



## **Climbing wall guidelines**

- The climbing wall and equipment may only be used with a valid ticket and during the presence of a trainer.
- The usage of the climbing wall is only possible during the course's time which is also noted on the ticket. Any further use needs the permission of the respective responsible trainer.
- If not explicitly mentioned as part of the course session, only top-rope is allowed.
- Valid belay methods include Smart, Tube, and munter hitch. The appropriate knowledge is tested in the first session. Other belay methods or devices may be allowed after their appropriate and safe usage has been demonstrated to the trainer. Note that also the climbing partner needs to know the selected technique (see 6.).
- Use the figure-eight knot or double bowline directly tying-in only.
- A partner check, preceding any climb, is obligatory (i.e. the partner needs to know the same knots and belay device handling).
- Only use the provided chalk (or own liquid chalk).
- For hygienic and safety reasons it is not allowed to climb and belay bare feet, or with outdoor shoes.
- Climbing shoes are only to be used during climbing. Please take off the climbing shoes when walking in the gymnasium.
- Tie long hair together and take off any jewelry (safety!).
- Traversing is done without belay, spot if necessary.
- Climbing wall and equipment shall be checked by a trainer before usage.
- Participants are responsible for their own equipment.