

DUBLIN CLIMBING CENTRE

Over 18'S GROUP/PARTY SUPERVISION FORM

Each adult in the group is required to fill out this form, **SEE OVER** FOR CONDITIONS OF USE OF DUBLIN CLIMBING CENTRE

Please list all taking part in the session.

We would like to draw your attention to Mountaineering Ireland's (MI) participation statement.

“Mountaineering Ireland recognises that Climbing, Bouldering and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement. “

I am aware that climbing and mountaineering are activities with an inherent danger of personal injury or death. I understand the nature of the activity and accept the risk involved and have read the Conditions of Use and Rules of the Dublin Climbing Centre (SEE OVER).

I certify that to the best of my knowledge; I do not suffer from a medical condition which might have the effect of making it more likely that I be involved in an accident which could result in injury to myself or others.

I have read and acknowledge Mountaineering Ireland's participation statement.

DATE:

NAME	MEDICAL CONDITIONS or additional needs write "NONE" or condition if any	I have read and understand the rules and conditions - Sign here
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CONDITIONS OF USE OF THE DUBLIN CLIMBING CENTRE

Risks - “Climbing and Mountaineering are activities with an inherent danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.”

Although the climbing centre is an artificial environment the risks involved are **no less serious than when climbing outside** on a crag or mountain. There is an additional risk that bolt-on holds can spin or break.

The soft flooring under the bouldering walls is designed to provide a more comfortable landing for climbers falling or jumping from the bouldering wall but **THE SOFT FLOORING DOES NOT MAKE THE CLIMBING ANY SAFER**. Broken and sprained limbs are common on this type of climbing wall despite the soft landing. **Uncontrolled falls are likely to result in injuries to yourself or others.**

Climbing **beyond your capabilities** on any wall is likely to result in a **fall**. Any fall may result in an **injury** despite the safety systems in place to avoid it. You must make your **own assessment of the risks** whenever you climb.

Our Duty of Care - The rules of the climbing centre set out below are **not** intended to limit your enjoyment of the facilities. They are part of the **duty of care** that we, as operators, owe to you, the customer, by law. As such they are **not negotiable** and if you are not prepared to abide by them then the staff must politely ask you to leave.

Your Duty of Care - You also have a duty of care to act responsibly towards the other users of the centre. Statements of ‘Good Practice’ are posted around the centre adjacent to the relevant facilities. These describe the accepted methods of use and how customers would normally be expected to behave towards each other.

Unsupervised Climbing - Before you climb without supervision Dublin Climbing Centre expects you to be competent in the use of a safety harness, a suitable knot to attach a rope to the harness, use a belay device to secure a falling climber or lower a climber from

the wall using a rope and the correct use of an AUTO BELAY device. You are required to register and demonstrate the correct belay skills related to your stated ability, know how to use the equipment, that you are prepared to abide by the Rules below and that you understand the risks involved in your participation.

Anyone who has not registered is classed as a **novice** and **must not** climb without Instructor supervision who must remain with the novices all the time in the Centre. Instruction classes are available for anyone wishing to be independent users of the climbing Centre.

Supervised Climbing - An adult who has registered at the centre may supervise up to **two** novice climbers, if they are prepared to **take full responsibility for the safety of those people**. Groups of three or more novices must only be supervised by an instructor holding the relevant qualification and insurance.

Children – All children in the centre must be supervised by an adult unless they have been assessed by the management and registered for unsupervised climbing between age 14 to 17 years.

Training Room

The upstairs Training Room is for over 18’s and supervised coaching sessions for Juniors only. Use of weights are at your own risk. We have qualified staff to instruct proper use of weights, if in doubt, ASK. Training Walls are 30- and 40-degree angles and care must be taken when using.

Always warm up before using Training Room.

Auto Belays are provided. Juniors (14+) and adults can use auto-belays unsupervised providing they have completed an induction into their correct use. Inductions are available just ask a Staff member.

Climbing Shoes, chalk, harnesses, and helmets are not supplied. Climbing shoes and harnesses can be rented.

CCTV and recording is in constant operation.

RULES

General Safety

- Report to reception on each visit before you climb.
- You must exercise care, common sense, and self-preservation at all times.
- Report any problems with the walls, equipment, or other climbers’ behaviour to a member of staff immediately.
- Be aware of the other climbers around you and how your actions will affect them.
- Do not distract people while they are climbing or belaying.
- Stand well back from the climbing walls unless you are belaying or spotting a climber. Never stand directly under someone who is climbing or inside the black and yellow box areas.
- Do not climb with unsecured items on your person e.g., in your pockets or weight belts that potentially will fall off.
- Competent under 18 members may climb unsupervised at the Club only if they have been assessed by the Club and registered for unsupervised climbing. They may not sign in guests/novices.

Possessions

- The Dublin Climbing Centre cannot accept responsibility for loss of or damage to members personal possessions.

Bottom Roping

- Many of the climbs in the centre have top ropes already in place.
- Do not use your own ‘quick draws’ to lead the top rope walls.

Leading

When using the lead walls, you must supply your own appropriately rated dynamic rope. Do not use the centre’s top ropes for lead climbing.

- Running belay attachments (runners) are already provided at intervals on the lead walls so you do not need your own quick draws’. You must clip **all** the runners on the route you are climbing.

When Belaying

- Always use a belay device attached to your safety harness with a locking karabiner. ‘Traditional’, or ‘body’ belaying is not allowed.
- Always pay attention to what the climber is doing.

- Always stand as close to the climbing wall as is practical unless you are attached to a weight bag on the floor. Sitting or lying down are not acceptable.

- Weight bags may be used to provide support to people belaying a climber who is much heavier than they are. Always connect the weight bag to a load rated part of the harness and never direct belay from a weight Bag. Always stand as close to the climbing wall as is practical. This will help the member stay in balance whilst belaying.

When Climbing

- The tall walls are designed to be climbed using a rope for protection. Solo climbing is not acceptable on these walls. Always use a rope to protect yourself on these climbs.
- Always use a safety harness to attach yourself to the rope.
- Always tie the rope directly into the harness using a rethreaded figure of eight with double stopper or bowline, knots.
- Clipping in with a karabiner is not acceptable.
- Never climb directly above or below another climber and ensure they keep all landing zones clear.

Auto Belays

Do not climb outside the black & yellow marked drop zone areas. Do not enter the black and yellow marked zone when Auto belay is in use.

Do not use a helmet when using an Auto belay.

All clipped items must be removed from your harness before use.

Weight limit of 150 kg.

Bouldering

- Always climb within your capabilities and descend by down climbing, jumping or, at the very least, a controlled fall. Climbing shoes only on Boulder wall NO OTHER FOOTWEAR allowed.
- Never climb directly above or below another climber.
- Keep the climbing area clear of belongings and do not climb wearing a harness. Matting does not protect a climber from injury.