

Boulder Safety Brief

The British mountaineering council participation statement:

"The BMC recognises that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement."

General Guidelines

- Bouldering has the potential to cause injury – climb within your own abilities
- Climbing is done at your own risk – children must have adult supervision
- Do not climb above or below another climber and make sure that the safety matting is free from obstruction
- Wear suitable clothing and footwear at all times
- Take all litter home or use rubbish bins provided.

Bouldering is a form of rock climbing on small rocks or boulders (usually 3m or below) or at indoor climbing facilities. Since the climber does not climb very high, they are often able to jump down and land on soft matting. The matting does not make climbing any safer and broken/sprained limbs have been known to happen as a result of poor landing. Uncontrolled falls are likely to increase the chance of injury both to you and to others.

You must make a clear assessment of your own abilities and climb within your own limits. Exceeding your capability is likely to result in falling. You make your own judgement of any risks associated with climbing.

Our duty of care: Safety signs are presented within the climbing area and the rules outlined must be adhered to at all times. When participating in unsupervised climbing, you have full responsibility for your safety.

Your duty of care: You must ensure that you are climbing responsibly both for your own safety and the safety of other climbers around you. All climbing is done at your own risk, so make sure that you are aware of the risks that you take and know your own limits.