

Rules and Guidelines

for Participants of the Cairns Climbing Club



v1: 24/04/2024

General rules for the climbing gym

- Participants (anyone climbing or belaying) need to be signed in before getting their induction or starting to climb.
- Spectators (anyone not climbing or belaying but present in the room) need to be signed in but they do not need to pay entry fee or fill out a medical form.
- Participants must not be under the influence of alcohol or other drugs or any medication that e.g. a person is not allowed to drive a car with.
- Participants are encouraged to use gear from the facility. When using their own safety gear (harness, helmet) the gear needs to be checked and approved by an active guide.
- Participants need to wear helmets when they are close to the wall (ca. 4m distance).
- Participants must follow any directions or advice from the club's guides and door volunteers.

Belaying with backup

- Belay with backup takes place on the equipped rope stations using the anchors and the belay devices installed on the rope.
- Belayers need to be inducted and considered competent.
- Underage members can belay with backup, the recommended minimum age is 10 years for main belay and 8 years for backup belay but competence varies.
- Before starting to belay the belayer has to perform safety checks with the climber! The safety check has to cover:
 - the proper wearing of gear used by all participants (harness and helmet),
 - secureness of all connection points in the setup (between carabiners, knots, and harnesses),
 - the rope being in good condition and not twisted.

Belaying without backup (solo belay)

- Solo belayer needs to pass the solo belay training and assessment and have an active solo-belay license with tag, which has to be visibly attached to the harness.
- To get a license one has to be 18 or older, pass the solo belay training and assessment and sign the solo belay form.

- Solo belay is only allowed using the Petzl GriGri+ belay device, which is handed out from the club.
- Before each climb (whenever anything in the system has been changed) the belayer has to do a safety check with the climber. In addition to the normal safety check, it has to be checked that the belay device is set up correctly. The climber has to pull their side of the rope and the belay device needs to lock.
- Before performing the first solo belay at each climbing event, the belayer has to get a guide to observe and approve the safe attachment and safety check procedure.
- Solo belayers are encouraged to use the ground anchor.
- Solo belayers have to use the ground anchor when the climber is more than 25% heavier than the belayer.
- When using the ground anchor and a harness with horizontal belay loop (as in the TNO harnesses), the ground anchor carabiner should be attached to the belay loop and the belay device should be attached to the ground anchor.

Climbing

- The climber needs to wear shoes for any climbing activity.
- Before climbing with a belay team, the climber has to perform a safety check with the belayer(s)!
The safety check has to cover:
 - the proper wearing of gear used by all participants (harness and helmet),
 - secureness of all connection points in the setup (between carabiners, knots, and harnesses),
 - the rope being in good condition and not twisted.
- Before climbing on an auto-belay unit, the climber has to do a safety check! They have to show the proper attachment between the auto-belay carabiner and the harness to any other adult climber/belayer/guide and get their approval.
- When climbing a route, the climber can only use only holds in the two panels directly adjacent to the rope setup (do not climb further to the left or right).
- The climb finishes under the anchor (touch the last hold or the black rubber). Climbing with your rope attachment above the anchor is not allowed.

Bouldering

- A climber is bouldering when they are using holds that are only in the first 3m (3 panels).
- When bouldering a rope attachment is not needed.
- While bouldering often moves sideways, you are not allowed to boulder under someone climbing.