



# GOOD PRACTICE GUIDELINES

## PLEASE READ

# BOULDERING



### General

- 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 the dedicated Traverse Wall.
- Do not walk, sit or stand on the matting in an area where a climber might fall and hit you. Always keep an eye on climbers above you as you walk around the Centre.
- The onus is on the lower climber or bystander to anticipate any problems that may result from a fall of a climber above them.
- Be aware of other climbers attempting problems on your patch of wall and share the space.
- Have fun and encourage others!

### Falling Off

- THE SOFT MAT DOES NOT MAKE BOULDERING 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 or others around you.
- Descend either 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 mat free of objects and obstructions like bags, clothing, chalk bags, brushes etc.
- Volumes on the walls 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 trying 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 & remove jewellery before climbing.
- Do not attach your chalk bag using a karabiner.

### Chalk

- Try to minimise the use of chalk and the spreading of chalk dust; we encourage the use of Liquid Chalk and Chalk Balls.



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# TRAINING AIDS



## These include:

1. Gym equipment in the Stretching Area.
2. The 35 degree board.
3. The campus board
4. Finger boards

## Injuries through misuse

- These training aids are designed for use by experienced climbers.
- If you use them incorrectly, you could sustain long term injuries to tendons or ligaments.
- If you are unsure how they should be used then don't use them until you have been shown how to use them properly.
- Tuition can be arranged by prior appointment. Please speak to a member of staff.

## Falling Off

- THE SOFT MAT 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 or others around you.

## Obstructions

- Keep the mat free of objects and obstructions like bags, clothing, chalk bags, brushes and gym equipment.
- Do not sit or stand under the training aids when people are using them 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. Footholds are provided below the campus board for feet if needed.
- The training board has designated foot holds to preserve the hand holds from damage.

## Etiquette

- Be considerate to other users.
- Do not monopolise equipment.