

## **Bouldering Rules**

---

Being in the bouldering facility and climbing the bouldering walls are activities which are not without risk. It is therefore absolutely essential to comply with specific rules, be extremely careful and act responsibly at all times in order to ensure that accidents are kept to an absolute minimum.

Your climbing and presence in escaladrome GmbH's facilities are at all times on your own responsibility and at your own risk.

### **Be considerate!**

Mutual consideration on the part of all concerned is not only absolutely essential when using the bouldering facility but also a pleasant characteristic of social interaction. Putting other people at risk is something to be avoided in all circumstances!

### **Be careful!**

- Our safety mats are designed for you to land on your feet. Always land on your feet – don't just let yourself fall onto the mats!
- Always select climbing height and terrain from which you can safely jump down onto the mat!
- Climbing underneath or very close to someone else is prohibited!
- Do not wear any jewellery or dangerous objects on your person!

### **1. Mat rules**

The landing area must be kept free at all times. Unnecessary presence there is generally prohibited, irrespective of whether anyone is currently climbing nearby or not.

- It is prohibited to use the mat for sitting or lying on, putting on or taking off shoes, warming up or gymnastic exercises, playing or messing around! The same applies to leaving any sort of object in the landing area.
- Seating yourself at the edge of the mat is possible, but make sure that your feet are not on but before the mat so that you can move away quickly if necessary.

### **2. Do not climb over the top of walls!**

- It is prohibited to climb over the top of the climbing walls. The "mantle zone" is an exception and designed for being climbed over and getting off.
- The lamps and roof structure (steel girders) are not to be climbed upon.

### **3. Orderliness**

- Climbing is only allowed with appropriate footwear (climbing or clean gym shoes). Climbing without shoes, bare-footed or in socks is prohibited!
- Do not loosen, twist or shift climbing grips and wall elements! Damaged or loose grips must be reported to the staff immediately on discovery!

### **4. Disclaimer of liability**

escaladrome GmbH will accept no liability whatsoever for damage sustained by the user. This also applies to the loss of valuables.

Exceptions to this disclaimer is liability for damage arising from injury to life, physical injury or damage to health or other damage in the event that such damage results from gross negligence on the part of escaladrome GmbH, its legal representatives or agents. Liability for damage caused by minors will rest with the parents or guardians of the respective children or persons with whose supervision they have been entrusted.

### **5. Rules for minors and the people supervising them:**

- Babies and toddlers may not be placed on the safety mats.
- Having registered themselves at the entrance and paid the admission charge, children (irrespective of age) may enter the landing area in order to use the bouldering walls.
- Please take off objects such as rings, chains and wristwatches since they can otherwise cause injury.
- Remove any loose objects (sweets, etc.) from your mouth!
- Only climb to a height at which you feel sure of yourself (comfort level) and can confidently cope with the challenge!
- Never jump off from a height which you are not used to – preferably climb down a little further.

#### Tips on how to jump down correctly:

First try one or two jumps from a low height. Please pay attention to the following when doing so:

- Always land on your feet, making sure that both hit the ground at the same time, shoulder-wide apart.
- Keep the upper part of your body upright to avoid unnecessary impact between teeth and knees.
- Let your knees bend with the impact of landing on the mat in order to absorb the jump.

At all times ensure that you stay more than a safe distance from climbed wall areas. Leave the mat as soon as you have finished your climbing.