

# **St.-Légier climbing center**

## **Climbing wall rules**

### **Introduction**

1. The St.-Légier climbing center is owned by the *Association Sport-Escalade* ("*Sport-Escalade*"), which prepared the following rules applicable to all persons who enter the climbing center.

### **Admission and use**

2. Anyone who wishes to enter the climbing center must pay the entry fee, read and accept these rules, and abide by any instructions given by climbing center staff.

3. Anyone who uses the climbing center does so at his or her own risk. *Sport-Escalade* disclaims all liability in the event of an accident. Climbing is an inherently dangerous activity that, if done incorrectly, can lead to serious injury or death.

4. The climbing center is reserved exclusively for climbing; the ground floor in particular, including the mats, is not to be used for resting, eating or playing games.

5. The minimum age to use this climbing wall is 14. Children below this age must either be accompanied by an adult or provide the signed authorization of his/her legal representative using the form available at the entrance. Children below the age of 4 are not permitted in the climbing center.

6. Animals are not permitted in the climbing center.

7. Smoking in the climbing center is strictly prohibited.

8. The use of loose chalk is prohibited; only liquid chalk (in a bottle) and chalk balls (in the appropriate bag) are permitted.

9. Barefoot climbing is prohibited; climbers must wear appropriate climbing shoes (or indoor athletic shoes).

10. *Sport-Escalade* provides a changing area for convenience but disclaims all liability in the event of theft.

### **Proper behavior**

11. Please be respectful of the other climbers and remember that safety is the number one priority. All children, including small children who have come to climb, must be closely monitored at all times. Please maintain a safe distance from the climbing areas to avoid falling climbers or equipment.

12. Out of respect for others, please be discreet, courteous, clean, organized, and properly dressed.

### **Climbing guidelines**

13. Do not climb alone in the climbing center.
14. Do not climb in the climbing center if you do not have all the necessary skills. If in doubt, request help on the use of climbing equipment or techniques from an experienced climber. If you are still in doubt, please refrain from using the facility until you have all the necessary training.
15. All necessary precautions must be taken in order to prevent you or your equipment from falling or swinging and hitting other people, the ground or the walls.
16. The *Sport-Escalade* staff must be informed of any damage or accident, even if insignificant.
17. To avoid injury, the bolts and wall edges must never be used as fingerholds.
18. The most common form of climbing in this facility is top-roping. Please use this method.
19. Careful consideration has gone into the placement of the climbing ropes, each of which passes through two anchors at the top of the wall. Climbing ropes must not come into contact with each other, as the rubbing between them causes damage.
20. When lowering the climber, the belayer must do so slowly and smoothly.
21. When you are done with a rope, the belay knot must be completely untied.
22. When the climbing center is busy, do not monopolize any given route.
23. Climbers must use proper climbing equipment that is in excellent condition and comply with the manufacturers' instructions and UIAA guidelines. Be careful with all climbing equipment, whether you own it or not. *Sport-Escalade* staff must be informed immediately of any defect, advanced wear and tear, or irregularity in the equipment provided by the climbing center.
24. Equipment provided by the climbing center must be treated with respect; it must not be removed, moved or used for other purposes. The ropes and quickdraws that have been set up are to be used only for top-roping. In order to limit swings in overhangs, the ropes that go through the quickdraws must be unclipped as you climb and then clipped back in as you descend.
25. Climbers wishing to practice lead climbing must use their own equipment (rope and quickdraws) and clip into all bolts in order to limit fall-related risks. It is prohibited to practice falling, either as a lead climber or while top-roping.
26. Lead climbing is only permitted for climbers who have mastered the techniques of climbing and placing protection as required by this type of

climbing. It is only permitted when there are very few other climbers in the climbing center. A buffer zone of one route on either side of the climber must be established. All necessary precautions must be taken to avoid falling to the ground, onto other people or against the walls. Lead climbers must take care not to interfere with other climbers or drop any equipment.

27. All other activities and forms of climbing - such as rappelling, traversing or rope-assisted climbing (with ascenders or prusik knots), even with your own equipment - is prohibited. Exceptions may be obtained on the basis of a written request sent to the *Sport-Escalade* committee.

28. A small "demonstration and initiation" area has been set aside for trying out various techniques (lead climbing, attaching quickdraws, setting up intermediate belay stations, top-roping, rappelling, etc.). Climbers must use their own equipment here, and all activities be conducted under the supervision of people with the necessary experience.

29. Bouldering may be practiced in the bouldering area. All necessary precautions must be taken in order to protect against falls and injury (through the use of a mattress or a spotter). It is permitted to traverse the bottom of the climbing wall if no one is climbing higher up. Traversing must be done close to the ground: adult climbers' extended hands should not reach higher than three meters above the ground; for children, this limit is lower and must be proportionate to their height.

30. Solo climbing (with or without ropes) is strictly prohibited.

### **Liability, use of climbing center**

31. *Sport-Escalade* waives all liability in the event of an accident in the climbing center, including during competitions, classes, practice sessions or other events, whether paid or free of charge. Supervisors, monitors, students, individuals and visitors are always on their own responsibility.

32. Events, lessons and classes run by *Sport-Escalade* have priority over other climbers.

33. No advertising, commercial activity or events are permitted in the climbing center without the prior agreement of the *Sport-Escalade* committee.

### **Penalties**

34. The following penalties may be applied to anyone who does not comply with these climbing wall rules or with the instructions of the climbing center staff: immediate expulsion from the climbing center without reimbursement of the entry fee, immediate cancellation of the multi-entry card or subscription, and permanent expulsion from the *Association Sport-Escalade*.

The same penalties apply to anyone who does not properly pay to use the climbing center and anyone whose behavior at the climbing center bothers other climbers or is unsafe.

### **Modifications**

35. *Sport-Escalade* reserves the right to modify the climbing center's hours of operation and fees, together with these climbing wall rules, at any time and with immediate effect.

### **A few tips**

- A) The harness must be fitted to the climber and used properly.
- B) The rope must be attached to the correct part of the harness using an appropriate knot (such as a figure 8 knot). The rope must not be tied directly to a carabiner.
- C) The belayer must use a locking carabiner and an appropriate belay device (such as an eight, gri-gri or munter hitch). Be aware of any significant weight difference between the climber and the belayer: if the climber weighs at least 15-20% more than the belayer, the belayer must be anchored to a fixed point.
- D) The belayer must not stand too far from the wall or directly under the climber, or leave excess slack in the rope. The belayer must pay close attention to the climber at all times and belay properly. Given the elasticity of the climbing rope, it is advisable not to have any slack in the rope at the start of the climb in order to prevent a fall to the ground.
- E) For the best possible experience, warm-up prior to climbing, start with very easy routes, drink a lot of water, climb on a variety of routes within your ability, rest between routes, and stretch after finishing.

*Sport-Escalade* committee, September 2007

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