

Risks: 'The Mountaineering Council of Scotland 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 wall 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 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 is likely to result in a fall. Any fall may result in an injury despite the safety systems in place to prevent it. You must make your own assessment of the risks whenever you climb.

Our Duty of Care: The rules of the climbing wall 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 displayed around the Centre close 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 requires you to be competent in the use of a safety harness. You must use a figure of eight with a suitable stopper or a bowline with a double stopper to attach a rope to the harness and a belay device to secure a falling climber using a rope. You are required to register as a 'competent user' 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. You will be issued with a red wrist band.

Unsupervised climbing is just that! Climbing wall trained staff will 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 and paid for in advance. 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 to climb unsupervised 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 Board qualification. Novices and children are to be supervised closely at ALL times.

Loss of Personal Property: The Pickaquoy Centre accepts no responsibility for any loss of, or damage to, customer's personal property. Lockers are provided for customer's convenience. No valuables should be left unattended.

No Smoking: There is a policy of no smoking anywhere inside the building.

RULES

General Safety

- Report to Reception on each visit before you climb.
- Access to the climbing wall is by the signed route (on the first floor and along the Arena balcony and then down the stairs and the back of the badminton courts).
- Wrist bands (red, yellow or blue) must be displayed in a prominent place to assist Supervisors.
- You must exercise with care, common sense and self preservation at all times.
- Report any problems with the walls, holds (including breaks & spinning), equipment or other climber's behaviour to a member of staff immediately.
- Be aware of the other climbers around you and how your actions will affect them.
- Do not distract people while they are climbing or belaying.
- Stand well back from the climbing walls unless you are belaying or spotting a climber. Never stand directly under someone who is climbing.
- Climbing Supervisors are there to help – follow their advice.
- Climbing shoes **MUST** be worn at all times when climbing (no outdoor footwear).
- Helmets must be worn for novices until they become competent users. Children must wear helmets at all times.

Tall Walls When Belaying

- Always use a belay device (bug, ATC etc. Figure of Eights are not allowed) attached to your safety harness with a locking karabiner. 'Traditional' or 'body' belaying is not acceptable.
- Always pay attention to what the climber is doing.
- Always stand as close to the climbing wall as is practical.
- Sitting or lying down is not acceptable.

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 a suitable climbing knot. Clipping in with a karabiner is not acceptable.

Bottom Roping

- Many of the climbs on the wall have top ropes already in place. Do not take them down to use on other routes.

Leading

- When using the lead walls you must supply your own appropriately rated dynamic rope. Do not use the Centre's insitu bottom ropes for lead climbing.
- Running belay attachments (runners) are already provided at intervals on the lead walls so you do not need your own 'quick draws'. You must clip all the runners on the route you are climbing.

Bouldering

- Always climb within your capabilities and descend by down climbing, jumping or at least a controlled fall.
- Never climb directly above or below another climber.
- Anyone under the age of 16 years old must not use the Training Room (finger boards).
- No spectators are allowed in the Bouldering Cave.
- No dynamic moves should be used as there is a risk of injuring others.
- Only rock boots or indoor training shoes should be worn.
- Valuables should be kept in lockers.
- Personal belongings should be kept in lockers and not block access routes.