



Glenwood Community Center Climbing Wall Regulations and Use Guidelines

- ★ All climbers must be certified and have a completed release form on file at the Community Center Front Desk prior to using the wall any time. Certification will be kept on file. Parent or Guardian must sign for climbers 17 and under.
- ★ All wall users must undergo a Top Rope Orientation prior to belaying anytime or using the wall outside of staffed hours. This orientation is a review of the regulations, how to belay, tie basic knots, the proper use of the auto-belay system, and the proper commands needed to pass the certification test. Certification is given to climbers who have achieved basic climbing requirements and who have passed the certification test. Certification includes a 15 minute belay review with our climbing staff. The rules and regulations of the climbing wall are to be respected at all times while climbing.
- ★ All Climbers must wear a certification band in a visible spot while on the wall. This is provided by the Community Center Control Desk.
- ★ Bouldering or roped climbing is only allowed on the wall during established open hours.
- ★ No food or beverage will be allowed in the climbing wall area.
- ★ Climbers, 17 years and younger, under Community Center staff discretion may be required to have adult supervision while climbing or bouldering.
- ★ Children under 6 may climb if enrolled and participating in a class for their age group. Climbers 4-6 can also climb if appropriate fitting harnesses are used and if belayed by their parent. The parent must be certified to belay at the Community Center Climbing Wall.
- ★ Climbers ages 4 to 10 must be accompanied by a participating parent or legal guardian while using the wall, unless they are enrolled and participating in a climbing class.
- ★ Climbers ages 4-10 cannot belay other climbers.
- ★ Climbers ages 11 and up must pass belay certification to belay other climbers.
- ★ It is recommended that all bouldering participants have an active spotter at all times.
- ★ The feet of bouldering participants cannot go above the participants eye level while standing next to the wall.
- ★ Bouldering is not allowed underneath roped up climbers or other bouldering participants.
- ★ Rock climbing or non-marking tennis or running shoes must be worn while climbing. No bare feet, sandals, hard soled or lug soled shoes.
- ★ Personal equipment must be checked by the supervisor and should be designed and approved for rock climbing.
- ★ Climbing while under the influence of drugs or alcohol is strictly prohibited.
- ★ A modern belay device in combination with a locking carabiner will be used for all roped climbs. No figure 8 rappel devices are allowed for belaying.
- ★ Belay ropes shall be secured to the climber by use of a figure 8 follow-through attached to the harness, with an appropriate backup knot.
- ★ Belayers of different weights should be connected to an anchor with a locking carabiner.
- ★ Belayers must lower partner in a slow and controlled fashion. No rapid descents allowed.
- ★ Safety is the bottom line. Failure to comply with the use guidelines as evaluated by the supervisor may result in participant being asked to leave and climbing privileges revoked.
- ★ During busy times please share routes with waiting climbers.