

# Good Practice Notices – UP Climbing



## **BOULDERING**

### **Falling Off**

- Avoid uncontrolled falls. They are likely to result in injuries to yourself or others around you.
- Descend either by down-climbing, jumping or at least a controlled fall.
- THE SOFT MAT DOES NOT MAKE BOULDERING ANY SAFER, broken and sprained limbs are common on this type of wall.

### **Traversing**

- Climbers doing vertical problems have priority.

### **Obstructions**

- Keep the mat free of objects and obstructions like bags, clothing, chalk bags, brushes etc.
- Don't sit or stand under the wall when people are bouldering.

### **Spotting**

- Spotting involves helping someone to control their fall, not trying to catch them!
- Do not attempt to spot someone unless you feel confident to do it properly.
- Make sure the climber wants you to spot them!

### **Hardware**

- Don't boulder with a harness on. It might hit someone or injure you when you fall.

## **ROPED CLIMBING**

### **General**

- Report any problems like spinning holds or damaged ropes to staff as soon immediately.
- Don't stand underneath climbers unless you are belaying them.

### **Belayers**

- Lower your climber carefully to avoid collisions or losing control.
- Don't stand too far back from the wall. You may be pulled off your feet if the climber falls unexpectedly.
- When belaying a heavier climber, clip yourself into a ground anchor to avoid being pulled off your feet.
- Do not belay directly from the ground anchors.
- Sitting or lying down when belaying compromises your ability to hold a fall and, in the event of a sudden fall, may cause you injuries.

### **Climbers**

- We insist that you tie the rope into to your harness and do not clip in with a karabiner (unless using the auto belays and their attached karabiners)
- Experience has shown that tying in is the most consistently reliable method of attaching the rope to your harness.
- top-rope the route after you then make sure you re-clip the quick-drawers on the way down.

## **TRAVERSE WALL**

### **Falling Off.**

- Descend either by down-climbing, jumping or at least a controlled fall.
- Avoid uncontrolled falls. They are likely to result in injuries to yourself or others around you.

### **Traversing**

- This is a dedicated traverse wall.

### **Obstructions**

- Don't sit or stand under the wall when people are traversing.

### **Spotting**

- Spotting involves helping someone to control their fall, not trying to catch them!
- Do not attempt to spot someone unless you feel confident to do it properly.
- Make sure the climber wants you to spot them!

## **TRAINING AIDS**

### **Injuries Through Misuse**

- These training aids are designed for use by experienced climbers.
- If you use them incorrectly you could sustain long term injuries to tendons or ligaments.
- If you are unsure how they should be used then don't use them until you have been shown how to use them properly.
- Tuition can be arranged by prior appointment.

### **Falling Off**

- Avoid uncontrolled falls. They are likely to result in injuries to yourself or others around you.
- Try to descend either by down-climbing, jumping or at least a controlled fall.
- THE SOFT MAT DOES NOT MAKE BOULDERING ANY SAFER, broken and sprained limbs are common on this type of wall.

### **Obstructions**

- Keep the mat free of objects and obstructions like bags, clothing, chalk bags, brushes etc.
- Don't sit or stand under the training aids when people are using them unless you are spotting them.

## **BALLAST BAGS**

### **How to use them**

- Use a ballast bag when belaying a climber who is heavier than you are.
- No direct belaying off Ballast bags.
- Attach your Ballast Bag to your belay loop below your belay device with a locking karabiner or tie directly into your harness.
- Attach yourself to the Ballast Bag so you can stand just in front of the Ballast Bag.
- Never stand behind with the anchor running between your legs.

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- Never attach a Ballast Bag directly to the karabiner you are belaying with as this causes 3 way loading.
- Never use a larks foot directly into the ballast bag.
- A climbing sling or rope 9mm or larger should be used to anchor to the Ballast bag but must be attached via a locking karabiner.