



Terms and Conditions of use of Stronghold Climbing Centre

You must read the following Conditions of Use of the centre BEFORE registering with us and and agree to abide by them during your visit to Stronghold.

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.
- The mats DO NOT REDUCE THE RISK of injury. Bouldering is a dangerous activity which may cause injury or death.
- The holds may spin. Please report any broken or spinning holds to the staff.

YOUR OBLIGATIONS

- You must follow the bouldering guidelines. You can find them on our website, at the reception or ask a member of staff if you would like to see a copy.
- You must report to reception each time you visit Stronghold.
- You MUST be aware other climbers when moving around the climbing wall.
- Do not climb under the influence of alcohol or drugs. Smoking is not permitted anywhere in the centre.
- No food or drink is permitted on the mats.
- Keep the matting free from objects or obstructions such as bags, clothing, brushes, shoes etc.
- Do not distract people while they are climbing.
- Never climb directly above or below another climber.
- Stand well back from the climbing walls unless you are spotting a climber. Never stand directly under someone who is climbing.

UNSUPERVISED CLIMBING

In order to climb unsupervised at Stronghold, you have to register and report to the reception desk where a member of the team will test your knowledge of the bouldering environment and safety rules.

In all other circumstances you need to be supervised in order to be able to climb at Stronghold. This can take place in two different ways:

1. With a competent adult who is able to pass a supervisor assessment.
2. Booking a lesson with one of our instructors or an induction class.

For any queries please ask a member of our team.