

Club La Santa Bouldering Facility Rules and Etiquette

Bouldering can be a safe, fun and social sport when simple common-sense rules and etiquette are maintained. **For everyone's enjoyment and safety please be familiar with and follow the Bouldering Rules and Etiquette guidelines below.** If you have any questions please do not hesitate to ask in Sports Booking.

The Club La Santa Bouldering facility can only be used with a valid personal time slot booking done via Sports Booking. Prior to your time slot you must pick up keycard and bouldering shoes free of use. Both must be returned immediately after use.

Min. age for using our bouldering facility on your own is 15 years old. Kids and teens from 10 years can use the bouldering facility under supervision of an adult. Max two under 15 years old per adult supervisor. The 10-15 years old must not be left unsupervised when under your supervision and you are responsible for their safety while in the facility. Kids under 10 years are not allowed in the Bouldering facility.

The bouldering facility is under video surveillance for safety reasons and to control that the facility is used according to all general guidelines outlined in this information text.

Each side of the bouldering facility allows a maximum of 7 boulders on the wall and mats at the same time. This means that in total only 14 active climbers can be in the Club La Santa Bouldering facility.

No food or drinks are allowed in the bouldering facility. Must be kept and intaken in the entrance area.

You must wear bouldering shoes only. No other shoes are allowed.

Bouldering is a risky, physically challenging activity which frequently results in falls. Any fall can result in serious injury regardless of the level of experience of the climber. **By bouldering in our facility, you acknowledge that you accept these risks. You are strongly advised to climb down and step off the wall.**

Never walk or climb underneath anyone who is bouldering.

Be responsible for your safety. Only climb as high as you are comfortable to fall or jump down. When choosing a route to climb, always give way to those already on a climb. Climbers on vertical problems have priority.

The soft flooring under the bouldering walls is designed to provide a more comfortable landing for climbers coming off walls. It does not make bouldering any safer or prevent injury. **Keep the matting clear at all times.** Objects left lying around can cause exacerbate incidents. **Nobody is allowed to be underneath a boulder. Please keep the space free if somebody fall.**

The only other people permitted to be standing on mats are active and alert spotters where necessary. **Once finished attempt on boulder, move off matting to allow other climbers to take turns.**

We recommend that you never go bouldering alone. Bouldering is about helping each other and constantly challenging.

Please report spinning holds/grips or other facility failures immediately.

In case of issues or disrespectful behaviour from other boulders please do not hesitate to call attention to the Green Team instructor from the Fitness Centre or use the phone to call Sports Booking 4421

In case of emergency use the telephone to call reception 9 or guide department 4431

Everyone of all abilities are welcome at the bouldering facility. Please encourage and help people to enjoy this amazing sport.

Tips:

Warm up.

As for all other sports it is also necessary to warm up before bouldering.

Make a plan before you start.

Find out where the start and end is of the boulder, so you know the route before you start.

Have a look at other boulders.

Watching other climbers moves make it easier to imagine how the boulder works.

Try!

Trying the same route several times make you learn how the movements must be done correct and in the most efficient way.

Technique and Power.

Climbing is one of the most complex sports. A good technique will help you a lot.

Difficulty.

Rating a boulder is something really personal. For one person it is easy for the next quite hard, so don't mind just try.

Help.

Bouldering in a team is always better than bouldering alone. Ask for help about how the move could work or if somebody can spot you if you are frightened of falling.

The colours give you a guideline about difficulties as shown underneath.

- Green, Yellow and Pink: Easy or easy to mid-level
- Blue, Violet and Grey: Mid-level
- Red: Mid or mid to hard level.
- White: Mid to hard or hard level
- Black: Hard or very hard level

The start and end position is marked with white points on one or two holds.

To finish, the last hold should be hold with both hands.

Always start simple and proceed slowly

Have fun!