

## CONDITIONS OF USE OF THE LAKELAND CLIMBING CENTRE

**Risks** – “*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 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 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 Lakeland Climbing Centre set out below are not intended to limit your enjoyment of the facilities. They are part of the duty of care that the Centre, as an operator, owes 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 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.

**General Health** - There is a policy of **no smoking** anywhere inside the climbing centre. Please do not smoke within 5 m of the entrance door as a courtesy to other customers.

**Unsupervised Climbing** – Before you climb without supervision the centre expects 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 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 below and that you understand the risks involved in your participation.

Anyone who is classed as a novice must not climb without supervision.

Unsupervised climbing is just that! The staff will always 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 in advance. If you are not confident in the use of any climbing equipment or technique then you should not attempt to use it without the supervision of someone who is competent to do so.

**Supervised Climbing** – An adult who has registered at the centre as a competent climber may supervise up to two novice climbers as long as they are prepared to take full responsibility for the safety of those people. Groups of three or more novices must only be supervised by an instructor holding the relevant Mountain Leader Training UK qualification.

**Children** – All children must be supervised by an adult whilst at the centre unless they have been assessed and registered for unsupervised climbing by the management.

**Pre-booked routes and closed areas** – The Lakeland Climbing Centre’s instructed courses and maintenance programs have priority over other customers. Areas of wall undergoing maintenance will be taped off and may be closed without advanced warning for safety reasons.

**Loss of Personal Property** – The Lakeland Climbing Centre accepts no responsibility for any loss or damage to customer’s personal property. No valuables should be left unattended.

**Chalk** - Please use only magnesium carbonate **chalk balls** at this centre as a courtesy to staff and other users. Prolonged exposure to some chalk additives may be harmful.

### The Rules

#### General Safety

- 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 other climbers around you and how your actions will affect them.
- Do not distract people while they are climbing or belaying.
- Do not stand underneath someone who is climbing unless you are belaying or spotting.

#### Tall Walls

##### When climbing

- The tall walls are designed to be climbed using a rope for protection. Solo climbing is not acceptable on these walls. Always use a rope to protect yourself on these climbs.
- Always use a safety harness to attach yourself to the rope.
- Always tie the rope directly into the harness using either a bowline or figure of eight knot. Clipping in with a karabiner is not acceptable.

##### When Belaying

- Always use a belay device correctly attached to your safety harness. ‘Traditional’ or ‘body’ belaying is not acceptable.
- The attachment points on the floor and the sandbags are provided to give support to people belaying a climber who is much heavier than they are. Direct belays from these points

or sandbags are not acceptable.

- Always stand when belaying. Sitting or lying is not acceptable whilst belaying at floor level.
- Always stand as close to the climbing wall as is practical.

#### Top Roping

- Some of the climbs in the centre have top ropes already in place. Please leave them in place when you have finished with them. Do not take them down to use on other routes. Do not put your rope into the same lower-off point as a top rope.

#### Leading

- When using the lead walls you must supply your own appropriately rated dynamic rope. Do not use the centres top ropes for lead climbing.
- Running belay attachments (quickdraws) are provided on some BUT NOT ALL of the lead walls. Ensure you have sufficient quickdraws for the route you plan to lead. You must clip all the quickdraws or bolts on the route you are climbing.

#### Bouldering

- Always climb within your capabilities and descend by down climbing as far as possible or at least by a controlled fall.
- Never climb directly above or below another climber.
- Never leave any gear on the boulder mats.

**Auto Belayers and Natural Protection Points** – Do not use this equipment unless you have first received an induction as to their use by a member of staff.