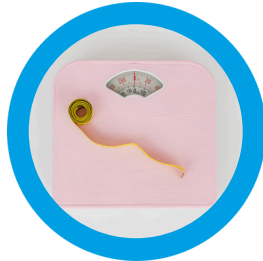


RULES FOR CLIMBERS AND SPECTATORS

Participants & their parents and or guardians are asked to respect the rules that exist for your safety.



Long hair must be tied back and glasses secure



Minimum weight is 12.5kg and maximum weight is 150kg



No Under 4's allowed unless climbing



People who are pregnant are NOT permitted into the arena



Watches and jewellery are not permitted



No Food, Drink or chewing gum in the arena. Except bottled water



No heels, open toe shoes, CROCS etc. Ensure laces are tied



No coats, bags or hoodies in the arena

CLIMBERS MUST

- 1 Attend a Safety Briefing before climbing
- 2 Follow staff instructions AT ALL TIMES.
- 3 Have harnesses checked by staff before climbing.
- 4 Clip on before climbing.
- 5 Wear a helmet when instructed by staff.

CLIMBERS MUST NOT

- 1 Hold onto or pull on the climbing lines whilst climbing.
- 2 Swing when descending.
- 3 Walk or stand on the purple mats when down.
- 4 Run in the arena.

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.

***Minimum age is 2.5 years and climbers MUST be accompanied 1:1 with a non climbing adult AT ALL TIMES. Hoodies if worn must have their hood tucked in behind the neck whilst in the arena.**