GOOD PRACTICE FOR
Lead Walls

CONFLICTING ROUTES

- In the interests of self-preservation, climbers must be aware of others around them and take any necessary action to avoid accidents.
- The onus is on the lower climber to anticipate any problems which may result from a climber above them.
- If the person above looks likely to fall, back off!

BACK CLIPPING

- Don't back-clip quick-draws as they may un-clip and release the rope when you fall on them!

SINGLE QUICK-DRAWS

- Don't climb or lower off with the rope through a single quick-draw.
- Only the large screwgate at the top of the route is designed to act in isolation.
- If you have to lower off from a route without reaching the top then you will have to pull the rope down and start again.

(Quick-draws are also known as runners.)

UNCONTROLLED SWINGS

- If you are top-roping an overhanging route, always climb on the end of the rope which passes through the quick-draws.
- If someone is going to top-rope the route after you then make sure you re-clip the quick draws on the way down.

GOOD PRACTICE FOR
Roped Climbing

GENERAL

- Report any problems ie. spinning holds, damaged ropes etc. to the staff as soon as you see them.
- Don't stand underneath climbers unless you are belaying them.

BELAYERS

- Lower your climber carefully to avoid collision or loosing control.
- Don't stand too far back from the wall. You may be pulled off balance if the climber falls unexpectedly.
- When belaying a heavier climber, clip yourself to a ground anchor to avoid being pulled off your feet.
- Do not belay directly from the Belay bags!
- Sitting or lying down when belaying compromises your ability to hold a fall and in the event of a sudden fall, may cause you injuries.

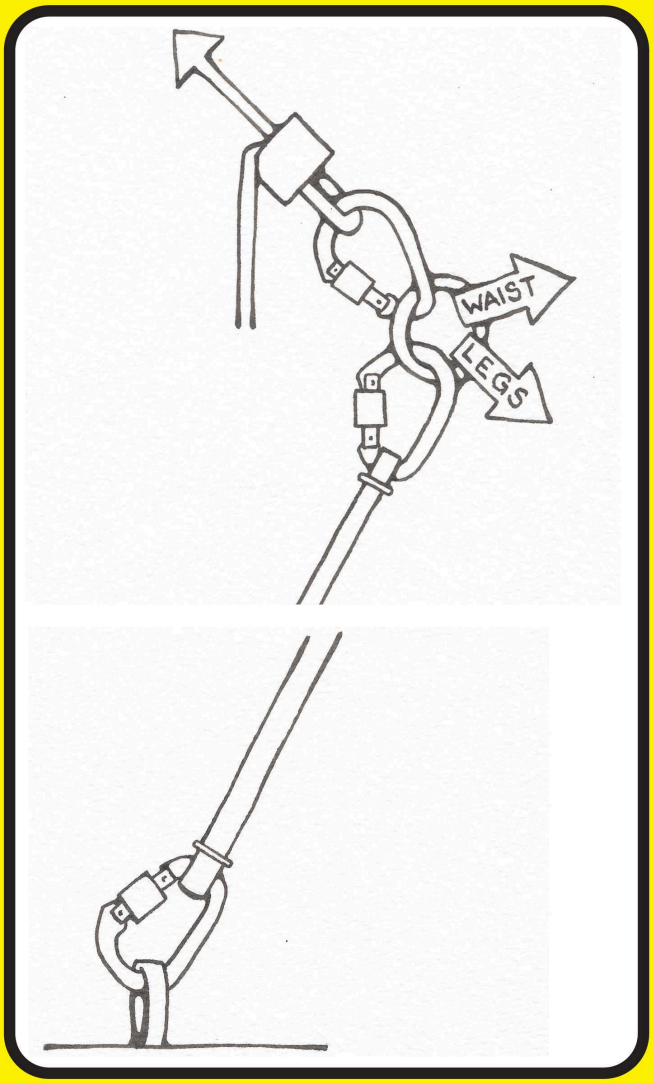
CLIMBERS

- We insist that you tie the rope into your harness and do not clip in with a karabiner.
- Experience has shown that tying in is the most consistently reliable method of attaching the rope to your harness.

GOOD PRACTICE FOR
Ground Anchors

HOW TO USE THEM

- Use a ground anchor when belaying a climber who is heavier than you are.
- No direct belaying off ground anchors.
- Attach your ground anchor to your belay loop below your belay device with a locking carabiner or tie directly into your harness.
- Attach yourself to the anchor point so you can stand just in front of the ground anchor.
- Never stand behind the ground anchor and never stand with the anchor running between your legs.



- Never attach a ground anchor directly to the carabiner you are belaying with as this causes 3 way loading.
- You only need to use one loop of the ground anchor.
- Never use a larks foot directly into the ground anchor.
- A climbing sling or rope 9mm or larger should be used to anchor to the ground but must be attached via a locking carabiner.

GOOD PRACTICE FOR Bouldering

FALLING OFF

- Avoid uncontrolled falls, they are likely to result in injuries to yourself or those around you.
- Descend either by down-climbing, jumping or a controlled fall.
- THE SOFT MATS DO NOT MAKE IT ANY SAFER, BROKEN AND SPRAINED LIMBS ARE COMMON.

TRAVERSING

- Don't traverse where people are bouldering.
- Climbers doing vertical problems have priority.

OBSTRUCTIONS

- Keep the mat free of objects and obstructions like bags, chalk bags, clothing, brushes etc.
- Do not sit or stand under the wall when people are bouldering.

SPOTTING

- Spotting involves helping someone to control their fall, not trying to catch them!
- Do not attempt to spot someone unless you feel confident to do it properly.
- Make sure the climber wants you to spot them!

HARDWARE

- DO NOT boulder with hardware hanging on your harness. It might hit someone or injure yourself when you fall.

GOOD PRACTICE FOR
Traversing Wall

FALLING OFF

- THERE IS NO SOFT MAT IN THIS SECTION OF THE CLIMBING WALL.
- Descend either by down-climbing, jumping or a controlled fall.
- Avoid uncontrolled falls, they are likely to result in injuries to yourself or those around you.

TRAVERSING

- This is a dedicated traverse wall.
- There is a designated bouldering wall elsewhere.

OBSTRUCTIONS

- Don't sit or stand under the wall when people are traversing.

SPOTTING

- Spotting involves helping someone to control their fall, not trying to catch them!
- Do not attempt to spot someone unless you feel confident to do it properly.
- Make sure the climber wants you to spot them!

GOOD PRACTICE FOR
Training Aids

INJURIES THROUGH MISUSE

- These training aids are designed for use by experienced climbs.
- If you use them incorrectly you could sustain long term injuries to tendons or ligaments.
- If you are unsure how they should be used then don't use them until you have been shown how to use them properly.
- Tuition can be arranged by prior appointment.

FALLING OFF

- Avoid uncontrolled falls, they are likely to result in injuries to yourself or those around you.
- Try to descend either by down-climbing, jumping or a controlled fall.
- THE SOFT MAT DOES NOT MAKE IT ANY SAFER, BROKEN AND SPRAINED LIMBS ARE COMMON.

OBSTRUCTIONS

- Keep the mats free of objects and obstructions (such as bags, clothing, chalk bags, brushes etc.)
- Don't sit or stand under the training aids when people are using them, unless you are spotting them.

NO FEET ON THE CAMPUS BOARD

- The campus board is designed for training moves using only your hands. Using your feet may damage the rungs.