



## Artificial Wall Climbing @ Quantum University, Roorkee

### **Rules:**

1. Climbers are required to wear Safety Harness & Helmet at all times while climbing
2. Personal clothing: sport shoes, t-shirt and full length lower. (No shorts)
3. Do not climb unless the Wall Instructor is present and you already have signed the waiver from.
4. **NO climbing** after climbing hours.
5. **NO** unauthorized or unsupervised climbing
6. **No free climbing** without ropes and harness
7. Climber shall govern themselves in such a manner as to be responsible for their own safety
8. Persons suspected of being under the influence of Alcohol or drugs will be prohibited from Climbing
9. Persons suffering from health conditions, back problems or seizures or any other conditions that might impair their climbing ability shall not climb the wall. All climbers shall be in proper physical condition to use the climbing wall.
10. Persons viewing or waiting to climb shall remain in the viewing area, not the climbing platform.
11. Climbers shall not swing on the belay equipment or interfere with other climbers.
12. Climbers climb at their own risk, accepting the risks and dangers of doing so.
13. Viewers will **Maintain Silence** when the climber is climbing.
14. Let the instructor give the commands.
15. Please remain outside the climbing area, until your turn.
16. Instructor should do your gear check before your start climbing.
17. All Equipment must be treated with respect. Do not step on ropes or harness.
18. Climbing rope is the "LIFELINE "
19. Report for loose holds and any other safety hazard.

### **Climbing Drills to be followed by the climbers:**

1. Before the participant begins to climb, the climber must say “ **ON BELAY** “ with responses from the Belayer being “ **BELAY IS ON** “ and “**CLIMB ON** “, respectively. Communication is the KEY
2. Listen on obey the climbing wall instructor at all times

### **Climbing Techniques:**

1. Plan your route before climbing
2. Check your shoes; tighten the laces, no dirt or grease!
3. Three point climbing
4. Safety rope (belay rope) between two hands.
5. Use combination of hands and feet for good climbing.
6. Stay close to wall.
7. Avoid jumps or leaps
8. Belayer – the one who gives support with rope to the climber
9. While climber is climbing under 10 feet. ...other person can be spotters
10. Follow commands of your instructor!

PLAY SAFE ☺

**Our Instructors are well –trained! For your Safety follow their instructions at all times.**