

RULES OF USE

HIGHBALL CLIMBING CENTRE - NORWICH

INTRODUCTION

The rules set out below **are not** intended to limit your enjoyment of the facilities. They are part of the **duty of care** that we owe to you, the customer, by law. They are **not negotiable** and you are expected to abide by them whether you have read them or not.

Staff may approach anyone observed **not** climbing or belaying in line with recognised **current** best practice and/or Centre Rules or Conditions of Use. We reserve the right to refuse entry to customers for reasons of safety or inappropriate behaviour.

GENERAL RULES

- You must report to reception and check in each visit **before you climb**.
- You must exercise care, common sense and self preservation at all times.
- Report any problems with the walls, equipment or other climbers' behavior to a member of staff immediately.
- Holds may break or spin – please inform a member of staff immediately should you discover a damaged or moving hold when climbing.
- You must only climb on the climbing surfaces, not on support structures or parts of the building.
- Be aware of other climbers around you and how your actions will affect them.
- Never climb directly above or below another climber.
- Do not distract people while they are climbing or belaying.
- Never sit, stand or walk directly under someone who is climbing.
- Stand well back from the climbing walls unless you are belaying or spotting a climber.
- Please dress in suitable clothing, taking into account other centre users. For example, the centre may be more popular with children and families at weekends so you may need to restrain the animal instinct to rip off your t-shirt and do a 'hulk'.
- Remove all jewellery before climbing.
- Anyone deemed to be under the influence of alcohol or drugs will not be allowed to climb.
- Spectators visiting the centre are not permitted to enter the main climbing areas.
- Please keep the centre tidy. Use the bins provided and return empty cups etc.. to the cafe promptly.
- Groups under instruction or being coached by Highball staff have priority on the walls.

CLIMBING RULES

Our higher walls are designed to be climbed using a rope and harness for protection. **Always use a rope to protect yourself on these 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.
- Any personal equipment used is entirely at your own risk; check it regularly and replace old or worn equipment in line with manufacturer's guidelines.
- Solo climbing is not permitted on these walls.
- Always wear climbing shoes when climbing.

Lead Climbing

- When using the lead walls you must supply your own appropriately rated dynamic rope. Do not use the centre's top ropes for lead climbing.
- Running belay attachments (runners) are already provided at intervals on the lead walls so you do not need your own 'quickdraws'. You must clip **all** the runners on the route you are climbing.
- Many of the climbs in the centre have top ropes already in place. If you take one down to lead the route, please replace the centre's rope, clipping it into both anchors at the top.

When Belaying

- Always use a belay device attached to your safety harness with a locking carabiner. 'Traditional', or 'body' belaying is not acceptable.
- The sandbags on the floor are provided to give support to people belaying a climber who is much heavier than they are. Direct belays from the sandbags are not acceptable.
- Always pay attention to what the climber is doing.
- Always stand as close to the climbing wall as is practical. Belaying whilst sitting or lying down are not acceptable.

BOULDERING RULES

Bouldering is climbing without using ropes and harnesses to protect you should you fall. Broken and sprained limbs are common on this type of climbing wall despite the soft flooring which is in place. **The soft flooring in place does not make bouldering safe.**

- Jumping down or falling off any of the bouldering walls may result in serious injury to yourself or others.
- You are strongly advised to climb down and step off the wall whenever possible.
- All boulder problems finish by placing both hands on the last hold (matching), in a controlled manner.
- Do not touch, hold or climb on to the top of the wall.
- Please do not 'mess about' on the mats e.g. flips, rolls, wrestling etc..
- Climbing harnesses and hardware must not be worn in the bouldering areas.
- Please do not wear outdoor shoes, or take food or drinks on the bouldering mats.
- Do not leave hard objects e.g cameras, phones, or drinks bottles etc. on the mat – these can and will exacerbate or cause injuries.
- Climbers who have registered for 'Bouldering Only' are not permitted to use the main climbing walls or auto belays without supervision from a suitably experienced adult. Both parties must complete a new registration form before climbing.

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RULES OF USE**HIGHBALL CLIMBING CENTRE - NORWICH****CONTINUED FROM PREVIOUS PAGE....****AUTO-BELAYS**

- If you have registered as a 'Novice Climber' or as 'Bouldering Only', you can not use the auto belays-* without supervision. If you are unsure, check your registration type at reception **before** climbing.
- The carabiner must be clipped into your belay loop.
- Helmets should not be worn when using the the auto belay.
- In the event that the line does not retract during climbing, stop climbing and ask staff for assistance.
- Ensure that the auto belay carabiner is clipped back into the anchor flag when you have finished.

TRAINING AREA

- The Training Area is not supervised.
- It is for use by customers aged 18 years and above. Customers aged 16 and 17 may use the training area under supervision of a registered adult at the discretion of the Highball Duty Manager.
- If you feel like you need an induction on any of the equipment please speak to reception.
- Use of the training area and equipment e.g. dumbbells, kettlebells, TRX, gymnastics apparatuses, resistance bands, are at the users' risk.
- Only perform exercises or use equipment if you know how to do so correctly.
- The equipment is provided for strength and conditioning exercises only.
- Keep the training area tidy.

SLACKLINING

The slackline is an unsupervised piece of equipment which, can only be used by customers who have registered with Highball. Staff will provide whatever help and advice they can, but instruction in the use of the slackline is not provided unless part of a pre paid course or session. If you are not confident in the use of any slacklining equipment then do not attempt to use it without the supervision of someone who is competent to do so.