

# The ROCK Climbing Wall Rules and Guidelines

Indoor rock climbing is challenging, rewarding and fun. But in any athletic activity, there is an inherent element of risk. Climbing or bouldering on any wall at any height can result in falls and falls can result in serious injury or death. Review these rules and use the equipment according to the manufacturer instructions. Always seek qualified instruction if you are unfamiliar with any aspect of climbing.

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## General Rules

- No climbing above the 1<sup>st</sup> panel on the main wall without a belay.
- No climbing an auto belay route without a safety check from another certified climber.
- Only The ROCK certified climbers may belay a climber.
- Certified climbers must wear their CERTIFICATION BADGE at all times.
- You must be 15+ years of age to belay.
- Shirts must be worn at all times.
- Unsafe and inappropriate behavior will not be tolerated and can result in loss of climbing privileges.
- Do not let other climbers in The ROCK during non-supervised hours.

## Climbing During Non-Supervised Hours

- Adults may not climb unless there is a second belay certified adult in the room to provide safety checks before climbing.
- Adult spectators may be present but they may not climb unless there is more than one qualified adult belayer present.

## Lead Climbing Rules

- Only climbers with a LEAD CERTIFICATION may lead climb or belay a lead climber.
- Lead climbing is permitted only during LEAD SUPERVISED TIMES.
- Lead climbers must provide their own ropes.

## Bouldering Rules

- No bouldering above the 3-meter line without a spotter and/or crash pad.
- No hands EVER above the 4-meter line (top of 4<sup>th</sup> panel on Imprint wall)
- Boulderers must yield to rope climbers.
- Never EVER boulder over another climber.
- Age 13 or under may not climb ABOVE the line on the bouldering wall.

## Every Time Before You Climb (You and Your Partner)

- Check both harnesses for proper adjustment and double-back of buckles.
- Check both carabiners to make sure they are securely locked.
- Check the knot and the back-up knot.
- Check the belay device for proper threading.

Alert TCCC staff immediately if you observe behavior that is not consistent with the rules.

Be vigilant. Climb safe.