



GOOD PRACTICE GUIDELINES

PLEASE READ

BOULDERING

General

- Please report any problems like spinning or broken holds to staff immediately.
- Do not climb above or below anyone else – climbers doing vertical problems have priority over climbers traversing. If you wish to traverse, please use any dedicated traverse areas.
- Do not walk, sit, or stand on a matting area where a climber may fall and hit you. Always keep an eye on climbers above you while you walk around the centre.
- Be aware of other climbers on your patch of wall and share the space.
- Have fun and encourage others

Falling Off

- **THE SOFT MATTING DOES NOT MAKE BOULDERING ANY SAFER.** Broken and strained limbs are common at this type of wall.
- Avoid uncontrolled falls. They are likely to result in injuries to yourself and others around you.
- Descend by down-climbing if possible, or by a controlled jump from as low as possible.
- Think before doing a dynamic move about what you might hit on the way up or the way down. Keeping clear of wall structures, lighting, girders etc., is your responsibility.

Obstructions

- Keep the matting free of objects and obstruction such as bags, clothing, food & drinks, brushes, etc.
- Volumes on the wall 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.

Spotting

- Spotting involves helping someone to control their fall, not to catch them!
- Do not attempt to spot someone unless you feel confident doing it properly.
- Make sure the climber **WANTS** you to spot them.
- A primary purpose of spotting is to ensure the climber's landing zone is free from objects and other climbers.

Hardware

- Do not boulder with objects in your pockets and remove any jewellery before climbing.
- Do not attach your chalk bag using a karabiner.

Chalk

- Try to minimise the use of chalk and spreading of chalk dust; we encourage the use of liquid chalk and chalk balls.



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TRAINING AIDS

These include:

- Gym equipment in the stretching and warm-up area
- The Campus Board
- Finger Boards

Injuries through misuse

- These training aids are designed for use by experienced climbers
- If you use them incorrectly, you may sustain long-term injuries to tendons or ligaments
- If you are unsure how to use them properly, DO NOT use them until you have been shown how to use them properly
- Please contact a member of staff if you wish to book training to learn how to use training aids properly

Falling

- **MATTING DOES NOT MAKE TRAINING ANY SAFER.** Broken and sprained limbs are common at this type of wall
- Avoid uncontrolled falls, they are likely to result in injuries to yourself and other around you

Obstruction

- Keep the mat free of obstructions like bags, clothing, gym equipment etc.
- Do not sit or stand under training aids if someone is using the, unless you are spotting them

No feet on wooden holds

- The campus board is designed for training moves using only your hands. Using your feet may damage the rungs. Foot holds are provided below the campus rungs for feet, if needed
- Training boards have dedicated foot holds to preserve the hand holds from damage

Etiquette

- Be considerate to others
- Do not monopolise equipment