

Rock Wall Safety Policies for all Climbers

Tues - Thurs: 12:00PM - 2:00PM

Sat: By Appointment

1. The hours listed above are the top rope climbing times for students, faculty, and staff of LCC to climb while under the supervision of our belay trained staff. These times are the supervised hours of climbing where climbers will be attached to the top rope via harness and carabineers. An LCC certified belayer is required for all top rope climbs.
2. Bouldering (up to 10ft), is allowed during posted fitness center hours of operation and does not require direct supervision.
3. Individuals who wish to become "LCC belay certified" must pass the basic skills course and belay test. Those who pass this test will be able to belay climbing partners.
4. A lead climbing seminar will also be offered during scheduled classes. Participation in this class will allow climbers to be eligible to climb the bolted lead routes at the LCC climbing wall. To pass this class, individuals must demonstrate lead climbing competence to the instructor and pass the lead climbing physical and written tests. There will be no lead climbing under any circumstances until passing that class.
5. Only staff can set routes and perform maintenance.
6. Bouldering pads are highly recommended while bouldering. It is the climber's responsibility to position the pads for a safe landing and make sure the area is safe.
7. Top rope climbers present their harnesses, belay devices and locking carabineers for inspection by the Fitness Center Manager or approved staff prior to using the wall.
8. Stand within 12ft of the wall and be attentive at all times while "on belay". No sitting or lying down while belaying.
9. Climbers cannot be under the influence of alcohol, or any recreational or prescription drugs that could impair alertness or coordination.
10. Report any unsafe condition or damage to equipment or the climbing wall, including loose holds.
11. Report any accident or injury immediately to Fitness Center staff members.
12. Always stand clear of climbers' fall and swing zones.
13. Harnesses must always be checked by the belayer before tying in. **The harness webbing must be doubled back through the buckle (if applicable).** Harnesses should be periodically checked for proper tightness
14. Only LCC locking carabiners are to be used to connect ropes to a belayer. **All carabiners should be screwed down before climbing.**
15. Only a Figure 8 Trace Knot will be used to tie a climber in. The tail of the rope should be secured with a Fisherman's Knot that is as close to the Figure 8 as possible.
16. The following safety check will precede every climb.
 - a. The climber and belayer should check themselves individually.
 - b. The belayer should check the climber (i.e. tightness, doubled back, and knots are tied correctly.)

- c. The climber should check the belayer (i.e. doubled back, carabiner locked down, and the belay device is set-up properly).
17. The following verbal commands must be used verbatim before the start of a climb:
Climber: “On Belay”
Belayer: “Belay is On”
Climber: “Climbing”
Belayer: “Climb On”
18. Other commands can be used by the climber to let the belayer know of his/her intentions. The following is a list of climber commands and appropriate responses by the belayer:
Climber: “Up Rope” or “Tension”
Belayer Action: “Thank You”. Take available slack out of rope.
Climber: “Slack”
Belayer Action: “Thank You”. Give climber slack to lessen the tension.
Climber: “Falling”
Belayer Action: Go immediately to braking position.
Climber: “Down Climb”
Belayer Action: “Thank You”. Watch climber descend and give appropriate slack as climber needs it.
19. Inappropriate jewelry (i.e. dangling earrings or long necklaces) and hats must be removed to avoid possible injuries and interference when climbing.
20. Clothing should be comfortable and allow a full range of movement. Large belt buckles, loose clothing that may catch on holds or gear, and shoes with cleated bottoms are unacceptable and will not be allowed during climbing. Care must be taken to pull back or put up long hair.
21. Shirts and shoes must be worn at all times.
22. LCC Fitness Center staff members conduct regular safety inspections to climbing equipment and the climbing wall. However, each climber has a responsibility to point out possible safety concerns to a Fitness Center staff member.
23. Climbers are NOT to deviate more than 3 feet from either side of an anchor point. At NO time should a climber use a bolt as a handhold or foothold.
24. All children under the age of 18 must have a parent/guardian sign a release form prior to using the wall.
25. Minors must be accompanied by an adult or authorized staff member while bouldering, auto belaying, and/or top rope climbing.

The safety guidelines for the LCC Indoor Climbing Wall were written with your safety in mind. By taking the time to follow the above guidelines, participants help to ensure the continuation of the program. Failure to follow these guidelines or any written or verbal instructions given by an LCC staff member will result in your removal from the wall and a loss of climbing privileges.

