



Valley Crag Indoor Climbing Centre

RULES AND SAFETY REGULATIONS

Valley Crag Indoor Climbing Centre staff reserve the rights to suspend or revoke climbing privileges if these rules are not followed or adhered to. It is the responsibility of the Climbers/spectators and parents to make sure they are fully aware of what the Valley Crag rules are and ensure they understand them fully. If you are uncertain of the rules, please approach one of our staff members or management to explain them to you.

- All Visitors must read and sign a liability waiver or be escorted by a staff member if they want to proceed into the climbing center.
- No Running or flick-flacks will be tolerated in the club at all!
- No Bare Feet on the walls.
- Children under the age of 12 must have supervision, **no kids under the age of 7 will be allowed to climb unless arranged with management prior.**
- Minimum age for belaying is 14 years and they have had proper instructions by one of our staff members.
- Members are not to teach other members how to belay unless supervised by one of our staff members.
- Falls while bouldering is one of the most common causes of injuries in the gym, please get a spotter!
- Carpet and padded areas are Fall Zones and should be kept clear of obstacles, and sitting people, please watch for falling climbers!
- No Food or Drinks are allowed on the mats. Eat and drink in designated uncarpeted areas.
- Please make use of the Locker Areas to keep your personal affects and ensure you take everything when you leave, **including your rubbish**. We want to have a comfortable clean gym. All lost property gets donated to charity after two weeks of being here.
- Please ensure that you know how to tie in with a follow through figure 8 knot directly to harness when being belayed.
- Be aware of other climbers when doing weekly routes, be considerate and allow others to try the routes too.
- Own mobile devices must be used when using the Moon Board not the company phone
- All rental gear must be handed back or placed on back counter before you leave the gym
- When studio door is closed then access is not allowed upstairs.
- No wrestling or tripping of each other allowed
- Boys we know it is hard! But for Hygienic Purposes, **PLEASE KEEP YOUR SHIRTS ON**. Wear a vest if you find a T-shirt uncomfortable. We also need to keep others in mind.