

CONDITIONS OF USE AND RULES FOR THE INTERNATIONAL SCHOOL OF ABERDEEN CLIMBING WALL

Risks - "The Mountaineering Council of Scotland 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 the climbing wall 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 does not make the climbing any safer. 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 and/or others. Climbing beyond your capabilities is likely to result in a fall. Any fall may result in an injury despite the safety systems in place to prevent it. You must make your own assessment of the risks whenever you climb.

Our Duty of Care - The rules of the climbing wall 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 climber, 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 school.

Unsupervised Climbing (18 yrs and over) - Before you climb without supervision the school requires you to be competent in the use of a safety harness, a suitable knot to attach a rope to the harness and a belay device to secure a falling climber using a rope. You are required to register to say that you know how to use the equipment, that you are prepared to abide by the Rules below and that you understand the risks involved in your participation.

A competency check in the above techniques will be administered by a qualified instructor from The International School of Aberdeen before you are permitted to climb. This will cover bottom rope techniques, bouldering and traversing general safety as well as lead climbing & belaying competency. If you are not competent in bottom roping techniques you will not be permitted to use the climbing wall. If you are not competent in Lead climbing techniques you will not be permitted to undertake any lead climbing or lead belaying activities.

Unsupervised adult 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 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 school to climb unsupervised 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 CWA qualification or higher. Novices and children are to be supervised closely at ALL times. Competent (registered climbers) are not permitted to leave the immediate area (or ground) whilst their novices are in the climbing area.

Loss of Personal Property - The International School of Aberdeen accepts no responsibility for any loss of or damage to customer's personal property. No valuables should be left unattended.

No Smoking - There is a policy of no smoking anywhere inside the school building or on the school grounds.

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RULES

General Safety

- Report to an instructor on each visit before you climb.
- You must exercise care, common sense and self-preservation at all times.
- Report any problems with the walls, holds (including breaks & spinning), equipment or other climber's 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 or belaying.
- Stand well back from the climbing walls unless you are belaying or spotting a climber. Never stand directly under someone who is climbing.
- School staff are there to help: follow their advice.
- Sports shoes **MUST** be worn at all times when climbing, with laces tied firmly.
- As a novice, you **MUST** wear a helmet. When borrowing a helmet there is a small risk of head lice contamination and therefore the novice is required to wear a hair net to reduce this risk.

When Belaying

- Always use a belay device (bug, ATC, Gri Gri etc.) attached to your safety harness with a locking karabiner.
- Figure of Eights and 'Traditional' or 'body' belaying is not acceptable.
- Always pay attention to what the climber is doing.
- Always stand as close to the climbing wall as is practical.
- Sitting or lying down is not acceptable.

When Climbing

- The wall is designed to be climbed using a rope for protection. Solo climbing (without rope) is not acceptable on this wall.
- Always use a rope to protect yourself on climbs.
- Always use a safety harness to attach yourself to the rope.
- Always tie the rope directly into the harness using a suitable climbing knot. Clipping in with a karabiner is not acceptable. However under supervision, clipping into 2 opposing locking karabiners is acceptable.
- All novices **MUST** wear a helmet.

Bottom Roping

- All of the climbs in the school have top ropes already in place. Do not take them down to use on other routes.

Leading

- Do not use the school's in-situ bottom ropes for lead climbing.
- When using a line that has been led for a bottom rope the screwgate at the top should be closed and screwed shut.

Bouldering

- Bouldering is only permitted when appropriate crash mats have been deployed under the climber.
- The climber is to climb no higher than 2 metres (foot level).
- Always climb within your capabilities and descend by down climbing, jumping or at least a controlled fall.
- Never climb directly above or below another climber.

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Traversing

- Traversing is permitted on the wall with no additional matting. The climber's feet must go no higher than 1 metre.