

CONDITIONS OF USE

PARTICIPATION STATEMENT

“Mountaineering 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.”

It is important that you understand this document. There are inherent risks involved with climbing centres and associated activities. By filling out your registration forms, you are stating that you understand these risks cannot be completely removed. If you do not understand any of the terminology or content, please ask a member of staff to clarify.

GENERAL SAFETY

- Report to reception on each visit before you climb.
- You must exercise care, common sense, and self-preservation at all times.
- Report any problems with the wall, equipment or other climber's behaviour to a member of staff immediately. This is particularly important with broken or spinning holds.
- Be aware of other climbers around you and how your actions will affect them.
- Do not distract people while they are climbing.
- Never stand directly underneath someone who is climbing.
- If you have children, you must keep them under control and supervise them directly at all times.
- Please make yourself aware of the location of the fire exits in the building and the fire assembly point.
- Volumes on the wall are designed to enhance the quality of climbing but you must be aware that when climbing above them there is an additional risk of falling onto them.
- 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. You must make your own assessment of the risks whenever you climb.
- Participants must understand that climbing while pregnant can increase the risk posed to mother and child.
- Participants must be aware and accept that climbing holds can spin or break.
- You must do everything reasonable and practical to avoid endangering yourself or others.
- You must be aware of and adhere to the safety rules of the centre at all times.
- Stand back from the climbing walls unless you are spotting a climber.
- Please empty your pockets and remove all jewellery before climbing.
- Adhere to all rules relating to protecting customers and staff from Covid-19 infection.

CONDITIONS OF USE (CONTINUED)

BOULDERING

- Downclimb whenever possible. If this is not possible use a controlled/planned jump.
- It is your responsibility to ensure that you can climb down or land safely; don't climb into a situation that you cannot safely get out of.
- Never climb directly above or below another climber.
- Remove anything from pockets that could hurt you when landing.
- Always be aware of people climbing above and around you.
- Keep the mat free of objects and obstructions like bags, clothing, chalk bags, brushes, bottles, keys etc.
- Spotting involves helping someone to control their fall, not trying to catch them. Do not attempt to spot someone unless you feel confident to do it properly. Make sure the climber wants you to spot them.

THE SOFT MATTING DOES NOT REDUCE THE RISK OF INJURY

Injuries can still occur even after a controlled/planned jump but are more likely after an uncontrolled fall. You should always be doing your utmost to avoid the risk of uncontrolled falls. This includes paying attention to how you will land and always assessing the risk of each climb that you undertake.

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 may ask you to leave.

YOUR DUTY OF CARE

You have a duty of care to act responsibly towards the other users of the centre, follow good practice and abide by the rules of the centre. Statements of "Good Practice" are posted around the centre adjacent to the relevant facilities. These describe the accepted methods of use of equipment and climbing areas.