

## RULES AND CONDITIONS OF USE OF EDEN ROCK

### 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.
- Stand well back from the climbing walls unless you are spotting a climber. Never stand directly under someone who is climbing.
- Always pay attention to what the climber is doing.

#### Bouldering

- Always climb within your capabilities and descend by down climbing or, at the very least, a controlled fall.
- Never climb directly above or below another climber.
- Always be aware of other climbers in the bouldering area.
- No hard objects or food and drink in the bouldering area (mobile phones, cameras etc).
- No lying round on the mats, this could result in injury to yourself and other climbers.
- If a hold spins, report it to reception immediately.

#### Training Equipment

- The training equipment is for over 18s only (special dispensation can be given at the discretion of Eden Rock managers).
- Please use the training equipment at your own risk. Using the wrong weight or not warming up appropriately before hand can lead to injury.
- Weights are for strength and conditioning only, they are not to be used for power lifting or body building.
- Customers are responsible for putting the equipment back in its place after use. If any equipment is broken please let a member of staff know straight away.

#### Fitness Area

The fitness area is for over 18s only (special dispensation can be given at the discretion of Eden Rock managers).

- Customers are responsible for putting the equipment back in its place after use. If any equipment is broken please let a member of staff know straight away.
- Please use the fitness area equipment at your own risk. Using the wrong weight or not warming up appropriately beforehand can lead to injury.
- Closed toed shoes such as trainers must be worn at all times. Climbing shoes must not be worn
- No chalk is to be used in the fitness area
- Members with the gate access code must not give this out to anyone else.
- Members are not permitted to supervise non-members in the fitness area
- Customers should only use equipment that they know how to use correctly and in a safe manner.

#### 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 Eden Rock 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 GUARANTEE YOUR SAFETY.**

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 climbing you are required to register to say that you know how to use the facilities, 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**

An adult who is a member of the centre 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 qualification.

Under 18's – All children in the centre must be supervised by an adult member unless they have been assessed by the management and registered for unsupervised climbing.