

BALC Rock Climbing Wall

General Safety Rules

- You must be 5 years of age or older to climb.
- A safety briefing must be completed prior to climbing.
- Harnesses must be worn at all times when climbing.
- No climbing without being clipped properly into the auto belay rope and carabiner.
- The first time you climb, practice your descent (approx. 2m) to ensure you are comfortable.
- Do not pull on the auto belay before you let go.
- All climbers must demonstrate proper descent technique to Centre Staff prior to climbing.
- Make sure the area below is clear before you descend.
- All climbers must wear appropriate footwear. No bare foot climbing.
- No food or drink in the climbing and gymnastics area.
- Do not swing on the ropes. NO running or jumping off padded gymnastics equipment, back flips, wrestling etc.
- Unruly conduct, not following staff directions, or not following the rules of the facility will be cause for removal from the gym.
- The use of vulgar language or improper conduct is not permitted. Please refrain from yelling or screaming.
- We advise you do not use the rock climbing wall if you are in poor health or have known physical limitations which may affect your use of the climbing wall.
- You are advised not to use the rock climbing wall while pregnant, injured or under the influence of drugs or alcohol.
- YOU ARE PARTICIPATING AT YOUR OWN RISK.