptable.
- The attachment points and anchor bags are provided to support people belaying a climber who is significantly heavier than they are. Direct belays from these attachment points or anchor bags is not acceptable.

WHEN CLIMBING

- The tall walls are designed to be climbed using a rope for protection. Always use a rope to protect yourself on these climbs. Solo climbing is not acceptable.
- Always use a safety harness to connect yourself to the rope.
- Always tie directly into the harness using a suitable climbing knot and complete it with a stopper. Clipping in with a karabiner is not acceptable.

BOULDERING

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



ROKT 10

REGISTRATION FORM

ROKT 10



UNSUPERVISED CLIMBING AT ROKT CLIMBING GYM

BMC PARTICIPATION STATEMENT: "The BMC recognises that climbing, hill walking 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"

PERSONAL DETAILS (PLEASE USE BLOCK CAPITALS)

MEMBERSHIP ID:

TITLE: _____ FIRST NAME: _____ SURNAME: _____

GENDER: MALE / FEMALE (PLEASE CIRCLE)

D.O.B: ____ / ____ / ____

ADDRESS: _____

POST CODE: _____

TELEPHONE NO: _____ MOBILE: _____

EMAIL: _____ OCCUPATION: _____

HOW DID YOU HEAR ABOUT ROKT? _____

EMERGENCY CONTACT NAME: _____ RELATION: _____

EMERGENCY CONTACT TELEPHONE No: _____

Tick this box if you would like to receive information from ROKT via email

Tick this box if you would like to receive information from ROKT via SMS

CONDITIONS OF REGISTRATION

If you are under **18 years** of age **DO NOT** fill in this form! Please ask at Reception for the correct form. Once you have read the **CONDITIONS OF USE AND RULES** (see over), you must **answer the following questions by writing either "YES" or "NO" in the box provided** then sign the declaration at the bottom of the form. Only climbers who give satisfactory answers to the questions will be registered and allowed to climb unsupervised.

Are you over **18** years of age?

Have you read and understood the **conditions of use and rules of the centre?** (see over).....

*Can you put a climbing harness on correctly? (1).....

*Can you attach a rope to your harness using a suitable climbing knot? (2).....

*Can you use a belay device to secure a falling climber and lower a climber from the wall? (3).....

Do you require any instruction in any of three techniques above (marked *)?

Do you understand that failure to exercise due care could result in your injury or death?

Do you have any questions regarding the application of the Conditions of Use? (see over).....

Do you agree to abide by the rules of the climbing centre? (see over).....

Do you understand the matting/soft flooring will not prevent injury? (see over).....

Declaration of fitness **I certify that to the best of my knowledge, I do not suffer from a medical condition which might have the effect of making it more likely that I be involved in an accident which could result in injury to myself or others.**

Declaration of fact **I also confirm that the above information is correct and if any information changes I will notify the centre.**

Signature:

Date: / /

THIS PART TO BE FILLED IN BY ROKT STAFF

COMPETENCY CHECK CARRIED OUT BY 1 Y/N 2 Y/N 3 Y/N

STAFF SIGNATURE DATE / /