



# RULES OF CLIP & CLIMB

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



**MIN AGE 4**



**MAX WEIGHT 140KG**



**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.