



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Climbing Wall Rules and Policies

Climbing is an inherently risky activity. To minimize risk as much as possible we ask that all climbers demonstrate safety, respect, and care for yourself, those around you, and the gear that you use. These guidelines form the basis for all of our rules and policies.

GENERAL

- Inside voices please—it gets loud quick!
- All climbers must have a signed liability waiver on file at the YMCA
- Climbing Wall Staff reserve the right to inspect and prohibit the use of any personal climbing gear
- Climbing is permitted only when a Staff member is available to supervise. An exception to this is Key Access Climb Time. Key Access is available only to members who have received prior approval.
- No loose chalk. Chalk must be contained within a sock and chalk bag
- Persons under the influence of intoxicating substances are not allowed to use the Climbing Wall
- No profanity
- Shirts and closed-toe, closed-heel shoes required
- Hydrating beverages only in a bottle with a sealable lid
- Climb only on the climbing wall. Steel beams and fixtures are off limits
- Climbing staff may require an adult to stay and supervise any minor participant during any program time
- Keep fingers out of metal things—quick draws, bolt hangers, lead anchors, etc.
- No hanging on ropes unless tied-in

ROPED CLIMBING

- Belayers must have a YMCA Top Rope or Lead Certification on file and a visible Certification card
- YMCA Top Rope Certification tests are conducted at staff discretion regardless of program time
- YMCA Climbing Staff reserve the right to prohibit someone from belaying based on safety concerns
- Partner-checks and verbal climbing commands are required at all times
- The figure-8 follow through is the only acceptable tie-in knot
- Climbers should climb beneath their anchors. Safe boundaries are one panel square to the right or left of the climber's anchor
- Lead climbing is NOT allowed during regular climbing wall hours and is ONLY allowed with permission of the Healthy Living Coordinator OR during lead climbing specific programs. Additional rules for lead climbing:
 - Lead climbers must clip every quickdraw up to the intermediate anchors. Above the intermediates they may clip every-other. Lead belayers required to use a ground anchor
 - Lead climbing program participants may be required to provide their own lead climbing rope
- Climbers will be instructed on the proper use of the Auto Belay Stations including proper attachment points on climbing harness and use of verbal commands when descending, prior to utilizing them.

BOULDERING

- Bouldering is permitted only below the top of the third panel and staff may limit bouldering at any time.
- Participants at risk of falling more than twice their height should have a close spot
- Climbers above padded surfaces should not be spotted unless specifically requested by the climber

**The Y reserves the right to change or modify rules at any time.
YMCA programs have priority at the climbing wall**