



Climbing With Your Kids

We love kids and are excited to welcome them to the world of climbing! However, we have strict requirements if you are planning to bring your kids climbing. Please read below for the details.

Bouldering

Due to the high volume of adults taking ground falls in the bouldering area, it's especially important that adult supervisors keep all children within arm's reach at all times. We love kids and are excited to welcome them to the world of climbing, but please remember that climbing comes with inherent risks, and the climbing wall is not a playground.

All Adults supervising under 18's must be registered as an Adult Unsupervised Climber and have completed the Supervisor Form for each under 18 year old. Before supervising the U18 Year old you will also be asked safety questions at reception. If you cannot answer these correctly you won't be able to supervise and will be encouraged to attend a Family Induction. (Currently unavailable we hope to bring these courses back soon.)

Different Rules Apply to the different Stronghold sites for Supervision of Under 18 Year old

Stronghold London Fields

Policy Supervising Under 18's

- 0 – 2 Year olds
 - We currently, whilst operating with strict social distancing, are not allowing under 3's in the centre. We hope to change this policy soon so watch this space.
- 3 – 5 Year olds
 - 1 adult can supervise 1 child in this age group, however they must be booked on as a non-climbing supervisor. This means the adult cannot climb and must always supervise the child. If 2 adults bring 1 child aged 3 to 5 then one of the adults can climb whilst the other supervises.
- Bringing 6-17 years old
 - 1 adult can supervise 1 child and the supervising adult can climb.

Stronghold Tottenham Hale – Archives

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- Bringing 6-17 years old
 - 1 adult can supervise 1 child and the supervising adult can climb.
 - 1 adult can supervise 2 children and the adult cannot climb. Also 1 of the children stays off the climbing mats.

- Everyone must have signed an Acknowledgment of Risk (AOR) form and watched the induction video, to enter our facility, it is highly recommended they do so in advance.
 - Anyone under 18, must have a Supervisors form signed by their parent or legal guardian.
 - Currently spectators are not allowed in the centre.

Supervising Novice Adult Climbers

Novice Adult climbers do not need experience to climb at Stronghold. They must watch the Induction Video, complete the Unsupervised Acknowledgment of Risk form and accept the terms and conditions of use. However, novice climbers, if they fail the safety questions at reception, can still be supervised by an Adult climber who is already registered at Stronghold as an Experienced Adult Climber.

The registered experienced adult will need to complete a supervisor's form for each novice climber they wish to supervise.

Once the novice climber has climbed supervised, they will be able to climb unsupervised by completing an Unsupervised Adult Acknowledgement of Risk Form and successfully answer the safety questions at reception.

Policy Supervising Novice climbers

- 1 Experienced adult can supervise 1 novice climber.

Unsupervised Climbing for 14 – 17 Year Olds

At the Stronghold Climbing Centre we do allow children aged 14 – 17 years old to climb unsupervised. In order to be able to climb unsupervised the child will have to demonstrate to a Stronghold staff member that they have the experience and maturity to climb responsibly within the climbing wall.

Policy

- All Under 14–17-year-olds will require an Unsupervised Junior Acknowledgment of Risk (AOR) form filed in and consent given by a parent or legal guardian.
- The child will have to successfully complete on-site assessment by a member of staff
- Once all forms are correctly completed the junior will be allowed to climb in the centre without adult supervision
- If there is any inappropriate behaviour breaking our conditions of use, whilst using the centre, then the unsupervised status may be removed.