



Rules and Regulations at The Climbing Wall Please read and initial

To climb at The Wall in Genesis Health Clubs, you must be at least 18 years of age or have written consent of a parent or legal guardian. In addition, all climbers must fill out the waiver, read these rules and pass a safety test for top roping, and a more rigorous "lead" test for lead climbing or lead belaying.

All climbers must:

Be at least 18 years of age or have the written consent of a parent or legal guardian. Children 15 and under must have adult supervision in The Wall area. Demonstrate how to tie a retraceable figure eight knot (and use only this knot while climbing at The Wall). Demonstrate safe and proper top-rope belay skills. Have a UIAA approved harness, belay device, and locking carabiner -know how to use them. No hip belays, munter hitches, swami belts, etc. Pass the "lead test" before climbing on lead or belaying a lead climber. Always have a spotter when bouldering, and understand that you may be risking serious injury, death or dismemberment if climbing unspotted. Never boulder with any part of your body above the height of 12 feet. Use only The Wall 's ropes and quickdraws while climbing at The Wall. Allow right of way to the climbers who were first on route on any given section of wall (this includes bouldering). Always stand clear of climbers' fall and swing zone. Keep the walkways and exits clear of traffic. Place all belongings in lockers or in proper storage cubicles. Stay clear of all climbing areas when not climbing, belaying or spotting -as other climbers may fall unexpectedly from above.

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Lead Climbing

All lead climbers and lead belayers must have first passed the lead test at The Wall. All clips must be made safely before the entire body passes them, and in the order that they appear on that climb. The final cold shut or steel anchor must be clipped before lowering. After all climbers in a party attempt one climb, the party must turn over their rope to any waiting to use that rope or particular section of the wall. Hangdogging, or hanging to work a route will not be permitted when there are climbers waiting to use that rope or particular section of the wall. Lead climbers must know how to recognize back clips and Z-clips, and realize that they are dangerous and must be reversed before climbing on. If two conflicting parties intersect, the second party to leave the ground must yield at a safe distance that won't endanger either party in the event of a sudden fall. Quickdraws or other hardware cannot be removed or replaced except by The Wall staff. If a second will be top-roping the lead, a minimum of two anchors must be used for top rope set-up.

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Auto Belay Use

Prior to climbing with the Auto Belay, all users must be aware of the following precautions: Check the Auto Belay operation by pulling out a short section and allowing it to retract. If the Auto Belay fails to retract while climbing, stop climbing immediately and request assistance. Check the climbing harness is correctly fitted and tightened. Check the carabiner from the Auto Belay line is connected to the designated loop on the climbing harness and the gate is properly closed. Ensure the carabiner latch gate is facing away from the climber. Never climb alongside or above the Auto Belay. Never start descent from above the Auto Belay. Prior to descent, ensure descent path and landing area are free of people and obstructions. Always descend feet first, using feet to fend off obstacles and prepare for landing.

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