



BOULDERING SAFETY

REMOVE JEWELLERY BEFORE CLIMBING



WARM UP



**DO NOT WALK / STAND
IN LANDING AREA OF
FELLOW CLIMBERS**



NO RUNNING



**NO LYING ON
THE MATTING**



**CLIMB WITHIN YOUR
CAPABILITY, DO NOT JUMP OFF
ALWAYS CLIMB DOWN**



**NO HARD OBJECTS
OR FOOD/DRINK ON
THE MATTING**

DO NOT RELY ON MATTING TO ABSORB IMPACT WHEN FALLING

REPORT ANY LOOSE OR SPINNING HOLDS TO RECEPTION

CLIMBER RESPONSIBILITY

You should be in good health and participate responsibly. If you have any concerns about any of the equipment or another climber's behaviour, please bring it to the attention of a member of staff.

Please do not climb if you think this activity might put your health at risk, or aggravate a pre-existing condition in any way. Climbing is not recommended for guests that have neck or back problems, heart problems or have had recent surgery.

If you are pregnant you should consider your physical condition and limitations before deciding to participate. If at any time you do not feel well please speak to a member of staff.