



Conditions of Use For adult membership at The Climbing Academy



General Safety

- 1) Report to reception on each visit before you climb.
- 2) You must exercise care, common sense and self preservation at all times.
- 3) Report any problems with the walls, equipment or other climbers' behaviour to a member of staff immediately.
- 4) Be aware of the other climbers around you and how your actions will affect them.
- 5) Do not distract people while they are climbing.
- 6) Stand well back from the climbing walls unless you are spotting a climber.
- 7) All problems end at holds – do not grab the top of the wall.
- 8) Look at each problem before starting to ensure you know how you will climb down.

When Bouldering

- 1) Always climb within your capabilities and descend by down climbing, jumping or, at the very least a controlled fall.
- 2) Never climb directly above or below another climber.
- 3) Always be aware of other climbers when in the bouldering area.
- 4) No Hard Objects, food and drink in the bouldering (matted) area (karabiners, Mobile phones etc).
- 5) No loitering or lying around on the mat.
- 6) If a hold spins, report it to reception immediately.

Risks - "The Mountaineering Council of Scotland and the BMC recognise 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 Academy 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 wall.

THE SOFT FLOORING DOES NOT GUARANTEE YOUR SAFETY AND FROM TIME TO TIME HOLDS MAY SPIN.

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 and wherever you climb.

Our Duty of Care - The rules of the climbing centre **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 basic safety knowledge required to use the centre. You are required to register to say that you know how to use the equipment, that you are prepared to abide by the Rules 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 the direct supervision of a registered member.

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 has registered at 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 relevant qualifications and insurance, and who is registered with, and has been inducted by The Climbing Academy to do so.

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.

Conditions of use for Gym Equipment:

Customers agree to use any exercise equipment provided by The Climbing Academy at their own risk. The equipment is strictly for the use of customers aged 18 years and above. Customers aged 16 and 17 may use the equipment under the supervision of an adult member at the discretion of the TCA Duty Manager. The gym equipment is strictly provided for strength and conditioning exercises only. Power Lifting and Body Building is not permitted. Customers should under no circumstances use equipment or perform exercises if they are unsure on undertaking them correctly. Customers are responsible for keeping the equipment in a safe and tidy location following their use in accordance to the information provided by TCA. Customers agree to abide to the rules and request given by all TCA Staff.