

## Climbing Wall Induction

All climbers undergo an induction (as below) to ensure that they are aware of the risks of climbing and that they are aware of and agree to abide by the rules of the wall and conditions of use:

### Pre-induction:

- **If you or anyone of your household have COVID-19 symptoms you must stay away from the Sports Centre and follow Government guidelines**
- Check paperwork / registration / parental consent as required
- Overall facility brief (fire exits, toilets, locker rooms)
  - o First aiders are on site at all times
  - o Changing rooms and lockers **MUST** be used. No bags or obstructions to be left in the entrance area, particularly blocking the exit doors
- Read through the conditions of use with the customer

### Induction:

- Introduce the climbing room and point out signage / good practice posters / notices
- Identify that the soft flooring under the bouldering walls is designed to add some measure of protection for climbers, however it does **NOT** remove the risk of injury. Injuries can and do happen while bouldering and climbing. The matting is **NOT** a play area any inappropriate use is not permitted.
- State that no items to be left on the matting (i.e. bags, drinks bottles etc) except for chalk bags with no hard items attached
- Go through all dos and don'ts as below:
  - o No bouldering with harnesses or other objects, which may cause injury (rings / watches are recommended to be removed, phones out of pockets, proper footwear, clothing)
  - o No climbing in bare feet
  - o Never climb above, below or near another climber, give each other adequate free space. (min 2m)
  - o All problems finish on the last hold and climbers should **NOT** top out on the wall
  - o When descending attempt to down-climb, however if this is not possible a controlled jump may be necessary. A landing from height (even when it is a controlled landing) may cause injury and the soft mats do not prevent this
    - Give thorough demonstration of good landing position (both feet shoulder width apart, knees bent hands out defensively) and what to avoid (one leg, falling backwards, putting hands behind)
  - o If descending in an uncontrolled manner (falling) the likelihood of an injury is much higher and can be severe, the soft matting does not remove this risk
  - o Always climb within your capabilities and be aware of your position and those around you
  - o Stand well back from the climbing walls unless you are belaying or spotting a climber. Never; stand, sit, lay or otherwise occupy the matting under someone who is climbing (unless actively spotting)
  - o Vertical climbers have priority over traversing climbers – check your route before starting
- Point out the “Arch” and other corners identifying that there may be climbers overhead who may descend unexpectedly
- Describe how the routes are set with colours, grades and use of volumes
- State that holds may come loose and spin, if this happens Climbers **MUST** report all loose holds to reception straight away and not climb on them
- Ask the customer if they have any questions and have them sign that they have done an induction

NB: If the registered climber is signing in a novice, they must be made aware of their responsibilities and that they are required to **DIRECTLY** supervise the novices, particularly with young children.