

# ROCK CLIMBING RULES

1. All climbers / belayers must complete an SJCRC Enrolment form.
2. Public wall users must be inducted and signed in, to be allowed access to the climbing elements
3. No one is to cause harm to anyone at anytime while in the centre. Good order and decent behavior are to be kept at all times
4. All belayers must be over the age of 12
5. Please obey all instructions given by your instructor
6. Participants must be wearing enclosed shoes while participating in activities on climbing elements
7. All High rope participants must wear helmets at all times and those belaying to wear gloves provided
8. If bouldering, we recommend that you have a 'spotter' at all times. This does not guarantee an injury free fall so important to assess your comfort level in being spotted
9. Climbers are to be attached to the rope appropriately at all times when climbing
10. Belayers are to be attached to the ground sling at all times while their climber is on the wall
11. You must buddy check each other every climb – all karabiners must be correctly clipped and locked
12. Climbers are to be lowered smoothly and slowly to the ground
13. Belayers who can/will not belay appropriately will be considered unsafe and will no longer be permitted to belay
14. Belayers will have both hands on the rope at all times
15. Belayers will not use cameras, mobile phones, eat or drink while on belay
16. Climbers will not ascend to a head height of more than 2.4m without an appropriate belayer on belay
17. Participants are not to swing on the ropes, this can injure other climbers and damage the equipment
18. Climbers will not climb onto or over the top of the climbing wall
19. Lead Climbing is only to be practiced by qualified Lead Climbers, which are to approved by SJ Community Recreation Centre before use
20. No Lead clips are to be missed while Lead Climbing
21. No food or drinks can be consumed inside the safety area of the climbing wall
22. If a participant is bleeding, the participant should immediately remove themselves from the activity, inform the instructor and seek medical aid
23. Hire equipment must be returned to the instructor at the end of session
24. No running within the climbing element area
25. Anyone found causing willful damage to any centre property, or found to have misused or removed centre property may be charged to the full extent of the law and be liable for cost of replacement
26. No swearing will be tolerated in the centre
27. Areas used must be left in a clean and tidy condition
28. Consumption of alcohol on the premises is strictly prohibited, unless the appropriate licenses have been obtained and approved to be in the area of use by YMCA Perth, Inc. management.