

In order to use the Climbing Wall you must be able to demonstrate that you are a competent climber. This is by means of a self-declaration registration form. Once you have completed the form you will be able to use the Climbing Wall unsupervised as long as you comply with the Rules of the Climbing Wall.

If you are unable to fulfil the requirements of the Acknowledgement of Risk Form (AOR), you will be required to attend the appropriate training session in order to learn how to use the climbing wall safely. Alternatively, you may use the wall under the direct supervision of a UoN Sport approved instructor/supervisor or registered climber (a separate supervising form must be completed).

For more information relating to inductions and supervised sessions, please log onto <http://www.nottingham.ac.uk/sport/climbingwall> or enquire at the David Ross Sports Village reception.

Association of British Climbing Walls Participation Statement:

"The Association of British Climbing Walls (ABC) recognises that all climbing activities have a risk of serious injury or death. Participants must recognise that even if they follow all good practice there may still be the risk of accident and injury. It is the responsibility of the participant to adhere to the rules and conditions of use."

Although the climbing wall is an artificial environment the risks involved are no less serious than when climbing outside on a crag or mountain. There is the additional risk that bolt-on holds can spin or break.

Climbing beyond your capabilities on any wall is likely to result in a fall. Any fall may result in an injury to yourself or others, 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 wall 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 **failure to comply will result in a polite request to vacate the wall.**

Your Duty of Care – You also have a duty of care to act responsibly towards other users of the climbing wall. Statements of 'Good Practice' are displayed around the climbing wall and climbing wall notice boards. These describe the accepted methods of use and how customers are expected to behave towards each other. If you see something wrong **report it to a member of staff or reception.**

Unsupervised Climbing – Before you climb without supervision the centre expects you to be competent in the use of a climbing harness, a suitable knot to attach a rope to the harness and a belay device to secure a falling climber or lower a climber to the ground.

In order to satisfy the University of your competency, You are required to complete an AOR form to say that you know how to use the equipment, that you are prepared to abide by the rules below and that you understand the risks involved in your participation. Anyone who has not registered or is unable to demonstrate sufficient competency **via the registration process** is classed as a novice and can only climb under the direct supervision of a registered climber or instructor. Supervision forms are available from reception.

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. Information on induction courses is available from reception or from the Climbing Wall Webpage.

Supervised Climbing - An adult who is registered to use the climbing wall may supervise up to two novice climbers as long as they are prepared to take **full responsibility for the safety of those people.** You must complete a separate novice supervision form before climbing. Groups of three or more novices must only be supervised by an instructor or approved supervisor holding the relevant qualifications or authorisation.

Children (U18 years of age) – All children must be supervised in the centre unless they have been assessed by the management and registered for unsupervised climbing. We can allow 14 - 16 year olds to climb unsupervised at our discretion. A separate induction process will be required.

Please turn over

Conditions of use and rules may be changed without prior warning due to recommendations from the BMC or ABC or from our own experience. Please check regularly for any changes. (v11 – Apr 21 - MIS)

RULES

General Safety

Always book your session on-line or at reception.

Always swipe in on each visit before you climb.

Do not open the door for other climbers – they may not be registered or understand the risks within the climbing wall.

Only use UIAA approved equipment for climbing

You must exercise care, common sense and consideration for others at all times

Report any problems with the wall, equipment or other climbers' behaviour/bad practice to a member of staff immediately!

Tie back long hair, secure loose clothing, and remove jewellery, rings and any items/mobiles from pockets

Report loose or spinning holds immediately to reception

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

Do not attempt to tamper with overhead lighting – danger of electric shock

Do not lie or sit on the bouldering mats

Climbing routes without equipment (Soloing) and

bouldering on the roped walls is prohibited

Traversing across the climbing wall is permitted up to 1m above the ground but only when routes are not in use

Top ropes are the responsibility of the centre. Do not take them down to use on other routes

Wear appropriate clean footwear. Bare feet are not acceptable for climbing, nor are open toed sandals or flip flops

Lead Climbing

When lead climbing you must use your own UIAA approved lead climbing rope

Running belay attachments (runners) are already provided at intervals on the lead walls. You must clip all quick draws on the route you are climbing

Do not attempt to lead climb or belay unless you have had sufficient experience or appropriate training

Teaching friends to lead climb/belay is not allowed

If a Top Rope is in-situ you may pull the rope down but it must be replaced in the screwgate carabiner after you have finished leading. Do not use the centre's top ropes for lead climbing

Do not attempt to climb past the last hold on the main climbing wall

The use of traditional climbing protection is prohibited on the feature panels without prior authorisation from the climbing wall manager. The practice of belay building is allowed at ground level as long as the protection is not loaded

When Belaying

Always use a belay device attached to your safety harness with a locking karabiner. 'Traditional' or 'body' belaying is not acceptable. Fig 8 descenders are not belay devices

Ground anchors/belay bags are to be used when belaying a climber who is heavier than you are

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 belaying

Always use a safety harness to attach yourself to the rope
Climbers must always tie the rope directly into the harness using a suitable climbing knot. Clipping into the belay loop with a karabiner is not allowed for top roping
Do not belay outside of the climbing area (black matting)

Auto Belays

Always conduct a pre use safety check before using the auto belay

Always double check that you have clipped into the auto belay before you leave the ground

Do not deviate from the holds on your line. Check before leaving the ground

Never climb past the point where the auto belay stops taking in

Descending from the route must be done in a controlled manner, always check the fall zone/landing area is clear before letting go

Do not attempt to grab back on to the wall when descending

If tape does not take in stop climbing, climb back down until the auto belay engages. Alert a member of staff immediately

If you let go of the karabiner climb up on an adjacent auto belay and return to the ground, if this is not possible contact a member of staff

Bouldering

The soft flooring under the bouldering wall is designed to provide a more comfortable landing for climbers. Injuries may still occur despite the soft landing

Be aware of other climbers around you and don't start climbing or traversing until your route is clear

Always climb within your capabilities and descend by down climbing, jumping or, at the very least, a controlled fall

Never climb directly above or below another climber. Show consideration for other climbers and give way to climbers in a higher position

Remove harnesses before bouldering

Moonboard

Do not wear training shoes while using the Moonboard

No use by under 18's unless supervised by a climbing coach

Warm up properly before use, especially the fingers

Pull up Bar

The pull up bar should only be used to do pull ups – not muscle ups

Always warm up before use

Do not swing on the bar or kick against the window

Crack Machine (When fitted)

The crack machine is designed to simulate crack climbing and as such may cause injury if used incorrectly.

If you are unsure on how to use the crack machine, seek advice from one of our climbing instructors.

Finger Board

The finger board is available for dead hang training. It has three rungs, small, medium and large. It is not designed for campusing. Only use this apparatus if you have warmed up and have a structured training plan.

Miscellaneous

Use of loose chalk is prohibited. Chalk balls and liquid chalk are acceptable.

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University of
Nottingham Sport

DRSV Climbing Wall – Rules & Conditions of Use



Tops must be worn at all times
Bags should be stored in the lockers provided
A minimum of 2 hours' notice is required to cancel a booking
A maximum of 3 bookings may be made by the member within any 24 hour period

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