

BOULDERING GUIDELINES

BEFORE YOU CLIMB

- Ensure you have the right equipment to climb – you can hire climbing shoes and a chalk bag from the front desk if you do not have your own.
- Warm-up – raise your heart rate, do dynamic stretches, and start with easy routes/traversing.
- Familiarise yourself with the grading system – signs can be found around the centre.

DURING YOUR CLIMB

- Be aware of other climbers around you – do not stand underneath someone who is bouldering and keep clear of landing zones.
- Do not begin climbing on a section of a wall if there is already somebody on it – please wait for them to climb down first.
- Only climb as high as you feel comfortable to fall or climb down.
- Land on the mats feet first and bending your knees. Roll backwards to limit the impact if necessary.
- Keep the matting free from objects or obstructions such as bags, clothing, brushes, shoes etc.
- No food or drink is permitted on the mats.
- Only climbing shoes or clean footwear should be worn in the climbing area.
- Stay hydrated especially during hot weather.

AFTER YOUR CLIMB

- Warm down with gentle, slow climbing.
- Stretch to prevent injury.
- Re-hydrate and eat some food.

IN CASE OF INJURY

- Contact a member of staff.
- If you are able to, move away from the climbing area to prevent further injury.
- If you are not able to move, staff will clear the area around you while you are treated.

GENERAL

- If you are unsure about anything please speak to a member of staff.
- Inexperienced climbers should take an induction course or be supervised by an experienced climber.
- Under 18s must be supervised at all times by a competent adult.