

GENERAL CONDITIONS OF USE

Climbing at Malton climbing wall is as serious as climbing outside on a rock-face or mountain. There is an additional risk that bolt-on holds can spin or break; just as outdoors you may encounter loose or friable holds.

The soft flooring beneath the wall is designed to provide a more comfortable landing for climbers being lowered or falling from when traversing, at low level when ropes (rope stretch) and bouldering. The soft flooring does not make climbing any safer. Broken and sprained limbs are common on this type of climbing wall despite any softer landing. Uncontrolled falls are likely to result in injuries to yourself or others.

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 to avoid it. You must make your own assessment of the risks whenever you climb.

Malton Climbing Wall Duty of Care - The rules of the climbing centre set out below are not intended to limit your enjoyment of climbing at Malton. They are part of the duty of care that Malton, as operators owe to you. The rules 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 to yourself and other Malton customers - You also have a duty of care to act responsibly for yourself and other users of the centre. Statements of 'Good Practice' are posted around the wall adjacent to the relevant facilities. These describe the accepted methods of use and how customers would normally be expected to behave towards each other.

Malton Climbing Wall BEST PRACTICE

- You must be booked in with the Malton climbing manager or staff before using the climbing wall
- You must exercise care, common sense and self preservation at all times.
- Report any problems with the walls, equipment or other climbers' behaviour to a member of staff immediately.
- Be aware of the other climbers / persons around you and how your actions will affect them.
- Do not distract people while they are climbing or belaying.
- Stand well back from the climbing walls unless you are belaying or spotting a climber. Never stand directly under someone who is climbing.
- Climbing helmets must be worn by all whenever under 18's are present at the climbing wall. If no under 18's are at the wall, adults may make their own decision on using helmets; note that wearing a helmet is advised.

Top Roping

- All of the climbs have tracers in place; tracers are thin chord not designed for climbing! To open the wall, staff must re-trace the climbing ropes, once they are in place, do not take them down.

When Belaying

- Always use a belay device attached correctly to your safety harness with a locked screw-gate karabiner. Body belaying is not acceptable.
- The belay bags are provided to give support to people belaying a climber who is significantly heavier than they are. Direct belays from the belay bag/s are not acceptable.
- Always pay attention to what the climber is doing.
- Always stand as close to the climbing wall as is practical and within the blue matted area. If using a belay bag, have this just behind you and to the same side as your locking hand. Sitting or lying down when belaying is not acceptable.

When Climbing.

- Always use a rope to protect yourself on the climbs.
- Always use a safety harness to attach yourself to the rope.
- Always tie the rope directly into the harness using a figure of eight knot with a stopper abutting the top of the eight knot. Clipping in with a karabiner is from the harness appropriate attachment point to a figure of eight on the bight is only acceptable on short turn-around climbing have-a-go type climbing sessions.

Bouldering and Traversing

- Always climb within your capabilities and descend by down climbing, jumping or, at the very least, a controlled fall. Never climb with feet higher than a metre from the floor and consider using a spotter / spotters. Keep ground clear.



Key Best Practice and Risk Reducing Options

Schematic produced by Paolo Fubini, Tel: 07980818219
www.verticaladventures.co.uk

This sheet is not exhaustive of the options available for reducing the risk to participants when climbing in a supervised session.

It is to inform supervisors of options commonly employed as additional systems of safety above that of the correct and attentive use of a belay device.

Fundamentally, the teaching of good belay technique and good behaviour, with clear communication as to when a climber and belayer may climb / be lowered is key.

Take time to ensure good briefing of your requirements of your customers and focus on plenty of at ground belay practice before climbers leave the ground.

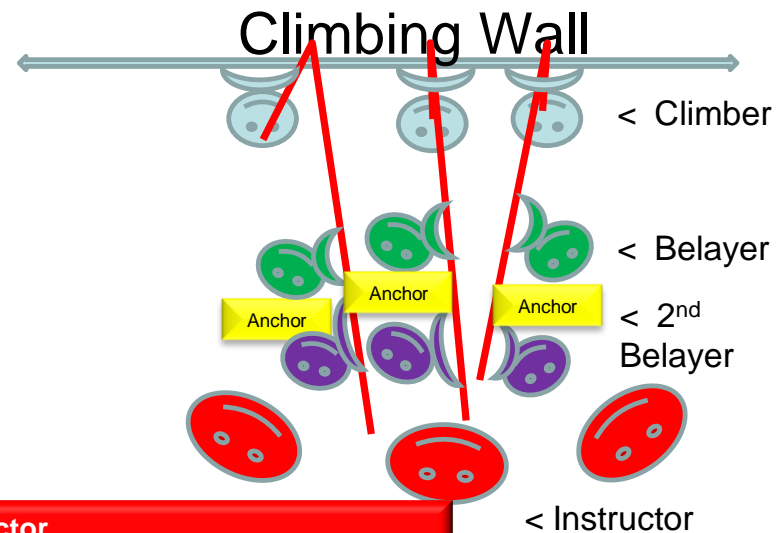
If your group cannot cope with practicing at ground, this is a clear signal that their correct practice when in charge of a customer at height may also be unacceptable.

Climbers'

- Correctly fitted harness and attachment to rope
- No jewellery or pocket contents
- Ensure they are briefed appropriately
- Tell them not to insert their fingers in a hanger
- Have them practice a lower before going to the top for the first time
- Lower off with soles of feet or pads of toes as only part touching the wall

Belayer

- Ensure your belayer is not too far from the wall (within blue mat area)
- Ensure that belayer has an anchor should it be required
- Move your belayers so that they are appropriately positioned in relation to climber & instructor visual & control hand supervision needs
- Ensure belayers can lock off correctly. If using anchors, right handed, anchor to right, left handed, anchor to left
- Don't rush belay instruction, use climber walking forward & backward or rope moving though lightly held gripped hand to practice belaying or multiple adjacent ropes onto one climber for specific skills tuition
- Have them take the rope in tight near the bottom so ascending climber has less chance of impacting ground with rope stretch in first few metres.



Instructor

- Make sure you have your students within your field of vision
- Use control hand, make sure it is held firm pulling through / out with other hand. Use additional knotting when necessary
- You control your session, take time to organise and only have as many climbers climbing as you can manage effectively
- Have enough slack between you and a belayer to allow them to belay, but also to allow you to retain an ability to stop a fall in case of belayer error
- Consider knotting when climbers feet are above half height for competent belayers, ensure the knot is high enough to prevent ground fall

2nd Belayer

- Ensure your 2nd belayer is not too far away from main belayer
- Instruct the 2nd belayer skill, it is not easy and needs focus, working with not against the main belayers technique
- Position your 2nd belayers so that they are appropriately positioned in relation to climber and instructor supervision needs
- Ensure main belayer can lock off correctly.