

Participation Statement

“The BMC recognises that climbing and mountaineering are activities with 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.”

Personal Details – Please complete in BLOCK CAPITALS

Title	First Name	Last Name
Date of Birth	Contact No.	Address
Email Address		
Emergency Contact Name & No.		

Conditions of Registration

Once you have read the Conditions of Use and Rules of the climbing wall (overleaf), you must answer the following questions by writing either “YES” or “NO” in the box provided then sign the declaration at the bottom of the form.

Are you over 18 years of age?	
Have you read and understood the conditions of use?	
Have you participated in Bouldering within the last six months?	
Do you understand that bouldering carries a risk of injury including but not limited to breaks and sprains, and that the soft mats do not completely remove the risk of injury?	
Do you understand that you are registering as a Bouldering Only Climber and will not be permitted to top rope or lead climb?	
Do you understand that failure to exercise due care could result in your injury or death?	
Do you have any questions regarding the application of the Conditions of Use or the Rules?	
Do you agree to abide by the Rules of the climbing wall?	

Declaration of fitness

I certify that to the best of my knowledge, I do not suffer from a medical condition which might have the effect of making it more likely that I be involved in an accident which could result in injury to myself or others.

Declaration of Fact

I also confirm that the above information is correct and if any information changes I will notify the centre. I have watched and understood the ABC bouldering safety video and have been advised on the hazards and risks of using the bouldering wall, the best practice for descending and the importance of warming up and climbing within my ability.

Signature	Date
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Staff Name	Staff Signature	Membership No.
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CONDITIONS OF USE

RISKS – “The British Mountaineering Council recognises that climbing 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.”

Climbing in its simplest form is movement at height; therefore there is a risk of a fall from height. 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.

OUR DUTY OF CARE – The rules of the climbing wall set out below are not intended to limit your enjoyment of the facilities. They are part of the duty of care that we, as operators, owe to you, the customer, by law. As such they are not negotiable and if you are not prepared to abide by them then the staff must politely ask you to leave.

YOUR DUTY OF CARE – You also have a duty of care to act responsibly towards the 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.

UNSUPERVISED CLIMBING – Before you climb without supervision, the centre expects you to be competent in the activity you are wishing to undertake. You are required to register to say that you understand and accept the Rules below and that you understand the risks involved in your participation. Anyone who has not registered must not climb without supervision. Unsupervised climbing is just that: Staff will provide whatever help and advice they can, but instruction in the use of equipment or climbing techniques will only be provided when booked and paid for. If you are not confident in the use of any climbing equipment or techniques, you must not attempt to use it without the supervision of someone who is competent to do so.

SUPERVISED CLIMBING – An adult who has completed a Safety Check with a member of staff may supervise up to two novice climbers provided they are prepared to take full responsibility of those people. Groups of three or more must only be supervised by a Hertfordshire Sports Village instructor, or an external instructor by prior arrangement with the permission of the management.

CHILDREN – All children in the climbing area must be supervised by a registered adult who has completed a Safety Check with a member of staff, unless they have been assessed by the management and registered for unsupervised climbing.

RULES

GENERAL SAFETY –

- Report to reception on each visit before you climb.
- 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 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.

WHEN CLIMBING –

- All walls above the white line or boulder ledge are designed to be climbed using a rope for protection. Solo climbing is not acceptable on these walls. Always use a rope to protect yourself on these climbs.
- Always use a safety harness to attach yourself to the rope.
- Always tie the rope into the harness using a suitable climbing knot. Clipping in with a carabiner is not recommended in normal climbing situations.

BOULDERING–This is only to take place in the blue matted area. The impact flooring under the bouldering walls is designed to provide a more comfortable landing for the climbers falling or jumping from the bouldering wall. **Impact flooring does not remove the risk of injury, but is designed to reduce the severity of these injuries.** Uncontrolled falls are likely to result in injuries to yourself or others.

- Always climb within your capabilities and descend by down climbing, jumping or, at the very least, a controlled fall.

WHEN BELAYING –

- Always use a belay device attached to your safety harness with a locking carabiner. ‘Traditional’, or ‘body’ belaying is not acceptable.
- The attachment points on the floor are provided to give support to people belaying a climber who is much heavier than they are. Direct belays from the attachment points on the floor are not acceptable.
- Always pay attention to what the climber is doing.
- Always stand as close to the climbing wall as is practical unless you are using one of the attachment points on the floor. Sitting or lying down is not acceptable.
- Novice Climbers signed in by registered climbers must not be allowed to belay.

TOP ROPING –

- Some climbs have top ropes already in place. Do not take them down to use on other routes.

LEADING –

- When using the lead walls you must supply your own appropriately rated dynamic rope. Do not use the centre’s top ropes for lead climbing.
- Running belay attachments (runners) are already provided at intervals on the lead walls. You must identify the line which your route follows, and clip all the runners in sequence.
- Where there are no runners in-situ, you may use your own suitably rated quickdraws.
- If seconding a climb, the second climber should be protected from uncontrolled swings by appropriately clipped quickdraws. The rope must be securely fixed to the lower-off anchor.