

GLASGOW CLIMBING CENTRE

GENERAL CLIMBING AND BOULDERING CONDITIONS OF USE AND RULES

Risk - British Mountaineering Council Participation Statement: "Climbing 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 flooring under the bouldering walls is designed to provide a more comfortable landing for climbers falling or jumping from the bouldering wall. THE SOFT FLOORING 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 yourself and 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 demands 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, that you are prepared to abide by the rules and that you understand the risks involved in your participation. You will be required to demonstrate tying on and belaying.

Anyone who is not a registered member must be supervised by a registered member or member of the GCC instructional team.

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 where it has been booked and paid for in advance. 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 who is competent to do so.

Supervised Climbing Adult members of the centre are entitled to take responsibility for and ensure the safety of two guests per day. Junior members cannot take responsibility for

any guests. Groups of 3 or more guests must only be supervised by an instructor holding a relevant Mountain Leader Training Board qualification.

Junior (under 18) – All Juniors in the centre must be supervised by an adult unless they have been assessed by a member of staff for a junior membership. In addition to the obvious risks of climbing, juniors on the ground are at particular risk of being seriously injured by falling climbers. Supervising adults are responsible for making sure juniors maintain a safe distance from climbing activities.

General Safety & Rules

- Please 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 climbers' behaviour to a member of staff immediately.
- Be aware of the 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 belaying or spotting a climber. Never stand directly under someone who is climbing.

Bottom Roping

- Many of the climbs in the centre have bottom ropes already in place. Do not take them down to use on other routes.

Leading

- When using the lead walls you must supply your own appropriately rated dynamic rope. Do not use the centre's bottom ropes for lead climbing.
- Running belay attachments (runners) are already provided at intervals on the lead walls so you do not need your own 'quick draws'. You must clip all the runners on the route you are climbing.

Belaying

- Always use a belay device attached to your safety 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. Sitting or lying down is not acceptable.

When Climbing

- Always use a safety harness to attach yourself to the rope.
- Always tie the rope directly into the harness using a suitable climbing knot as per the harness manufacturer's guidelines. Clipping in with a karabiner is not acceptable.

Bouldering

- Do not boulder / traverse above the red lines on the bottom rope and lead walls.
- When traversing or bouldering on the bottom rope and lead walls, roped climbers have priority.
- Always descend in a controlled manner.
- Climbing onto the tops of the bouldering walls is not permitted.