

# Supervised Climbing Sessions at The Castle



## GENERAL INFORMATION

Climbing has many benefits including the development of teamwork, self-confidence, trust, motivation and increased levels of fitness. It also encourages participants to cope with fear and stress in a positive manner and promotes both self-reliance and responsibility for others.

Information about the session booked including the time/date, any pre-requisites, course syllabus and outcomes is on our website as well as in the booking confirmation received by the person that made a booking.

## RISKS

**Participation Statement:** *All climbing activities have a risk of serious injury or death. Participants must recognise that even if they follow all good practice there may still be the risk of accident and injury. It is the responsibility of the participant to adhere to the conditions of use. As with all sporting activities, injuries are possible in climbing and might be sustained despite the safety systems in place.*

Although the climbing centre is an artificial environment the risks involved are no less serious than when climbing outside on a crag or mountain. For example, there is a risk that bolt on holds can spin or break causing climbers to fall unexpectedly.

Sessions are supervised by a qualified, experienced Castle Instructors and Coaches. Climbers should never belay, climb or boulder without the permission of their Instructor/Coach. They must remain with their Instructors/Coach at all times and follow directions given.

**When roped climbing (top-rope or leading)**, climbers may climb up to 12m. They will be in a safety harness and tied in to a rope which is controlled by a belayer supervised by the Instructor/Coach.

When climbing using an **Auto Belay** – a mechanical belay device that takes up the slack as the climber ascends and safely controls the descent when the climber lets go or falls – climbers may climb up to 12m. They will be in a safety harness and attached to the Auto Belay under supervision of their Instructor/Coach.

**Bouldering** is climbing without ropes on shorter walls (up to 4m). Climbers will need to be able to assess their own ability to downclimb or jump off safely similar to playground equipment use. There is matting underneath, but this does not make the activity safe. Broken and sprained limbs are common.

The session may also include **abseiling**, where the climber lowers themselves down a fixed rope. Climbers will be given a detailed briefing about how to do this safely by their Instructor/Coach and will be supervised by their Instructor/Coach.

The climbing centre is a busy environment. It is very important that spectators, especially other children, do not go into climbing areas where they may be in the landing zone of another climber. Just as it is the responsibility of spectators to ensure their own safety while in the centre, it is the responsibility of a parent/guardian to ensure the safety of their child when they are not under direct supervision of an Instructor/Coach.