

EXTRACTS FROM RULES AND REGULATIONS FOR ALL CLIMBING GYM OF "CLIMB UP COMPANY"



Article 2 : ACCES

2.2 Access to Climb Up is conditional on the application of basic climbing security and belaying techniques.

It is only granted to climbing novices, or such persons that are not totally at ease with the essentials of security, if one or both of the following mandatory conditions is/are met:

- **prior attendance of an introductory lesson in security and belaying techniques**
- **accompaniment by an experienced climber**, who is responsible for the inexperienced climber
- **only climb in the areas where no ropes are required** (bouldering areas)

2.3 Children under the age of 12 may not climb alone. They must be accompanied by, and under the surveillance of, a parent or an adult designated by him/her. If there is no designated responsible adult, children under 12 may only climb under the supervision of Mur de Lyon monitors, and at current rates.

2.4 Minors MUST be accompanied by a parent or legal guardian on their first visit, or be in possession of written parental authorisation.

Article : 4 USE OF FACILITIES AND CLIMBING STRUCTURES

4.1 Chalk (magnesium carbonate)

Use of loose climbing chalk is forbidden (chalk balls and liquid chalk are permitted).

4.3 Changing rooms

Use of the changing rooms is mandatory for changing clothes and storing personal belongings. Lockers are available, and we highly recommend using a padlock to lock them. The Mur de Lyon cannot be held responsible for any loss or theft in the climbing hall or the changing rooms.

4.4 Toilets, showers and sauna

Access to the sauna is not permitted for children under 16 unless accompanied by an adult.

Article 5 : CLIMBING

Except for lessons, courses and training sessions given by Climb Up and under the guidance of its monitors, you agree to climb independently, without a monitor or supervision, and under your entire responsibility.

Those who climb independently (as above) are liable in case of accident. Climbers must master security techniques in order to ensure their own safety and that of other climbers and must be vigilant, responsible and respectful at all times. Physical injury cover is not included in the entry fee. Customers should ensure their personal insurance includes death or injury cover.

The following rules must be obeyed :

- Only use equipment that is designed exclusively for climbing, and in accordance with manufacturers' instructions (use, shelf-life, wear & tear...)

- Inform us of any security issues immediately (loose handholds or bolts, damaged ropes or quickdraws, dangerous behaviour...).

- Climbers and belayers must perform a mutual check before climbing to ensure correct use of equipment such as harnesses and belaying tools, rope knots etc.)

- Read the security posters located in the centre of the hall before climbing

- Belaying in a sitting or prone position is absolutely forbidden.

Climb Up staff may intervene at any time if they notice any climbers or belayers who are inattentive, visibly inexperienced, or acting dangerously. Non-respect of any instructions staff may give will result in immediate exclusion from the premises.

5.2 Walls

Free climbing (i.e. without a rope) and auto-belaying are strictly forbidden. Ropes must be attached directly to the harness, and not to intermediate equipment (carabiners, slings, etc.). The only authorised knots are figure of eight and bowline knots, with a double stop-knot at all times. The upper climbing area (the 'terrace') is primarily reserved for lessons given by Climb Up staff.

5.3 Ropes

The layout of the hall and the walls requires the use of different lengths of rope in different areas (minimum height 6.50m up to developed length of 21m).

In order to ensure that you never find yourself with insufficient rope:

- red ropes should be used to cross the arch or on either side of it, and on the competition climbing walls at the far end of the hall.

Any question ? Ask for help from our team

5.4 Belaying

In order to prevent unnecessary wear and tear on the ropes, the use of the munter hitches (HMS) is forbidden. Belaying should be performed using appropriate belaying devices, such as reversos, grigris, etc..

The figure 8 descender, as its name suggests, is used to control descent and is not a belaying device. We strongly advise you NOT to use it for belaying purposes.

- The use of autoblockers (cinch, grigri, eddy...) is not recommended when lead climbing. The belayer should stand no more than two metres from the foot of the wall.

It is forbidden for any third person to park in the perimeter of the climber.

5.6 Climbing on top rope

Ropes for top rope climbing are in place on a permanent basis. They must be put back in place if you make them fall or pull them down.

Climbing on top rope is permitted everywhere in the hall except the large overhangs. For safety reasons, these sections may only be climbed on lead (potential for large swings).

5.7 Lead climbing

Lead climbing requires total control of the gestures and techniques associated with one's climbing level. It also requires constant attention by an experienced belayer. All quickdraws must be clipped in the correct order and in the right direction, as well as the relay at the top of the wall, should you complete the route.

After a fall, the climber should check the rope for any damage and take it immediately to reception if required.

For the sake of the equipment and to be able to continue climbing on lead, falling is necessarily accidental and never deliberate. Misuse, repeated and systematic falls will be sanctioned for security reasons (after a fall, a rope only recovers 100% of its properties after 10 minutes).

Climbing holds can break or become unscrewed, which can cause the climber to fall unexpectedly. Belayers must therefore "spot" the climber at the start of the route.

5.8 Adventure course

The highwire course may only be used under supervision of Climb Up staff (or with special authorisation).

Article 6 FITNESS SUITE

6.1 Access

Access to the fitness suite is strictly limited to persons over 16 years of age.

6.2 Use

Use of the suite is under your own responsibility

6.3 Conditions

Access to a given machine is subject to prior knowledge of how to use it. Climb Up cannot be held responsible for any accidents due to misuse of the available equipment.

Article 7 MISCELLANEOUS

7.1 Thefts and damage

We strongly advise you to leave any objects of value at reception. Climb Up declines all responsibility for any theft or damage in the hall or changing rooms.

7.2 Accidents

Any accidents, however minor, should be reported to reception.

Patrons are held responsible for any damage they may cause to the facilities, the equipment, the changing rooms or any other damage. The Mur de Lyon reserves the right to charge those responsible for the cost of repairs.

7.3 Sanctions

In the case of non-respect of these rules and regulations, or of instructions (including verbal instructions) by our staff, Climb Up reserves the right to apply the following sanctions :

- observation, suspension, eviction, membership cancellation
If any of these sanctions are applied, the party concerned will not be entitled to reimbursement of the cost of his/her session or membership.

7.4 Modification

Climb Up reserves the right to revise these rules and regulations without notice.

7.5 Disclaimer

Climb Up declines responsibility for any accidents that may occur through non-respect of these rules and regulations.

I have read and understood the rules and regulations and undertake to abide by them.

Règlement complet disponible dans la salle et sur le site internet.

Conformément à la loi informatique et liberté de 1978, vous disposez d'un droit d'accès et des rectifications des données personnelles vous concernant.

Signature (pour les mineurs, signature des parents ou tuteurs légaux) :