



# SAFETY REGULATIONS

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**MIN AGE 4**



**MAX WEIGHT 140 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

**COMPLETE A WAIVER BEFORE CLIMBING**

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**ALWAYS FOLLOW STAFF INSTRUCTIONS**

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**HAVE HARNESS CHECKED BY STAFF BEFORE CLIMBING**

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**SAFELY CLIP BEFORE CLIMBING**

## CLIMBER MUST NOT

**HOLD ONTO OR PULL DOWN THE WEBBING WHILST CLIMBING**

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**SWING DURING DESCENT**

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**WALK ON ARTICULATED MATS WHEN THEY ARE LYING FLAT**

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**CLIMB WITHOUT A MEMBER OF BLOC CLIMBING STAFF PRESENT**

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## 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.