

CONDITIONS OF USE OF SPORTSPARK

Risks - "The SPORTSPARK 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 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.

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 or lower a climber from the wall 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 has not registered is classed as a **novice** and **must not** climb without supervision.

Unsupervised climbing is just that! **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 – Registered climbers who are aged 18 or over can sign in one guest, however a parent may sign in up to two of their children. Group leaders and individuals should, where relevant, make everyone for whom they are responsible aware of the conditions of use.

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

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 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. You must never untie yourself at any time from the rope while climbing.

Top Roping

Many of the climbs in the centre have top ropes already in place. Do not take them down to use on other routes. Do not use your own 'quick draws' to lead the top rope walls.

Leading

Leading is only permitted on routes that are equipped with in-situ quickdraws. When using the lead walls you must supply your own appropriately rated dynamic rope and tie into your harness with a recognised knot eg. Figure of Eight with a stopper knot. Do not use the centre's top ropes for lead climbing. All quickdraws must be used and clipped in sequence.

Access

Your card will be exchanged for a wrist band which must be worn at all times. Your card will only be returned at the end of your climbing session on submission of the climbing band. If you do not have your card you may climb on payment of a £10 cash only deposit which will be returned on submission of the climbing band. A card can be purchased for £3. Failure to return your climbing band will incur a £10 fee.

When Belaying

Always use a belay device attached to your safety harness with a locking karabiner. 'Traditional', or 'body' belaying is not acceptable. Self belaying is not permitted. The person belaying should always be on the ground

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.

Bouldering

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.

Climbing Bands

These must be visible at all times during your session on the climbing wall, please ensure they are on your wrist. Anyone not wearing a band will be asked to leave the wall. Climbers that have a band and have been signed in must return the band to reception 22.15 along with the person's band who signed them in. You may then return to the wall.

UEA SPORTSPARK CLIMBING WALL CONDITIONS OF USE

The University of East Anglia Sportspark wish to bring to your attention the following statement from the British Mountaineering Council: **“The BMC 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.”**

We would further advise climbers that any ability to use this climbing wall does not necessarily translate to an ability to climb on natural rock, quarries, cliffs or mountains. **In particular, *traditional and adventure climbing* require skills that *cannot be learned indoors*.**

GENERAL

1. The facilities of the University of East Anglia Sportspark Climbing Wall are used at your own risk. The University of East Anglia Sportspark does not accept responsibility for any accident or loss / damage to personal possessions.
2. You are informed that climbing is a potentially dangerous sport. Any person climbing beyond their capabilities or using climbing equipment incorrectly is warned that personal injury may result.
3. ANY problems must be reported immediately to a member of staff.
4. When on site please inform staff of any pre-existing medical conditions that may have bearing on your abilities to climb.
5. Customers are asked to familiarise themselves with Fire exits and fire and accident procedures posted around the building. Smoking is not permitted.
6. Staff reserve the right to stop individuals climbing if their behaviour or actions are considered unsafe to themselves or others. Management reserve the right to refuse entry.
7. All climbers are asked to familiarise themselves with the Climbing Wall Rules as displayed in the climbing wall, which are published in addition to these Conditions Of Use to ensure the climbing wall remains a safe environment for all to enjoy.

ACCESS

8. A person wishing to use the Climbing Wall must first complete a registration form at reception or be signed in as a guest of a registered climber, or as part of a pre-booked group.
9. Only registered users or groups/novices under direct supervision of an instructor are permitted in the Climbing Wall or Bouldering area. No un-authorized access is permitted.
10. You **must** present your registration card to reception on every visit to gain entry to the Climbing Wall, your card will be exchanged for a wrist band which must be worn at all times. Your card will only be returned at the end of your climbing session on submission of the climbing band. If you do not have your card, you may climb on payment of a £10 cash only deposit, which will be returned only on submission of the climbing band. A new card can be purchased for £3.
11. Registered climbers signing in guests are responsible for the safety and behaviour of their guest/groups.
12. Registered climbers who are aged 18 or over can sign in **one** guest, however a parent may sign in up to two of their **own** children. Group leaders and individuals should, where relevant, make everyone for whom they are responsible aware of the conditions of use.
13. Junior climbers aged 15 or under must be signed in by a registered climber, or be part of a pre-booked group; 16 & 17 year old climbers who have been satisfactorily assessed in basic skills may climb without adult accompaniment at the Climbing Wall Manager's discretion provided parental / guardian's consent form has been completed (but will not be permitted to sign in guests.)

CLIMBING

14. When using these facilities please **BE AWARE OF OTHER CLIMBERS, THERE IS ALWAYS A RISK OF SOMEONE OR SOMETHING FALLING** eg. **CLIMBERS FALLING AWAY FROM WALLS**. Please give way to climbers in a higher position.
15. **All roped climbing must be belayed** using a recognised safe belay device. Waist belaying or belaying while sitting or lying down is not allowed. Climbers must attach themselves to the rope using either a 'figure-of-eight' or 'bowline'. Fixed top ropes must not be removed from any climb. **Self belaying or multi pitching is not permitted.**
16. **Leading is only permitted on routes that are equipped with in-situ quickdraws.** When leading you must use your own rope(s) and tie into your harness with a recognised knot e.g. Figure of eight, or bowline with a stopper knot. All quick draws must be used and clipped in sequence. You must not untie yourself from the rope at any time while climbing.
17. **Abseiling is not permitted** unless pr- arrange with the climbing wall manager
18. **Soloing is only allowed on the bouldering cave, and below 3m when traversing.** When bouldering, please be aware of and give way to climbers above you.
19. Climbers should be aware of the risk of spinning holds. If a hold is loose please report it to a member of staff.
20. The University of East Anglia reserve the right to change these conditions of use. The current conditions of use are displayed at the reception and copies are freely available. It is the responsibility of users of this Climbing Wall to ensure they remain familiar with their content.