



ICSC Bouldering Safety

Bouldering Areas are different to our roped climbing routes. Climbers are not supported by a rope and will fall!! While there are big mats in place, they only work if climbers learn to fall properly and follow some important safety guidelines.

- Minimum Age for Bouldering Area-1 is 8 years and Bouldering Area-2 is 12 years.
 - Kids under 12 need a guardian actively spotting on the mat at all times. When climbing, do not climb above 2m off the mats.
 - Kids between 12 and 14 are required to be supervised by a guardian.
- Please follow maximum climber numbers and age restrictions in each of our bouldering areas. There are signs in each area.
- Be aware of other climbers and give right of way to those already on the wall. Do not climb on routes adjacent to other climbers. If in doubt, wait until the other climber has finished their problem.
- Do not leave **anything** on the mats while climbing.
- Do not stand anywhere on the mats unless actively spotting.
- Take off climbing harness, chalk bag, jewellery and please empty your pockets so that loose materials can't fall out whilst climbing.

FALLING Do's and Dont's

Do.....

- DOWNCLIMB using easy holds to a lower part of the wall before jumping off.
- Check out our falling technique poster. There is a specific way to fall to avoid injury
- Spot your landing zone to ensure there is nothing below you apart from the mat!!
- Land feet first, soles of your feet flat on the mat, feet shoulder width apart, knees bent absorbing the landing. Arms crossed against your chest, then roll backwards onto your backside and back, engaging your back and neck muscles to absorb the fall.

Don't

- Purposefully jump off the highest point of the wall
- Fall with straight legs locked off at the knees
- Extend your arms towards the floor
- Land with your head, neck or shoulders first or with your upper body rolling towards the wall