

CONDITIONS OF USE, RULES AND PARTICIPANT AGREEMENT FOR ROPED CLIMBING, BOULDERING AND AUTO-BELAYS.

PLEASE ENSURE THAT YOU READ THIS DOCUMENT CAREFULLY BEFORE SIGNING. IT CONTAINS IMPORTANT INFORMATION ON THE RISKS, CONDITIONS OF USE AND THE RULES OF USE OF THE NEWCASTLE CLIMBING CENTRE. IF YOU HAVE ANY QUERIES PLEASE SPEAK TO A MEMBER OF STAFF.

CONDITIONS OF USE

Our Duty of Care – We aim to provide a safe and enjoyable experience for all NCC users. To achieve this we will provide informed and supportive staff to assist, advise and, where needed, challenge users if they fail to meet our expectations. The Rules and Conditions of use must be followed by all NCC users and any user who is not prepared to abide by them will be politely asked to leave the centre.

Your Duty of Care – You have a duty of care to act responsibly and towards other users and to adhere to our rules and conditions of use. Statements of good practice are posted around the centre; you should carefully read and follow their guidance. You must also operate within your own abilities and technical competence at all times.

Unsupervised climbing is just that! – To engage in any climbing activity without supervision we expect you to be competent in the activity you wish to undertake. At the time of registration, if you wish to engage in roped climbing, you will be asked to demonstrate that you have key competences such as fitting a harness; tying a rethreaded figure of eight knot with stopper and operating a suitable belay device to arrest the falling climber and lower safely. Before using the bouldering wall or the auto belays you must have an induction from one of our instructors. Where customers need to improve existing knowledge or learn new competences the centre will advise on suitable instruction which can be booked at reception.

Supervised climbing – An adult who has registered for “Unsupervised Climbing” can supervise up to two novices and will be required to take full responsibility for their safety. Groups of three or more novices must be supervised by an Instructor holding relevant qualifications and insurance, and who has registered as an ‘Instructor’ at reception.

Under 18s – all under 18s must be supervised by an adult who is deemed competent in the activity they are engaged in, unless they have been assessed by staff to engage in “Unsupervised Climbing”

RULES OF USE

General – You must check in at reception for every visit before engaging in any activity. Exercise due care at all times and please report any problems with the walls, equipment and other climbers behaviour to a member of staff immediately. Before climbing please make sure you have emptied all pockets and removed all jewellery. Never stand or climb directly under another climber and stand well back from the climbing walls unless belaying or supervising a climber. Please be aware that the impact flooring in the Centre does not remove the risk of injury but is designed to reduce the severity.

Bouldering – When entering the bouldering wall please be aware of active climbers that may be above you and/or hidden from view by the design of the wall. Where possible ensure that you are in a position to descend safely by down-climbing. If this is not possible then use a controlled fall. **The soft flooring in the bouldering area does not remove the risk of injury sustained from a fall.** Broken and sprained limbs are common on this type of climbing wall and uncontrolled falls are likely to cause injury to yourself and others. Harnesses or any other rope related equipment must not be worn in the bouldering area.

Roped climbing – Do not use the Centre’s top ropes for lead climbing and always use a harness to attach yourself to the rope. When climbing the lead routes you must use your own appropriately rated, dynamic rope and clip all of the runners in sequence. Upon completion of the route, the centre’s bottom rope must be replaced.

Novices must not belay without their supervisor backing up the brake rope. Weight bags are available to give support to people belaying a climber who is much heavier than they are.

Solo climbing on the roped walls is not acceptable. Use of the bowline knot for securing the rope to the harness is not permitted and climbers must use a re-threaded figure of 8 with stopper knot.

Auto Belays – When using the auto belays you must identify the line you wish to climb and not deviate off this line. Descending must be done in a controlled manner and never attempt to grab holds on the wall when descending as the auto belay will continue to lower. Helmets must not be worn when using the Auto Belays and any loose clothing must be removed.

Training equipment – There are a number of training aids located in the Centre including fingerboards and campus board, These should only be used by 18 and over with prior knowledge and experience in using the equipment. All training equipment is used at your own personal risk.

THE RISKS ASSOCIATED WITH INDOOR CLIMBING

“The British Mountaineering Council recognises that 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”

Whilst NCC will take every reasonable precaution to ensure that their customer’s experiences at the centre are both safe and enjoyable, it must be stressed that it is impossible to remove all risk and that a participant’s safety is, in part, their own responsibility. Risks include falls from height and impacting with the floor or climbing surfaces; injury from being impacted by a falling climber or from an item dropped from height. Whilst taking a fall when climbing is often an unavoidable part of attempting to improve as a climber, it does require an attentive and competent belayer to avoid accidents. For this reason, all climbers should ensure that they are satisfied that their belayer is competent.

Where climbers are unsure of how to operate safely they must seek guidance and support from NCC staff who will advise accordingly.

PARTICIPATION STATEMENT

I have read and understood the risks associated with indoor climbing. I have also read, understood and agree to follow NCC’s Rules and Conditions of Use.

I understand that I have a key part to play in ensuring that my time spent in the NCC is safe and I agree to seek advice and guidance if I am unsure of any aspect of how to have a safe climbing experience.

I recognise that some risks are inherent in indoor climbing and as such cannot be eliminated or reduced. I confirm that I understand the nature and extent of these risks and that I am happy to participate in indoor climbing activities at NCC on this basis.

I certify that to the best of my knowledge the participant named does not have any illness/allergies/medical condition/-physical impairment that may prevent them from participating in the chosen activity including auto-belays, top roping, bouldering, leading, and belaying. This includes being pregnant - You should not participate if pregnant.

I HAVE HAD SUFFICIENT OPPORTUNITY TO READ THIS ENTIRE DOCUMENT. I HAVE READ AND UNDERSTOOD IT, AND I AGREE TO BE BOUND BY ITS TERMS. I CONFIRM THAT THE INFORMATION I HAVE PROVIDED IS CORRECT AND I WILL NOTIFY THE CENTRE IF ANY INFORMATION CHANGES.