

# RULES FOR CLIMBERS

Participants & their parents/guardians are asked to respect the rules that exist for their safety.



NO CLIMBER UNDER THE AGE OF 4 YEARS OLD



CLIMBER MAXIMUM WEIGHT: 150kg (330lbs/23.6 Stone)



GLASSES MUST BE SECURE & LONG HAIR TIED BACK



NO JEWELLERY CAN BE WORN



TIE BACK OR REMOVE ALL LOOSE CLOTHING



NO HEELS, FLIP-FLOPS OR OPEN TOE SHOES. ENSURE LACES ARE TIED



NO CHEWING GUM OR FOOD AND DRINK ALLOWED IN THE CLIMBING AREA

## CLIMBERS MUST

- 1 Attend Safety Briefing before climbing
- 2 Follow staff instructions at all times
- 3 Have harness checked by staff before climbing
- 4 Safely clip before climbing
- 5 Wear a helmet when instructed by staff

## CLIMBERS MUST NOT

- 1 Hold onto or pull down on the webbing (or rope) whilst climbing
- 2 Swing during descent
- 3 Walk on articulated mats when they are lying on the floor
- 4 Have mobile phones within the Clip 'n Climb arena

## Climber responsibility

You should be in good health and participate responsibly. If you have any concerns about any of the equipment or another climber's behaviour, please bring it to the attention of a member of staff. Please do not climb if you think this activity might put your health at risk, or aggravate a pre-existing condition in any way. Climbing is not recommended for guests that have neck or back problems, heart problems or have had recent surgery. If you are pregnant you should consider your physical condition and limitations before deciding to participate. If at any time you do not feel well please speak to a member of staff.