

# Reduce the risk of COVID-19

## COVID-19 CLIMBING GUIDELINES

### General

- Stay home if you feel unwell.
- Please use the hand sanitising stations available to sanitise your hands before and after your climbing session.
- Follow physical distancing guidelines.
- Follow the directional arrows and be mindful of both one way and two way systems.
- Face covering must be worn in communal areas of the centre. Customers do not have to wear a face covering when taking part in physical activity.

Be aware that guidance can change and restrictions may be reintroduced - ensure you have checked the latest version of guidelines for your activity.

Movement around the Centre will be controlled with one and two way systems in place where appropriate and we will operate a one hour booking.

### Before your session

- All climbing bookings must be made in advance (this will not be possible to do online so must be done over the phone to our reception team on 01856 879900).
- We will not be hiring out equipment initially for public sessions, so please ensure you have your own (for courses though there will be a limited supply of harnesses and helmets available from the instructor on the climbing court).
- You will be checked in to your session via reception at the desk.
- You are only permitted to remove your mask when you climb or take a drink or consume food, at all other times it must be worn.
- When belaying you will be required to wear your mask at all times.
- All ropes will be made available, but climbers will be asked to adhere to physical distancing where possible, this will be controlled/maintained by the supervisor on shift.
- The initial limit of 8 applies to public sessions on the wall (this will mean 4 can climb and 4 must belay).
- Arrive 'climbing ready' as no changing or shower facilities will be available.
- The use of lockers will be heavily restricted within the Centre so we ask that you keep your belongings within the climbing court.
- We advise you bring a prefilled water bottle that will last the full duration of your booking (although there will be drinks available for purchase at reception).
- Arrive no more than 5 minutes before your booking is due to start to avoid congregation.
- Customers who turn up late for their booking will not have additional time to climb outwith their booked time slot due to our enhanced cleaning schedule.
- If you are unable to attend your climbing booking please ensure you cancel this with our reception team on 01856 879900.
- Cancellations made within six hours of the booking will be charged in full.

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## COVID-19 CLIMBING GUIDELINES cont'd

### Equipment

- Take all your own equipment for climbing as there will not be any equipment available to hire during our initial phase of opening.
- No outdoor footwear, use rock shoes or alternative indoor footwear.
- We recommend liquid chalk due to its high alcohol content and sanitising properties.
- Bring a full water bottle, and do not share food or drink with others.
- Ensure you take all your belongings with you at the end of the session and do not leave anything behind as the lockers will need to be made available for the next booking.

### During your session

- Although all of our touchpoints around the Centre will be disinfected regularly before and after every session/course on the climbing wall by our staff, we advise you to disinfect your hands before, during and after climbing. Guidance provided in accordance with ABC and Sport Scotland is to clean the person rather than the surface in relation to climbing/ bouldering. We ask that all climbers ensure they clean their hands regularly when using the facility and the use of liquid chalk is highly recommended due to its disinfecting properties. There will be disinfectant spray and blue roll provided within the boulder cave for use.
- Stay within the climbing court. No spectating should take place other than a parent or carer who is supervising a child or vulnerable adult. Please ensure physical distancing is maintained.

### After your session

- After completing your session, please ensure you sanitise your hands again and vacate via the arena fire exit door nearest to the climbing court as quickly as possible to allow for staff to then clean the area in time for the next session.