



## ICSC Gym Safety Rules

- Before climbing always sign in and complete our induction (as required). Before each climb, **complete a safety check with your belayer** – double check each other's gear. Ensure harnesses are fitted properly, all carabiners are clipped into the correct points and locked, the belayer is anchored off tight and the belay device is properly fitted. **If in any doubt, come and ask the Staff before climbing.**
- Communicate with your belay partner - make sure they know you are climbing and they are actively belaying.
- Unless bouldering - **NEVER climb to any height without being clipped into your harness**, your belayer ready with any slack in the climbing rope taken in.
- Belayers – please **focus ONLY on your climbing partner**. Their safety is in your hands. NEVER use a phone, take photos, chat to anyone else or lose focus from your climbing partner. ALWAYS have a firm grip on the rope and do not allow too much slack.
- Please always **walk behind belayers** and not under other climbers. Be aware of what is above you as climbers may be being lowered.
- Please be aware of climbers on rope stations close by. Some of the routes can be close together. Climbers already on the wall have right of way.
- **When being lowered**, always use your feet on the wall and sit back in your harness with your legs shoulder width apart – scraping down the wall while vertically hanging in your harness will hurt.
- Be aware that there may be some swing when falling.
- Please tidy up the rope stations when finished – clip the carabiners to the anchor sling and pull in any slack through the belay device.
- Please keep bags and personal belongings in the free lockers provided or otherwise out of the main climbing and walk through areas.
- Please **do not run** through the gym and be aware when walking around as there are loads of trip hazards and other people around.
- Use clean, closed in sports shoes (jogger style) or climbing shoes. Do not leave any loose items in your pockets, or wear loose jewellery. Please tie hair back and out of the way.
- Use only liquid chalk or chalk balls (subject to relevant COVID regulations). No loose chalk.
- Please only use the climbing surfaces, holds and climbing safety equipment. **NEVER touch the pulley system, ceiling or any of the building structure while climbing.**
- The **minimum age** for Climbers is 5 years. Participants under the age of 12 years must be actively supervised at all times and are not permitted to belay. Please ask our staff for full details of age requirements.
- Please check out specific safety rules in our **bouldering areas**.