

SAFETY RULES



1. **DON'T WALK UNDER LOWER BRIDGE.** To get to the other side of the gym always walk under the cave located in front of the toilets.
2. **STAY OUT OF THE FALL ZONE.** Be aware of people around you. Don't walk underneath anyone and don't get too close to the walls if not climbing.
3. **ALL KIDS UNDER 14 YEARS OF AGE MUST BE SUPERVISED BY AN ADULT AT ALL TIMES.**
4. **CLIMBERS MUST USE A SPOTTER.** A spotter is a person who will assist the climber to help them land safely. Ask around for a spot, if no one is available please ask for help at the counter and a staff member would happily help you. If you see a person climbing without a spotter, give him/her a spot and then later they will return the favour.
5. **DON'T GET HIGHER THAN THE TOP.** Your head should not get above the top.
6. **KEEP YOU BELONGINGS OUT OF THE FALL ZONE.** (Water bottles and bags can be placed on the designated areas and nothing should be place on the mats as things could roll around and someone could land on it causing an injury).
7. **PARENTS/GUARDIANS ARE TO ENSURE NO RUNNING OR HORSEPLAY BY THEIR CHILDREN.** If kids are putting themselves and other climbers in danger we must ask the parents to move the kids out if the climbing zone.
8. **KEEP YOUR DISTANCE WHILE CLIMBING.** If you can touch the person climbing next to you, you are too close. Jump down.
9. **IF YOU ARE NOT CLIMBING OR SPOTTING A CLIMBER YOU MUST REMAIN OFF THE MATTS TO ENSURE EVERYONE'S SAFETY.**
10. **CLIMBERS MUST WEAR APPROPRIATE FOOTWEAR WHILE CLIMBING.** Climbing shoes or closed shoes.
11. **DO NOT PLACE BEAN BAGS NEAR THE WALLS.** Bean bags must be used only out of the fall zones for resting. Only Crash Pads can be used near the walls for safe landings.