

RULES OF BOULDERING

Participants and their parents / guardians are asked to respect these rules for their own safety



WARM UP



NO RUNNING



DO NOT WALK, STAND OR SIT IN AREAS OF FELLOW CLIMBERS



**NO HEELS / FLIPFLOPS / OPEN TOE SHOES
ALL LACES SECURE**



CLIMB WITHIN YOUR CAPABILITY. DON'T JUMP OFF. ALWAYS CLIMB DOWN



**NO FOOD OR DRINK
NO CHEWING GUM
IN THE CLIMBING AREA**



NO CHALK



GLASSES SECURE



HAIR TIED BACK

YOU MUST NOT USE THE BOULDERING WALL UNTIL YOU HAVE BEEN ASSESSED AS COMPETENT BY A MEMBER OF OUR TEAM

DO NOT RELY ON MATTING TO ABSORB IMPACT WHEN FALLING

REMOVE JEWELLERY BEFORE CLIMBING

REPORT ANY LOOSE OR SPINNING HOLDS TO RECEPTION

Climber Responsibility

You should be in good health and participate responsibly at all times. Please do not climb if you think this activity might put your health at risk, or aggravate a pre-existing condition. Climbing is not recommended for guests that have neck or back problems, heart problems or have had recent surgery. If you are pregnant you should consider your physical condition and limitations before deciding to participate. If at any time you do not feel well please speak to a member of staff. If you have any concerns about any of the equipment or another climber's behaviour, please bring it to the attention of a member of staff.