

BOULDERING CONDITIONS OF USE OF THE MATRIX

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. Loose or cracked holds should be reported to reception straight away.

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 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.

Inexperienced climbers and Introductory Sessions – Inexperienced climbers must attend a competency demonstration to use the bouldering wall. It is not possible for an experienced climber to sign in an inexperienced climber.

Unsupervised Climbing - Before you climb without supervision the centre expects you to be able to understand the dangers involved with bouldering 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.

While you climb without supervision the centre expects you to be aware of all other climbing users.

Unless you have registered you **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.

Junior climbing -

4-17 years – Parents or guardians must complete a registration form, sign in at reception at every visit and must supervise the junior climber at all times whilst using the Matrix. At no point should the junior climber be left to climb alone without supervision.

14-17 years – As above unless they have attended an introductory session and registered for unsupervised climbing. If a parent or guardian wishes to register their 14-17 year old for unsupervised climbing the parent or guardian must complete a registration form and once the junior climber has completed an induction session they may climb unsupervised.

* Parents or guardians will be allowed to supervise a maximum of 2 junior climbers at one time.

Junior courses – Parents or guardians must complete a registration form and sign in at reception at every visit. The junior must only be allowed access to the Matrix with an instructor present.

In addition to the obvious risks of climbing, **children on the ground are at particular risk of being seriously injured by falling climbers.** Supervising adults are responsible for making sure that children are **never** directly below climbers.

BOULDERING RULES

Admission

- All wall users should book/check in at Reception prior to using the wall. A penalty fee will be charged if climbers fail to follow this procedure
- Climbers will be issued with a coloured band at reception and this must be worn at all times whilst climbing.
- Payment of an entry fee allows a climber to use the bouldering wall for up to one and a half hours.
- Must not use the wall whilst under the influence of alcohol or drugs.
- Sport Sheffield reserves the right to refuse admission or to ask any person to leave the facility.

Clothing, Footwear and Equipment

- Wear suitable, clean clothing and footwear.
- Hard soled shoes or boots should not be worn to climb.
- All footwear and clothing must be clean.
- Please do not leave clothing, personal items or equipment on the bouldering mat, use the lockers or pigeon holes provided.
- Use brushes with nylon bristles to clean holds. Wire brushes should not be used on any part of the wall.

Health and Safety

- 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.
- Do not adjust or interfere with any part of the wall.

- Climbers should be aware that holds may become loose or fracture. In the event of finding a loose or broken hold climbers are asked to immediately inform Reception.
- Be aware of the other climbers around you and how your actions will affect them.
- 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. Be aware of other climbers and act considerably; give way to climbers in a higher position.
- Do not distract people while they are climbing.
- Stand well back from the climbing walls unless you are spotting a climber. Never stand directly under someone who is climbing.
- Do not climb or sit on top of the wall structure.
- Do not attempt to climb on or swing from the roof support beam.
- Spectators or individuals not booked in should use the upper spectator area.
- Please do not leave litter.
- Goodwin Sports Centre is a no smoking area.
- All drinks should be stored in containers with lids. No glass containers.
- All accidents should be reported to Reception.
- In the event of an emergency activate the alarm which is situated adjacent to the door.
- Do not wear metallic jewellery i.e. rings, watches or necklaces

CONDITIONS OF USE OF *[INSERT CENTRE NAME HERE]*

- You are advised that CCTV operates within the Matrix Bouldering Wall.