

- ABSOLUTELY NO SOLOING (CLIMBING WITHOUT ATTACHING TO THE AUTOBELAY OR ROPE).
- All participants must have completed the climbing wall zone agreement before use.
- All first time climbing wall users MUST complete a safety induction prior to using the climbing wall zone.
- All climbing wall users MUST check in via reception before using the climbing wall zone.
- The climbing wall is unsupervised except for specific supervised climbing sessions. However, climbing activities are monitored and Virgin Active staff reserve the right to stop individuals climbing if their behaviour or actions are considered unsafe to themselves or others.
- Persons under the age of 18 must have a parent or legal guardian sign the waiver and release on their behalf and be present at induction. Minimum age to use the climbing wall is 16 years old.
- Climbing requires your undivided attention. The use of mobile phones or cameras is not permitted whilst climbing.
- Any member under the influence of alcohol, illegal drugs or some medications which may impair your judgment will not be permitted to use the climbing zone.
- If you are pregnant, have previous back injuries or any other medical condition that could be worsened by participation in this activity, Virgin Active recommends that you do not climb.
- Only Virgin Active issued harness equipment is to be used. Virgin Active does not allow the use of personal harness equipment.
- Bare foot climbing is not permitted. Virgin Active climbing shoes are available for use although personal climbing or training shoes are permitted.
- All loan gear to be returned after your session.
- Only liquid chalk is to be used on the wall, no powdered chalk.
- Other than those essential for the activity, no other accessories are to be attached to you whilst climbing.
- Any defective Virgin Active equipment, accident or near miss must be reported and returned to reception immediately. Virgin Active will check equipment periodically but it is the responsibility of the climber to conduct pre-use checks on harnesses, karabiners and auto belays. Virgin Active accepts no responsibility for climbers' own equipment.
- Climbers should be aware that bolt on holds can become loose and spin or even break. If climbers become aware of loose/ spinning holds please report this to reception.
- If you accidentally release an autobelay line, do not recover it from the top. Inform a member of staff on the front desk and they will arrange for an instructor to recover the line.
- Do not interfere with or remove any climbing wall equipment, holds or ropes.
- Always maintain a safe, unobstructed landing area that is free of objects and other climbers and stay two metres clear of the climbing wall when not on rope.
- Climbers should NOT climb off route or in the path of another climber.
- Do not position yourself directly beneath or above other climbers.
- Do not put fingers through the bolts as in the event of a fall this could lead to serious injury.
- No food to be consumed in the climb zone. No chewing gum permitted.
- No bags or personal belongings to be kept in the climb zone.

Failure to comply with the Climbing Rules above may result in the cessation of your climbing zone activities and/or being asked to leave the area. Virgin Active reserves the right to refuse entry.

Please climb safely!