



RULES OF CLIP & CLIMB

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



MIN AGE 4



MAX WEIGHT 150KG



NO WALKING UNDERNEATH CLIMBERS



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



NO JEWELLERY



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



NO CHALK



GLASSES SECURE



HAIR TIED BACK

CLIMBERS MUST

- Attend safety briefing before climbing
- Always follow staff instructions
- Have harness checked by staff before climbing

CLIMBERS MUST NOT

- Hold onto or pull down the webbing whilst climbing
- Swing during climbing
- Walk on articulated mats when they are lying flat
- Climb until safety clipped by staff

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.