

Use this form **if you are competent** to climb independently unsupervised **AND** are over 18

Participant Details Please complete the form in **BLOCK CAPITALS**. We need this information to contact you about your use of the Centre or to keep you safe at the Centre. We won't share this information with anyone unless you are taken ill or involved in an accident at the Centre.

Title:		First Name:	
Date of Birth:		Surname:	
Address:			
Contact number:			
Emergency contact number including name & relationship:			
Email:			
Medical information:			

SKILLS AND EXPERIENCE QUESTIONS
 'No'

put 'Yes' or

1	Are you over 18 years of age?	
2	Can you put on a climbing harness correctly?	
3	Can you attach a rope to your harness using a rethreaded figure 8 with a stopper knot?	
4	Can you use a belay device to secure a falling climber and lower a climber from the wall?	
5	Do you require instruction in any of the above three techniques in 2, 3 or 4?	

Centre staff check list; if yes to No.5 then redirect to 'Regwaiver form novice & U18'

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."
- Although the wall is an artificial environment the risks involved are no less serious than when climbing on a crag or mountain.
- There is a risk that bolt-on holds can spin or break.
- The blue matting does not make climbing safe. Jumping or uncontrolled falls are likely to result in injuries to yourself or others.
- Climbing beyond your capabilities on any wall is likely to result in a fall. 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.
- I have watched the BMC video 'Be a better climber' https://www.youtube.com/watch?v=CeBok5V2kv8&ab_channel=teamBMC

I have read, understood and accept the risks inherent in climbing and understand that failure to exercise due care could result in injury or death.

Sign

Date

CONDITIONS OF USE

- Our duty of care:** The Risks and Rules set out below are not intended to limit your enjoyment of the facility; 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. Staff may provide help and advice, however this does not constitute instruction or supervision.
- Your duty of care:** You also have a duty of care to act responsibly towards other users and centre staff. This includes exercising accepted good practice in climbing and etiquette.
- Booking:** climbing must be booked and paid for in advance as per the centre facility booking procedures.
- Group instructors:** need to provide a copy of: their CWA, CWI or above, first aid certificate, insurance and group list with consent forms. Maximum ratio 1:6.
- Unsupervised climbing:** Before you climb without supervision the centre expects you to be competent in the use of a safety harness, a rethreaded figure of 8 knot* to attach a rope to the harness and a belay device to secure a falling climber or lower a climber from the wall using a rope. You are required to register to say that you know how to use the equipment, that you are prepared to abide by the Conditions of Use and that you understand the risks involved in your participation.
- Unsupervised climbing:** is just that! If you are not confident in the use of any climbing equipment or technique then do not attempt to use it without the supervision of someone who is competent to do so.

For Centre staff only: Membership number..... Date..... Staff.....

7. **Novice** - Anyone who has not registered for unsupervised climbing is classified as a novice and must not climb without supervision.
8. **Supervision of climbers** - An adult who has been granted unsupervised access can supervise up to 2 novices or children. **Children (U8)** - All children U8 must be accompanied by an adult in the building for the duration of the session. Please advise staff if you think children are not properly supervised.

I have read, understood and agree to the Conditions of Use of the centre. Sign **Date**

RULES

General safety

1. Report to reception before climbing.
2. Contain sneezes or coughs into a tissue, failing that the crook of a clothed arm. Then dispose of the tissue and sanitise your hands.
3. Wash your hands before climbing and wash them afterwards.
4. Sanitise your hands between each climb at the hand sanitising station located at the climbing information point by the wall.
5. We encourage you to maintain social distancing.
6. Keep fire exit doors open to promote airflow.
7. Ensure your footwear is absolutely clean. Climbing shoes are preferable.
8. Do not grab or climb over the top of any part of the wall delineated by the black line.
9. Report all spinners DO NOT re-tighten yourself.
10. DO NOT reposition or re-orientate, hold's or in situ quickdraws.
11. DO NOT move centre top ropes, unless lead climbing; See 'Leading'.
12. When climbing you should NEVER put your fingers through the lead climbing clip in points.
13. Ensure the climbing mats and their surroundings are kept clear of bags, bottles etc.
14. When climbing above volumes/macros (large pokey out holds!) be extra aware of your potential fall line.
15. Report any problems with the wall, equipment or other climbers' behaviour to a member of staff immediately.
16. Be aware of the other climbers around you and how your actions will affect them:
 - Never climb directly above or below another climber.
 - Climbers on the ground need to be aware of what climbers on the wall are doing and reposition accordingly.
 - 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.

Equipment

1. You are responsible for all your own equipment.
2. You are responsible for our hire equipment during unsupervised climbing and are obliged to use it in accordance with manufacturer's instructions and good climbing practice. The equipment must not leave the sports hall.
3. You may use West Wight climbing wall top ropes for top roping only.

Leading

1. You must supply your own appropriately rated dynamic rope.
2. DO NOT use the centre's top ropes for lead climbing; Remove them and replace them when you are done ensuring the top rope goes through **both** the screwgate and snap link karabiner of the top anchor.
3. You must clip all the runners on the route you are climbing.
4. Remove all personal quickdraws.

When Belaying

1. A novice or under 18-year-old, must have their rope backed up.
2. If a novice or under 18 year old becomes competent to belay unsupervised and wishes to, they must complete an 'adult unsupervised' registration form or for under 18's complete a junior sign off process.
3. Always use a recognised belay device attached to your safety harness with a locking karabiner. 'Traditional' or 'body' or 'figure 8' belaying is not acceptable.
4. When belaying a climber who is much heavier than the belayer consider the use of a 'ground anchor'. Ask a member of staff for the belay bag.
5. Always pay attention to what the climber is doing.
6. Always stand as close to the climbing wall as is practical.
7. Sitting or lying down is not acceptable.

When Climbing

1. The walls are designed to be climbed using a rope for protection.
2. Unroped climbing is not acceptable, always use a rope to protect yourself on these climbs.
3. Self belay is not acceptable on these walls.
4. Always use a safety harness to attach yourself to the rope.
5. *Always tie the rope directly into the harness using a rethreaded figure 8 with a fisherman's stopper knot.
6. Clipping in with a karabiner is not acceptable.

Traversing / Bouldering

1. Maximum height for the feet is no higher than the red hazard line delineated by the red spots.
2. Do not grab or climb over the top of any part of the traversing wall delineated by the black line.
3. Always ask yourself...What will I hit on the way down?
4. Always ask yourself...Will I be able to handle a fall when on this traversing problem?
5. Always ask yourself...Would using a bouldering mat make this safer?
6. Always traverse within your capabilities and descend by down climbing, or at least controlled jumping.
7. Never traverse directly above or below another climber.

Chalk

1. Use chalk sparingly, preferably liquid chalk.
2. DO NOT use loose chalk.
3. DO NOT throw chalk balls.
4. DO NOT apply markings to the wall or floors with chalk or any other marking mechanism.

I have read, understood and agree to the Rules of the centre. Sign **Date**

DISCLAIMER AND INDEMNITY

West Wight Sports and Community Centre Limited, which is referred to in these conditions of use as "we" and "us"

We shall not be responsible for, and you shall indemnify us against, all claims and all direct, indirect and consequential liabilities (including loss of profits, loss of business, loss of reputation and all interests, penalties and similar losses), costs, proceedings damages and expenses (including legal and other professional fees and expenses) suffered or incurred by us arising out of or in connection with:

- (a) any breach by you of these Conditions of Use: and
- (b) Any claim made against us in respect of any liability, loss, damage, injury (to you or other climbers), cost or expense sustained by you.

We will not accept any responsibility for any loss of, or damage to, any property in relation to the use of the climbing wall and the surrounding areas. Personal possessions and the property used at, or left at, the centre is entirely at your own risk.

Nothing in these Conditions of Use excludes or limits our liability for personal injury or death caused by our negligence.

Warning: We reserve the right to require you to leave the centre, and / or bar you from the centre, if you do not participate appropriately and safely while using the climbing wall and/or do not abide by these Conditions of Use. The Manager also reserves the right to bar any climber(s) who, in the opinion of the Manager, are seen to be damaging the reputation of the centre, its staff, the facilities and any of the courses run within the centre.

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 will be involved in an accident which could result in injury to myself or others.

Declaration of fact: I confirm the above information is correct and if any information changes I will notify the centre.

Signature of participant: **Date**