

Terms and Conditions of Use for Stronghold Climbing Centre

You must read the following Conditions of Use **BEFORE** registering with us 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 desk, 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 of 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 as an unsupervised adult (over 18) at Stronghold, you will have to register and report to the reception desk where you will need to pass a short test of your knowledge of the bouldering environment and safety rules.

If you have never climbed before or cannot pass the test, you must 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 has passed a supervisor assessment.
2. Booking on to an induction class.

Those under the age of 18 **MUST** be supervised at all times by a competent adult who has passed a supervisor assessment. Experienced juniors over the age of 14 can climb unsupervised if they can pass an assessment.

Supervisors can only supervise **TWO** novice/junior climbers except when the climber is under the age of six, in which case they must be supervised **ONE TO ONE**.

Please ask a member of our team if you have any queries.