



THE WELLNESS CENTER

CLIMBING WALL POLICIES

Please adhere to all of the following policies that have been established for the safety and inclusion of all Wellness Center guests. Violation of any of these policies may result in loss of privileges to the Wellness Center.

- > Climbers must check in with the OVC staff before climbing.
- > New climbers must complete a bouldering orientation before climbing.
- > Roped climbers and belayers must be authorized to belay at the OVC climbing wall.
- > All climbing equipment must be UIAA certified. The climbing wall staff reserves the right to deny the use of any questionable equipment.
- > Climbers are required to wear climbing shoes when climbing.
- > Only climbing shoes, bare feet, or socks are allowed on the climbing mat.
- > Allow the right of way to the climbers who are on the wall.
- > Avoid walking under climbers who are on the wall.
- > Climbing above the lip of the boulder is prohibited.
- > Be aware and stay out of climber fall zones.
- > Bouldering is allowed on the tall climbing wall up to the second set of bolts and above the grey mat only.
- > Top-rope belayers must be at least 14 years of age.
- > Lead belayers and climbers must be at least 19 years of age.
- > Helmets are recommended and available for free any time.
- > Belayers must remain standing with one hand on the brake and eyes on the climber at all times.
- > Climbers are to tie in with the follow thought figure eight knot only.
- > Individuals age 5-16 must be accompanied by an adult in the climbing wall area.
- > Teaching and instruction of climbing techniques is exclusively the responsibility of the OVC staff.
- > Do not wear climbing shoes outside of the gym space.
- > OVC equipment must remain in the climbing wall area.