



RULES FOR CLIMBERS

PARTICIPANTS & THEIR PARENTS/GUARDIANS ARE POLITELY ASKED TO RESPECT THE RULES THAT EXIST FOR THEIR SAFETY



MIN AGE 4



MAX WEIGHT 150 KG



NO JEWELLERY



**NO HEELS
NO FLIP FLOPS
NO OPEN TOES
LACES SECURE**



**HAIR TIED BACK
GLASSES SECURE**



**NO CHEWING GUM
NO FOOD OR DRINK
IN CLIMBING AREA**

CLIMBER MUST

ATTEND SAFETY BRIEFING BEFORE CLIMBING

ALWAYS FOLLOW STAFF INSTRUCTIONS

HAVE HARNESS CHECKED BY STAFF BEFORE CLIMBING

SAFELY CLIP BEFORE CLIMBING

WEAR A HELMET WHEN INSTRUCTED BY STAFF

CLIMBER MUST NOT

HOLD ONTO OR PULL DOWN THE WEBBING WHILST CLIMBING

SWING DURING DESCENT

WALK ON ARTICULATED MATS WHEN THEY ARE LYING FLAT

USE THE BOULDERING WALL AT ANY TIME

CLIMBER RESPONSIBILITY

You should be in good health and participate responsibly. If you have any concerns about any of the equipment or another climber's behaviour, please bring it to the attention of a member of staff.

Please do not climb if you think this activity might put your health at risk, or aggravate a pre-existing condition in any way. Climbing is not recommended for guests that have neck or back problems, heart problems or have had recent surgery.

If you are pregnant you should consider your physical condition and limitations before deciding to participate. If at any time you do not feel well please speak to a member of staff.