



PROJECT
CLIMBING CENTRE

GYM RULES AND SAFETY POLICIES

- 1) All new climbers and belayers must get an orientation of the gym prior to using the facility.
- 2) All belayers on the climbing floor must have passed a belay test. All lead climbers and lead belayers on the climbing floor must have passed a lead belay test. Belay techniques and equipment must conform to standards set by Project Climbing Centre.
- 3) Please do not run in the gym or swing on the ropes in the gym.
- 4) No bouldering past the yellow line unless in designated bouldering areas with mats beneath you.
- 5) Always use a spotter while bouldering, move smaller mats to where they are needed, and ensure that all mats are set up properly to cover the fall zone of your climb.
- 6) No sitting or lying down on bouldering mats.
- 7) Spectators must be aware of their surroundings and stay out of the way of climbers. Be aware of standing in an area where the climbs are steep, and a falling climber may take a large swing.
- 8) Any gear brought down to the floor must be kept between the stairs and the yellow line. Please do not bring food or drinks other than water in a re-sealable bottle on to the climbing floor.
- 9) No bouldering while wearing a harness that has any belay device, carabiners, or other hard climbing tools attached to it
- 10) Top rope and lead climbers may not attach anything to their harness while climbing other than what is needed to do the climb, e.g. chalk bags are fine, but unnecessary water bottles and carabiners are not.
- 11) Secure any loose objects before climbing, e.g. shoes, chalk.

Please also be aware of activities around you, act in a safe and responsible manner, look out for the safety of others, and report any dangerous activity to the front desk or any employee. Do not hesitate to stop what you feel is a dangerous situation.

Project Climbing Centre staff reserve the right to remove your climbing privileges if these rules are not followed. It is the responsibility of the clientele to know and follow these rules.

Thank You