

## Conditions of Use of The Lakeland Climbing Centre - London

**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 boulder, 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 or jumping 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 Climbing Centre that are 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 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.

**Unsupervised Climbing** - Before you climb without supervision, the Centre expects you to be able to describe the dangers involved with the relevant facilities and accept the risks involved.

You are *required* to register to say that you understand the Conditions of Use, that you are prepared to abide by the Rules below and that you understand the risks involved in your participation.

Whilst you climb without supervision, the Centre expects you to be aware of all other climbing users.

Anyone who cannot register as competent is classed as a **novice** and **must not** climb without supervision.

**Unsupervised climbing is just that!** 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.

**Supervised Climbing** - An adult who has registered at the Centre as competent and passed a supervisor assessment for the relevant facilities may supervise up to two novices/juniors.

**Children (Under 18)** – All children in the Centre must be supervised by an adult unless they have been assessed by the management and registered for unsupervised climbing. In addition to the obvious risks of climbing, **children on the ground are at particular risk of being seriously injured by falling adult climbers**. Supervising adults are responsible for making sure that children are **never** directly below climbers.

## Lakeland Climbing Centre London Safety Rules

1. Report to Reception on each visit before you climb.
2. You must exercise care, common sense and self-preservation at all times.
3. Report any problems with the walls, equipment or other climbers' behaviour to a member of staff immediately.
4. Be aware of the other climbers around you and how your actions will affect them.
5. Do not distract people while they are climbing.
6. Stand well back from the climbing walls unless you are spotting a climber. Never stand directly under someone who is climbing.
7. Never climb directly above or below another climber.
8. Do not climb over or on top of any climbing walls and structures. Do not grab or touch any girders, metalwork or lights.
9. Always climb within your capabilities and descend by down climbing or, at the very least, a controlled fall/jump.
10. Keep the safety mat free from objects or obstructions such as bags, clothing, brushes, shoes etc.
11. No food or drink is permitted on the mats.
12. Do not climb under the influence of alcohol or drugs. Smoking is not permitted in the Centre.
13. Respect the Centre and all the equipment therein. Damage to Centre property will not be tolerated.