



Climbing Wall Conditions of Use

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Approval By	Date	Next Review Date
Simon Whitmore	01/09/2026	September 2026

We draw attention to all climbers to the below the British Mountaineering Council's (BMC) Participation Statement which we adhere to at the AOAC:

Climbing, hill walking and mountaineering can provide life-long physical, social and mental health benefits through exercise and adventure in amazing environments. The BMC recognises that these activities involve a risk of personal injury or death. Participants should be aware of and accept these risks and be responsible for their own actions and impacts on others.

Introduction

Climbing in its simplest form is movement at height; therefore there is a risk of a fall from height. 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 for climbing at the Adur Outdoor Activities Centre (AOAC) are set out below are not intended to limit your enjoyment of the facilities but to support you in accessing them in a safe and responsible way. They are part of the duty of care that Adur Outdoor Activities Centre Ltd owes to you and support us in meeting our legal and moral duties. As such they are **non-negotiable**. If you are not prepared to abide by them you may not use our facilities. If it comes to our attention that you are not abiding by our rules; our staff will require you to leave.

Your Duty of Care – You also have a duty of care to act responsibly towards other users of the AOAC. 'Good Practice' information is posted around the AOAC that describe the accepted methods of use and how users are expected to behave towards each other.

Unsupervised Climbing – Before you climb without supervision, Adur Outdoor Activities Centre Ltd expects you to be competent. You are required to register to say that you understand and accept the **Rules** below and that you understand the risks involved in your participation. Anyone who has not registered must not climb without supervision.

Unsupervised climbing – refers to activities undertaken by you without supervision, instruction or training from Adur Outdoor Activities Centre Ltd staff. Whilst staff may provide help and advice they will not provide instruction in the use of equipment, unless hired from us, or climbing techniques. If you are not confident in the use of any climbing equipment or techniques, **you must not** attempt to use them without the supervision of someone who is competent to do so.

An adult who has registered at the AOAC may supervise up to **two** novice climbers as long as 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 relevant qualifications and insurance. Novice climbers are the responsibility of the supervisor and the supervisor must remain with their novice(s) when in the AOAC.

Children – All children climbing at the AOAC must be supervised by an adult.

Loss of Personal Property - Adur Outdoor Activities Centre Ltd accepts no responsibility for any loss of or damage to customers' personal property. **No valuables should be left unattended.**

Rules

General Safety

- You must book in at reception on each visit and 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.
- Report all accidents/injuries 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, belaying or supervising.
- Stand well back from the climbing walls unless you are belaying or spotting a climber.
- Never stand directly under someone who is climbing, and ensure the climbing zone is free from hazardous items.
- Do not carry mobile phones or other objects whilst climbing that may fall and injure someone below you.
- Observe all good practice signage relating to the safe use of the AOAC.
- Adur Outdoor Activities Centre Ltd may limit the number of climbers using the facilities during busy periods. During such periods climbers will be limited to a no more than 90 minutes climbing time.

Equipment

If you are using your own equipment it must be serviceable and fit for purpose. If the a member of staff deems the equipment unfit for use it must not be used.

Hire Equipment

All equipment provided by Adur Outdoor Activities Centre Ltd including ropes and wall mounted equipment is regularly inspected and tested. All provided equipment must be treated with respect and in line with instructions given by staff.

Individual equipment that is hired from Adur Outdoor Activities Centre Ltd will be visually checked by the member of staff issuing it and instructions on its use provided to the Hirer.

The hirer is responsible for ensuring its correct use and care. Any damage will be chargeable at the hirer's expense to cover the full cost of replacement.

Bouldering & Traversing

The impact flooring under the bouldering walls is designed to provide a more comfortable landing for the climbers falling or jumping from the bouldering wall **IMPACT FLOORING DOES NOT REMOVE THE RISK OF INJURY, BUT IS DESIGNED TO REDUCE THE SEVERITY OF THESE INJURIES.** Uncontrolled falls are likely to result in injuries to yourself or others.

We advise that harnesses are not worn whilst bouldering.

Always climb within your capabilities and descend by down climbing. Intentional jumping from the wall is discouraged at the AOAC and continued failure to comply with a request to descend by down climbing may result in you being asked to leave.

Auto Belay

When using the Auto Belay, you must identify the line your route climbs and not deviate off this line. Descending from the route must be done in a controlled manner with, where possible, the landing zone and path checked to be clear before letting go. Do not attempt to grab back on to the wall when descending.

HELMETS MUST NOT BE WORN WHEN USING THE AUTO BELAY DEVICES.

Always check the karabiner is correctly attached to your harness before leaving the ground.

Roped Climbing

When Climbing:

- Please ensure you identify if your chosen route is a top rope or lead route.
- Solo climbing within the main wall is not permitted a rope must always be used to protect yourself on these climbs.
- Always use a climbing harness to attach yourself to the rope.
- Tie directly into the harness using a suitable knot.
- Clipping in with a karabiner is not recommended in normal climbing situations.
- Never climb directly above or below another climber and ensure you keep all landing zones clear.

When Belaying

- Novices must not belay without on the ground supervision by their supervisor backing up the brake rope.
- Always use a belay device attached to your climbing harness with a locking karabiner. 'Traditional' or 'body' belaying is not acceptable.

- Weight-bags are provided to give support to people belaying a climber who is much heavier than they are.
- Direct belaying from ground anchors and weight-bags is not acceptable.
- Always pay attention to what your climber is doing.
- Always stand as close to the climbing wall as is practical.

Lead Climbing

- When using the lead walls you must supply your own appropriately rated dynamic rope.
- Ensure your rope is of adequate length. Do not use the AOAC's top ropes for lead climbing.
- Anyone under the age of 18 must have completed a **Junior Lead Climbing Assessment**.
- Under 16's are **not allowed** to lead belay.
- Running belay attachments (runners) are already provided at intervals on the lead walls.
- You must identify the line which your route follows, and clip **all** the runners.
- If seconding a climb, the second climber should be protected from uncontrolled swings by appropriately clipped quickdraws.
- The rope **MUST** be securely fixed to the lower-off anchor.
- Climbers must be aware that lead falls exert greater force on the belayer.
- This in turn may lead to the belayer being 'pulled' off the ground, resulting in a greater distance travelled before coming to rest on the rope.
- The dynamic nature of lead falls also increases the risk of striking either the wall or surrounding objects.
- Climbers wishing to take deliberate lead falls **must** inform a member staff so they can ensure that the route selected is suitable and free from any obstruction.
- Climbers wishing to take deliberate practice lead should be aware of the risks involved and make a suitable assessment of consequences before each and every practice fall.
- Before any deliberate fall the climber and belayer must be aware of what is about to happen.
- Clear communication between the parties should be carried out before any practice fall takes place, both on the ground and immediately before any fall is taken.

Climbing Wall Novice Supervision Policy

A novice is any user unable to satisfy the minimum requirements set by Adur Outdoor Activities Centre Ltd for unsupervised climbing. This may be because they are not experienced enough, don't meet age requirements or there may be another reason that they require supervision.

A maximum of **two** novice climbers can be supervised by a registered adult climber.

Novice Supervision Requirements

The Supervisor:

1. Must be at least 18 years of age.
2. Be appropriately experienced in the form of climbing to be supervised.
3. Have passed a Adur Outdoor Activities Centre Safety Test.
4. Have read, understood and agree to abide by the Novice Supervision Policy and Conditions of Use.
5. Have completed the Novice Supervision Form for every visit where novices are to be supervised.
6. Must not be offering a professional service.

Supervision

Supervision of novice climbers requires active involvement from the supervisor at all times.

The Supervisor must:

1. Be with their Novice(s) at all times.
2. Understand that in the case of junior climbers they are likely to be less aware of their surroundings and must ensure their safety.
3. Must not allow a novice to belay without on the ground supervision by the Supervisor backing up the brake rope.

Responsibility

Supervisors must accept responsibility for the actions and safety of their Novices. This includes any climbing, bouldering or any other activities carried out under their supervision. It is the responsibility of the Supervisor to make their Novices aware of the risks involved in climbing or bouldering and help them manage these risks.

Process

Customers wishing to Supervise novice climbers or boulderers must:

1. Present themselves to reception and having completed their own registration form and a Novice Supervision form.
2. Read and agreed to the Novice Supervision Policy.
3. Complete the Novice Supervision form.
4. Pay the appropriate entry fee