

Welcome to ready2climb! You are about to embark on an amazing climbing development which uses wonderful technology to reduce the risks associated with rock climbing.

This document outlines our fun climbing activity and how we manage the risks of this particular 'flavour' of rock climbing. Please don't forget, you are deliberately leaving the safety of the ground!

This document covers a range of risk factors which you, as a customer can help mitigate through prior planning and discussion with the people you bring to climb – especially youngsters. We've tried to make it as light hearted as possible, but we are duty bound to draw your attention to the participation statement written by the National Governing Body (NGB), the British Mountaineering Council (BMC):

#### BMC Participation Statement

Climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement

## 1 Definitions

References to the term **Responsible Adult** in this document refer to a person of sound mind over the age of 18 who is responsible for their own and/or other peoples' booking(s) of activities at ready2climb. This person may be a parent, a carer, a legal guardian or a person who is acting in loco parentis – such as a teacher or a Scout or Brownie leader

References to the term **Novice Climber** means any person who is not capable of fitting and adjusting their own harness, tying in to a safety rope with a suitable knot and operating a manual belay device to keep their climbing partner safe.

References to the term **Competent Climber** means any person who has registered with ready2climb as such and has demonstrated their ability to fit and adjusting their own harness without any intervention, tying in and operating a manual belay device to keep their climbing partner safe.

## 2 Appropriate clothing

We need all fun climbers to wear appropriate clothing to keep themselves safe and comfortable and also to prevent any awkward situations arising when we assist climbers

1. Long trousers are better than shorts in case we need to steady a leg that is spinning out of control
2. Footwear must protect the toes. Trainers, lightweight boots or trail shoes are ideal. Rock climbing shoes may be worn. If you wish to try rock climbing shoes, these can be rented
3. Long hair must be tied back. If long hair snags on a hold and the climber continues to descend, then serious injury could occur. A simple pony-tail is sufficient.
4. T shirts and tops must cover the tummy area. The harness can rub on bare skin and we do not consider pre-teen girls parading their tummies to be appropriate. In an adults only session, sports bras and similar sports tops are of course acceptable, but please consider the bare skin rubbing – especially if you have piercings.

5. Please remove all jewellery. This is really important for rings worn on fingers and big dangly ear-rings. Delicate necklaces can be damaged beyond repair if they snag. Most climbers wear watches without a problem, but the faces can get scratched.
6. We climb all year and although we are indoors, we are still susceptible to temperature variations. In winter, wear several layers that can be taken off as you warm up. In summer, make sure that the base layer is comfortable to be worn with the harness on its own. Children under the age of 8 tend not to sweat, so managing body temperature with small children can be difficult. You know your kids, we don't.
7. Spectators: Think warm! Watching climbers can be a cold and unforgiving experience. It's not as bad as watching Sunday morning football in the heaving rain, but sometimes, it's not far off!

### 3 Turn up on time

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Our fun climbing sessions start on the hour, every hour. Please turn up on time. You should arrive approximately ten to fifteen minutes before the start of your session so that toilet stops and checking in can be dealt with.

We reserve the right to not allow you to join a session late if we feel that it would jeopardise the other customers in the session. In this case, there may be an opportunity to transfer to the next session, but we will not refund your entrance ticket

Even if you turn up 40 minutes late and we permit you to join the session, your session will stop at the appointed time – your late arrival does not mean that we will sacrifice everybody else's day.

It is important that every person, regardless of age tries to go to the toilet before climbing. If we need to take a harness off during the session and refit after a toilet visit, it can take several minutes.

### 4 Safety Briefing

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Every fun climbing session starts with a safety briefing. This is mandatory for all fun climbers. Each **Novice Climber** must attend the full briefing every time they visit. Safety briefings are a difficult balance between ensuring the climbers know enough about what they need to do, without boring them rigid. However, climbing is dangerous and it is crucial that all users are made aware of this fact and how to keep themselves safe.

We treat our **Competent climbers** with respect, but will remind you on each occasion about the important safety elements, including the non-use of climbing chalk.

If as a **Competent Climber** you have paid only to use the conventional climbing facilities, you cannot join a fun climbing session.

### 5 Climb!

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After the briefing, we turn the horde loose. If climbers are nervous or very young, we will suggest easy climbs to them to try and give them the best experience. However, they have visited us to climb, so climb is what we expect them to do. If they wish not to climb, that's fine but we are not obliged to offer any alternative. Crucially, we won't provide a refund if you, your child or a member of your party decides not to climb.

If the session has started and harnesses are fitted, there is no opportunity for a ticket transfer to another person. We will try to accommodate both the non-climber and the paying customer, but really, there is very little that we can do.

### 6 Stay hydrated

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Climbing can be thirsty work, so we would always recommend that a climber has a bottle of water handy. We only allow climbers to drink water while they are wearing a harness and we only allow sports bottles into the

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climbing area. The first is to prevent damage to the harness and the second is to prevent dirty hands from touching a bottle lip which is then applied directly to the mouth (Yeuch!).