

## ADVENTURE CLIMBING SAFETY RULES

### East Wall

Climbing is physically and mentally demanding. We want you to enjoy it and part of the enjoyment is to push yourself a little. You will be climbing on a natural, 50 foot climbing wall which has a range of natural and artificial holds. You may be asked to belay each other on the wall. You will receive instructions on the very simple but effective system that we use. No strength or skills is required. All you need to do is pull on the rope. You will not need to hold anybody's weight.

**YOU ARE ABOUT TO TAKE PART IN A HIGH RISK ACTIVITY. BY FOLLOWING THE SAFETY RULES, YOU WILL MINIMISE THIS RISK. IF YOU DO NOT FOLLOW THESE SAFETY RULES, YOU COULD HAVE A SERIOUS ACCIDENT.**

#### BEFORE YOU START

- All participants must be at least 13 years old. Under 16 year olds must be accompanied by a familiar adult (Over 18 years of age) who will assume responsibility for the supervision of the child(ren). If this person is not the parent or guardian they must have the authority of the parent or guardian to assume responsibility for, and sign the risk acknowledgement disclaimer and safety briefing for said child(ren).
- Minimum weight 20kg/3.2 stone Maximum weight 130kg/20 stone.
- Maximum waist 155cm/61inch
- Minimum torso length 35cm/13.8inch maximum torso length 105cm/41inch. (Only applicable with a full body harness).
- Maximum leg 85cm/33inch.
- Minimum head size 48cm/19inch Maximum head size 61cm/24inch.
- We advise all participants to hold their own personal accident cover.
- Participants must not be pregnant, have any type of heart condition or heart-related issues, have any type of spinal injury or weak spine condition or have a weak physical constitution or poor physical condition.
- Please consult your doctor regarding any medical condition before the trip, for example but not limited to, previous injuries or surgery, epilepsy, asthma, diabetes, high blood pressure, fibromyalgia, chronic fatigue syndrome and multiple sclerosis.
- Please let your instructor know of any medical conditions or special requirements you have.
- All participants must have a reasonable understanding of English, as failure to follow instructions on the wall could have serious consequences.
- Please remove all jewellery including rings, body piercings, big belt buckles and items from your pockets.
- Tie up long hair.
- Please remove chewing gum as it is a choking hazard.
- A valuables locker will be available.
- Participants must not be under the adverse influence of drugs or alcohol.

It is at the discretion of the leader to refuse to take anyone if, in their opinion, that individual is for example, unruly and unwilling to take instruction or physically not suitable to complete the trip.

If a leader does not deem a customer suitable to complete the trip, as it will put themselves or the customer at risk or prejudice the safety and the enjoyment of the other participants, the customer will be offered a full refund

#### YOUR EQUIPMENT

You are advised to wear loose fitting clothes that do not restrict your movement. Long sleeves and trousers are advised. It can get cold by the wall so having an extra zipped top you can pull on when not climbing is advised. You will be provided with a harness and a helmet along with instruction on how to use, fit and adjust all the equipment. A RockSport Instructor will check your harness and helmet, subsequently do not adjust your equipment as your personal safety could be affected.

#### WHILE CLIMBING

- You must not climb before an instructor has checked you are safely attached.
- You must at all times remain below the point where the rope is attached to the cliff at the top of the climb. Please be aware of what is going on around you at all times and do not go underneath anyone who is climbing.
- Helmets must be worn at all times inside the climbing area.
- Swearing and abusive language will not be tolerated.
- Cameras and phones must not be taken up the wall.
- Cheddar Gorge and Caves can take no responsibility for lost or damage to any personal effects.

**PLEASE FOLLOW THE INSTRUCTIONS OF YOUR ROCKSPORT LEADER AT ALL TIMES. FAILURE TO DO SO HAS THE POTENTIAL TO PUT YOURSELF AND OTHERS AT RISK. CHEDDAR GORGE & CAVES RESERVES THE RIGHT TO REFUSE PARTICIPATION IN THIS ACTIVITY TO GROUPS OR INDIVIDUALS WHO THROUGH THEIR ACTIONS OR BEHAVIOUR PUT THEMSELVES OR OTHERS AT RISK.**