

Climbing Wall Rules and Regulations

General

- Climbers use the Brunel University Climbing Wall at their own risk.
- Access to the Climbing Wall is available during advertised times only.
- Access may be denied if the Climbing Wall is deemed over crowded.
- Due to the unique nature of the Brunel University Climbing Wall, many original holds have become polished and slippery, this must be considered whilst using the wall. Climbers may consider using a top rope at all times.
- Climbers should make absolutely sure that the appropriate crash mats are correctly aligned directly below their climb and that all necessary Velcro strips are in place.
- Non members must be signed in by a competent registered member or part of a supervised group.
- Only approved competent climbers can climb unsupervised.
- Only MIA, MIC, SPA, CWA qualifications or individuals who are recognised by Rock Frog or Mike Brightwell are exempt from the 'competent climbers test'.
- Please contact Rock Frog at theteam@rockfrog.co.uk / 01344 622918 to arrange a 'competent climbers test'.
- Entry to the Climbing Wall is via Brunel Sports Centre Reception desk after entry payment.
- Entry and Exit via the fire exit is strictly forbidden.
- Inappropriate or disruptive behaviour will not be tolerated.
- Report any problems like spinning holds or damaged ropes to Brunel University staff immediately.
- Do not stand underneath climbers unless you are belaying them.
- Hair should be tied back and any other items of clothing should be removed if likely to cause obstruction to climbing equipment.
- Jewellery and watches should be removed.
- It is recommended to bring a water bottle during climbing sessions.
- Covered footwear that is appropriate to climbing must be worn at all times. Bare feet, sandals, flip flops and shoes are not allowed.
- All injuries including cuts must immediately be reported to reception. If an Ambulance is required please ask at the Reception Desk.
- Appropriate equipment is to be used at all times. This will be subject to inspection by any on-duty staff or instructor and may be refused if deemed unsuitable.
- A competent registered leader with appropriate qualifications must accompany groups.
- Spectators or climbers 'at rest' must stand well back from the wall and not sit on the crash mats.
- It is the climbers responsibility to regularly check your equipment for damage, for example ropes and slings that are in poor condition.

Age Restrictions

- Entry up to the age of 15 years can be granted providing that:
 - .1. Parent/guardian consent form has been signed and approved by Brunel, and the individual has passed a formal assessment to climb unsupervised.
 - .2. Or they are under supervision from an approved Brunel group leader or competent adult.

Bouldering

Falling Off

- Descend either by down-climbing or a controlled jump.
- THE SOFT MAT DOES NOT MAKE BOULDERING SAFE. It is designed for accidental falls and not to jump on to. Broken and sprained limbs are still common on this type of matting.

Traversing

- Climbers doing vertical problems have priority.

Obstructions

- Keep the mats free of objects and obstructions like bags, clothing, chalk bags, brushes etc.
- Don't sit or stand under the wall at any time.

Spotting

- 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 needs you to spot them!

Hardware and equipment

- Don't boulder with hardware hanging on your harness. It might hit someone or injure you when you fall.

Top Roping

General

- Report any problems like spinning to staff immediately.

- Do not stand underneath climbers unless you are belaying them.
- It is recommended that a 25-metre rope is used in order to belay safely.

Belayer

- When belaying a heavier climber, clip yourself into a ground anchor to avoid being pulled off your feet.
- Don't stand too far back from the wall. You may be pulled off your feet if the climber falls unexpectedly.
- Sitting or lying down when belaying compromises your ability to hold a fall and, in the event of a sudden fall, may cause you injury.
- Use appropriate ascending communication.
- Lower your climber carefully to avoid collisions or losing control.
- Use appropriate descending communication.

Climber

- Please use a re-threaded figure of eight tied into your harness (unless otherwise instructed under the harness manufacturers guidelines). Please avoid tying a figure of eight directly in to a karabiner unless under instruction.

Leading

- Please use an appropriate rope length when leading.
- It is strongly advised that all lead climbers wear a helmet to avoid impact on the head if the climber falls and flips.
- Appropriate extenders or runners must be used.
- It is strongly advised that prospective lead climbers take appropriate course of instruction.

Soloing

- In the interests of self-preservation, climbers must be aware of others around them and take any necessary action to avoid accidents.
- The onus is on the lower climber to anticipate any problems that may result from a fall of a climber above them.
- If the climber above looks likely to fall, wait!

Traversing

Falling Off

- Not all traversing sections have soft flooring, please be aware of this

- Descend either by down-climbing or a controlled jump.

Obstructions

- Don't sit or stand under the wall when people are traversing.

Spotting

- 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!

Training Aids

Injuries Through Misuse

- These training aids are designed for use by experienced climbers.
- If you use them incorrectly you could sustain long term injuries to tendons or ligaments.
- If you are unsure how they should be used then don't use them until you have been shown how to use them properly.
- Tuition can be arranged by prior appointment.

Ground Anchors

When to use them

- Use a ground anchor when belaying if appropriate.

How to use them

- A climbing sling or climbing rope should be used to anchor to the ground but must be attached via a locking Karabiner.
- Attach your Ground Anchor to your belay loop below your belay device .
- Attach yourself to the anchor point so you can stand just in front of the Ground Anchor.
- Never stand behind where the anchor attaches to the floor and never stand with the anchor running between your legs.
- It is good practice for the Belayer to be independent to the line of force generated by a fallen climber.

Climbing Wall Rules and Regulations for Group Supervisors

General

- All groups with more than 4 participants including the supervisor need to be booked in advance with Brunel University Sport reception.
- Supervisor/participant ratio must be 1:8 for all groups, unless the groups dynamics requires more support, for example, special needs groups, in these circumstances a ratio of 1:4 must be implemented.
- It is the supervisors responsibility to ensure all members of the group are dressed appropriately for their climbing session: gym clothes and trainers.
- Supervisors must hold a CWA/SPA qualification or a equivalent nationally recognised qualification or higher with an up to date first aid certificate. In exceptional circumstances individuals may be exempted from this prerequisite, in such cases experience and level of ability will need to be reviewed with Brunel University Sport and appointed consultant.

Briefing of Groups

Before going into the climbing area, all groups should be aware of the standard rules and procedures, in addition please highlight the following points:

- Please highlight the emergency exit points.
- No child may leave the group to walk or run around the climbing wall or centre unaccompanied at any time.
- No one may climb without first being checked and given the go ahead by the climbing instructor.
- No one may attempt to lower a climber to the ground without the assistance of the climbing instructor.
- Abusive language and threatening behaviour will not be tolerated at any time.