

## ADULT REGISTRATION FORM - Climbing Wall - West Mainland Leisure Centre

### Participation Statement

**“Mountaineering Scotland 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.”**

### Personal Details (Please complete this form in BLOCK CAPITALS)

Title		First Name		Surname	
Date of Birth				Address	
Tel. No.					
E-mail					
Emergency Contact Name/ Tel. No.					

### Conditions of Registration

If you are under 18 years of age, or a novice **DO NOT** fill in this form! Please ask at Reception for the correct form. Once you have read the **Conditions of Use and Rules** of the climbing centre, you must answer the following questions by writing either **“YES”** or **“NO”** in the box provided then sign the declaration at the bottom of the form. Only climbers who give satisfactory answers to the questions will be registered and allowed to climb unsupervised.

Are you over 18 years of age?

Have you read and understood the Conditions of Use and Rules of the centre?

\* Can you put on a climbing harness correctly?

\* Can you attach a rope to your harness using a suitable climbing knot?

\* Can you use a belay device to secure a falling climber and lower a climber from the wall?

\* Do you know how to lead climb safely?

Do you require instruction in any of the above techniques (marked \*)?

Do you understand that failure to exercise due care could result in your injury or death?

Do you have any questions regarding the application of the Conditions of Use or the Rules?

Do you agree to abide by the Rules of the climbing centre?

Question Paper:-	<input type="text"/>	Answers:-	Question 1	<input type="text"/>
Question 2	<input type="text"/>			
Question 3	<input type="text"/>	Question 4	<input type="text"/>	
Question 5	<input type="text"/>			

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

Medical Conditions

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

Signature

Date

### THIS PART TO BE FILLED IN BY RECEPTION STAFF

MRM ID number

Test paper correct?

Signature

Date

## Conditions of Use at WMLC Indoor Climbing Wall

### CONDITIONS OF USE

Risks - "Mountaineering Scotland 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 climbing centre is an artificial environment the risks involved are no less serious than when climbing outside on a crag or mountain. There is an additional risk that bolt-on holds can spin or break.

The matting under the climbing wall is designed to provide a more comfortable landing for climbers falling or jumping from the climbing wall. **THE SOFT FLOORING DOES NOT MAKE THE CLIMBING ANY SAFER.** Broken and sprained limbs are common on this type of climbing wall despite the soft landing. 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.

**Our Duty of Care** - The rules of the climbing centre set out below are not intended to limit your enjoyment of the facilities. 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.

**Your Duty of Care** - You also have a duty of care to act responsibly towards the other users of the centre. Statements of 'Good Practice' are posted around the centre adjacent to the relevant facilities. These describe the accepted methods of use and how customers are expected to behave towards each other.

**Unsupervised Climbing** - Before you climb without supervision the centre expects you to be competent in the use of a safety harness, to be able to tie a suitable knot to attach a rope to the harness and the correct use of a belay device. You are required to register to say that you know how to use the equipment, that you are prepared to abide by the Rules below and that you understand the risks involved in your participation.

Anyone who has not registered is classed as a novice and must not climb without supervision.

Unsupervised climbing is just that! Instruction in the use of equipment or climbing techniques will only be provided where it has been booked and paid for in advance. 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.

**Supervised Climbing** - An adult who has registered at the centre may supervise up to two novice climbers as long as they are prepared to take full responsibility for the safety of those novices. In this case the registered adult must not be belayed by a novice. If the novice is capable of belaying they should register as a competent user.

Groups of three or more novices must only be supervised by an instructor holding a relevant qualification who is working in accordance with this Climbing Centres expectation of external instructors.

**Children** – All **under 18's** in the centre must be supervised by an adult unless they have been assessed by the management and registered for unsupervised climbing.

### WMLC Rules

#### General Safety

- Report to reception on each visit before you climb.
- Keep the blue matting area clear of all unused items.
- You must exercise care, common sense and self preservation at all times.
- Report any problems with the walls, equipment or other climbers' behaviour to a member of staff immediately.
- Be aware of the other climbers around you and how your actions will affect them. Set a good example.
- Stand well back from the climbing walls unless you are belaying or spotting a climber. Never stand directly under someone who is climbing.
- Do not distract people while they are, tying in, climbing or belaying.
- Tie back long hair, remove items liable to snagging, be aware of items falling out of your pocket while climbing.

#### TOP ROPING

- Many of the climbs in the centre have top ropes already in place. Do not take them down to use on other routes.
- Do not use your own 'quick draws' to lead top rope walls where these are already in place.

#### LEADING

- When climbing lead routes you must supply your own appropriately rated dynamic rope. Do not use the centre's top ropes for lead climbing.
- Where running belay attachments (runners) are already provided at intervals on the lead walls these should be used. You **must clip all runners** on the route you are climbing.

- Do not re-climb the route with 'quickdraws' as top anchors. Pull down your lead rope and start again if continuing to lead climb. Only use a top rope with **both** the top screw gate karabiner and snap gate karabiner as an anchor.

#### WHEN BELAYING

- Always use a belay device attached to your safety harness with a locking karabiner. 'Traditional', or 'body' belaying is not acceptable. Figure of eight devices are not permitted for belaying.
- Always pay attention to what the climber is doing.
- Always stand as close to the climbing wall as is practical. Sitting or lying down is not acceptable.

#### WHEN CLIMBING

- The tall walls are designed to be climbed using a rope for protection. Solo climbing is not acceptable on these walls. Always use a rope to protect yourself on these climbs.
- Do not climb without rope above the green traverse line.
- Always use a safety harness to attach yourself to the rope.
- Always tie the rope directly into the harness using a suitable climbing knot. Clipping in with a karabiner is not acceptable. The only exception to this is when under **direct Centre approved instruction and supervision**, where clipping into 2 opposing locking karabiners is acceptable.

#### BOULDERING

- Always climb within your capabilities and descend by down climbing, jumping or, at the very least, a controlled fall.
- Never climb directly above or below another climber.
- Stay below the green traverse line.