

# Climbing Wall Rules

## GENERAL RULES

- ◆ Food and beverages are NOT permitted in the Climbing Wall, with the exception of water bottles.
- ◆ Parent/guardian supervision is mandatory for climbers under 8 years old.
- ◆ Minimum age to climb is 3 years old.
- ◆ Weight restriction: Climbers must be between 25 to 310 lbs.
- ◆ Chalk is NOT permitted on the wall.
- ◆ All participants MUST wear closed-toe, clean indoor shoes or climbing shoes.

## SAFETY RULES

- ◆ All participants must read and agree to the facility waiver on their SLSFSC account. If you are a drop-in guest, you must read and agree to the climbing waiver. Minors under the age of 18 must have the facility waiver or climbing waiver completed by a parent or legal guardian.
- ◆ All participants must listen and follow the instructions given to them by a Climbing Wall Attendant.
- ◆ Please remove any loose items that may fall or get caught on the wall when climbing.
- ◆ Participants ages 13 and under MUST be clipped in and out by a Climbing Wall Attendant or parent.
- ◆ Participants ages 14 and up may clip themselves in and out of the wall after they have been given the OK by a Climbing Wall Attendant.
- ◆ If you are not clipped into an auto belay and climbing, please stay behind the yellow line until instructed by a Climbing Wall Attendant.
- ◆ Use only the coloured rock holds to climb the wall.
- ◆ DO NOT stick fingers in the holes in the wall.
- ◆ DO NOT touch or climb above the auto-belay housing.
- ◆ Climbers must stay in their lane when climbing.
- ◆ When coming down the wall, ensure you face the wall, walk your feet down the wall, and have your feet ready to land on the floor.
- ◆ Please raise your hand when you are finished climbing and a Climbing Wall Attendant or parent will come and unclip you.