



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ROCK CLIMBING & BOULDERING RULES

Any persons using the Worthington Area YMCA's Rock Wall agrees to abide by its rules and policies. Failure to follow these regulations may result in barring from wall or facility use.

- ◆ Everyone using the wall must sign a waiver before climbing or have a waiver on record with the YMCA. Any climber under the age of 18 must have a waiver signed by a parent or legal guardian. No exceptions.
- ◆ Climbers must undergo an initial orientation and sign off on the orientation sheet.
- ◆ Climbers must be 4 years old or older to climb with harness above bouldering limits.
- ◆ No food, candy, open un-sealable containers while in the climbing area.
- ◆ All climbers should be familiar with the equipment, techniques and wall safety before climbing.
- ◆ All belayers are required to wear their YMCA Belay Card while belaying.
- ◆ **Belay Qualified-** Climbers must have completed the YMCA Belay Qualification to check out equipment and belay other climbers. Climbers must be 16 years old to check out belay equipment.
- ◆ **Lead Climbing Qualified-** Lead climbers must be 18 years old and have completed the YMCA Lead Climbing Qualification. Climbers and belayers are required to wear their YMCA Lead Climbing Card while climbing/ belaying.
- ◆ Belay cards are valid one calendar year and must be renewed prior to 30 days expiration or 30 days after.
- ◆ Remain out of the "Crash Zone" while waiting or observing.
- ◆ All climbers must wear appropriate footwear. No bare feet, open toe or heeled shoes or climbing when wet is allowed.
- ◆ Use only holds on wall for climbing. Do not touch exposed metal, belay bars, clips, etc.
- ◆ Climbers must stay "on route" while climbing due to dangerous swing factor caused by climbing "off route".
- ◆ No solo climbing (bouldering) above 8 foot line.
- ◆ **No sitting down or lying down while belaying. Your Belay Certification card will be revoked.**
- ◆ All accidents and equipment damage must be reported immediately.
- ◆ Those wishing to climb must sign in and out at the front desk

BOULDERING RULES

- ◆ No food or candy while in the bouldering area.
- ◆ There needs to be at least one spotter when bouldering.
- ◆ Climbers must keep shoulders below the 8 foot line.
- ◆ Children 7 and under must be supervised and spotted by their parents/guardians while bouldering.
- ◆ Never boulder under a climber or through a climber's route.

Indoor climbers should understand that climbing is an inherently dangerous activity and climbing on an indoor wall is very different than climbing outside on real rock faces and that additional training and experience is needed to safely make the transition to outdoor climbing.