

*In effect from 13th September 2014*

## **GUIDELINES FOR THE USE OF INDOOR CLIMBING WALL AT CSE SKAKANKA**

- I. Users of the climbing wall are required to get familiar and comply with the hereby rules and the sports hall rules and regulations.
- II. The climbing wall is available on a scheduled basis. Access to the climbing area may be denied during coached activities such as climbing, gymnastics or birthday parties. Tickets which allow unlimited daytime admission lose validity as soon as coached classes on the climbing wall or in the sports hall start.
- III. There are fees for wall climbing charged according to the price list.
- IV. Climbing wall users should wear sports outfit which does not restrict their freedom of movement as well as sports footwear (climbing or sports shoes with light coloured and non-marking soles). It is strictly forbidden to climb barefoot or in sandals and flip-flops. It is also forbidden to walk and belay on the crash mat while wearing climbing shoes or the ones with dark soles which leave marks.
- V. There is a total ban on loose chalk on the premises of CSE SkakAnka.
- VI. It is strictly forbidden to stand, tread and step on climbing ropes.
- VII. Climbing is permitted at climber's own risk after signing the statement.
- VIII. Persons under the age of 18 can climb solely upon written consent of their parents or legal guardians.
- IX. Participants, under the age of 16, can climb solely under direct supervision of their parents or legal guardians. The parents can entrust their children to the care of a coach/climbing wall operator.
- X. Novice climbers are required to sign in to receive from the climbing wall operator preliminary instructions on how to top-rope belay. They are allowed to climb and rope belay after being assessed competent by the climbing instructor/wall operator.
- XI. The instructor/wall operator on duty is held responsible for the safety on the climbing wall. His instructions must be strictly followed.
- XII. The instructor/wall operator has the right to eject from the climbing area any climbers who do not abide by the indoor climbing wall rules or their guidelines.
- XIII. There is a total ban on climbing and belaying under the influence of alcohol or other intoxicants and on taking them on the premises.
- XIV. Persons who are capable of belaying properly are allowed to belay others, in particular using bottom-roping techniques. The instructor/wall operator on duty can assess if the belayer has demonstrated competence.
- XV. Persons who have completed a climbing course or those who have been trained by a climbing instructor (certificate required) are allowed to climb using bottom-rope techniques. The instructor assesses climber's competence on the wall. Bottom-rope belaying can be taught during the coached classes. The instructor/wall operator may not allow to bottom rope even if the climber proves they have undergone a proper training.
- XVI. A climber may weigh up to one and a half times more than a belayer.
- XVII. It is allowed to climb without belay up to 3 metres.
- XVIII. It is not allowed to climb or stay below the roped climber.
- XIX. It is prohibited to perform any actions which may pose a threat to the climber themselves or other wall users, in particular:
  1. distract other climbers or belayers

2. climb over or under the roped climber
  3. belay while standing too far back from the wall
  4. belay in a sitting position.
- XX. Only the wall staff is entitled to change belay systems (top ropes, belay ledges, quick draws etc) as well as to screw and mark holds.
- XXI. Only those who are currently climbing and belaying have the right to be under the wall. The landing surface, namely 3 metres back from the wall, should be kept free of any objects and the equipment pieces such as belay devices, carabiners, bags, bottles, coiled lines etc. It is unacceptable to leave belay devices with the ropes locked down.
- XXII. It is recommended to belay safely and efficiently according to the best rules saving the equipment and wall facilities. The top-rope belayer should stand about 2 metres back from the wall and slightly to the side of the anchor point. A figure eight knot should be tied behind the belay device. Belaying should be done reasonably and without too much slack in the rope. The belayer is held responsible for the safety of the climber.
- XXIII. Climbers are obliged to use solely the equipment which is technically approved and UIAA, CE, DIN certified.
- XXIV. It is unacceptable and not allowed to lower a climber too quickly while they are descending.
- XXV. It is prohibited to grab bolts during the descent.
- XXVI. Climbers are not allowed to swing on the wall, pull themselves up the rope or misuse the equipment and facilities in the climbing area.
- XXVII. Climbers are required to report any technical problems or dangerous situations to the on-duty instructor or wall operator.
- XXVIII. CSE SkakAnka is not held responsible for any accidents which result from violating the rules governing the sports facilities.