



## HOUSE RULES IVY CLIMBING

Sport climbing is a fun and challenging sport, but not a sport without risks. Even though standard indoor climbing industry security measures have been put in place, certain risks cannot be eliminated when you are climbing/bouldering. Therefore IVY climbing makes an appeal to your own responsibility. As a climber you are responsible for your own and others' safety. Please make sure you are familiar with the house rules and the general terms and conditions of IVY climbing.

If you fail to comply with the house rules or if safety is called into question, IVY climbing reserves the right to deny access to you.

The house rules and the general terms and conditions can be found at the climbing gym, on our website ([www.ivyclimbing.nl](http://www.ivyclimbing.nl)) and are available at the counter.

## GENERAL

1. Entering the climbing gym or using the climbing walls is at your own risk. IVY climbing does not accept any legal liability.
2. Everyone must check in at the front desk upon entering.
3. Instructions of staff members should always be followed.
4. It is not allowed to climb without the express permission of an IVY climbing employee.
5. It is forbidden to climb under the influence of alcohol or drugs.
6. Smoking is not allowed in the climbing gym.
7. Pets are not allowed in the climbing gym.
8. No glass and/or crockery outside the bar.
9. Change clothes in the appropriate dressing rooms, not in the climbing gym.
10. IVY climbing is not responsible for damaged, stolen, or lost personal items.
11. Bags and backpacks must be stored in a locker or in a cubby.
12. Issued and/or rented equipment from IVY climbing should be handed in without damage. In the event of damage and/or loss, the customer has to pay the current market value of the product.
13. Use chalk sparingly.
14. Youth inside the gym ages 3-13 must be actively supervised by an adult 18 years or older. Parents/Guardians/Chaperones are responsible for the behaviour of their children or youth they are supervising.

## GENERAL RULES FOR TOP ROPE AND LEAD CLIMBING

15. Empty your pockets and remove all watches, jewelry and/or scarves before climbing or belaying.
16. If your hair is long make a ponytail. Beware of dangling (draw)strings on clothing.
17. The use of a safeliner carabiner is mandatory. Belay devices with assisted braking are recommended (eg. Grigri, Smart, etc.).
18. Your climbing equipment (harness, belay set and rope) should be in good condition and within the service life specified by the manufacturer. Please use equipment in accordance with the manufacturer's instructions.
19. Climbers must tie directly into their harness with a figure 8 follow-through knot. Make sure that the tail end of the rope after the knot is 10 to 15 cm. For lead climbing, experienced climbers are allowed to use the double bowline climbing knot backed up with a safety knot/stopper. You can only use the double bowline knot provided that your climbing partner knows this knot as well and is able to perform a proper partner check.
20. Before climbing tie a stopper knot in the end of the rope. Remove all knots from the rope after climbing.
21. A partner check is required before and after each climb.
22. No sitting or lying down while belaying.
23. Be attentive at all times while belaying.
24. While climbing do not use metal anchor plates/bolts.
25. The belayer should lower the climber in a controlled manner. Use both hands to provide a brake on the rope, with the exception of assisted brake devices where this is not possible.
26. Take care of the gear you use. Gear which is not used should be attached safely to your harness or stowed away.
27. Belaying using the munter hitch (italian hitch) is not allowed.
28. The teaching of rock climbing safety procedures is not allowed in the facility, except by IVY climbing staff.

## HOUSE RULES TOP ROPE CLIMBING

29. Top rope climbing is only allowed if you are in the possession of an Indoor Top Rope Proficiency Certificate or if you have demonstrable climbing experience.  
With his/her signature the participant certifies that he/she has sufficient knowledge of and/or experience with climbing and its belaying techniques. IVY climbing reserves the right to check your belaying techniques.
30. Top rope climbing for children under 14 is only possible if they are accompanied by an adult parent/supervisor. This parent/supervisor should have indoor top rope climbing proficiency.
31. Top rope climbing is only possible where ropes are available. It is strictly forbidden to use quickdraws as an anchor point to enable top rope climbing.
32. The recommended maximum weight factor of the climber compared to the belayer is 1.5 (weight of the climber \* 1.5 = maximum weight of the belayer).
33. While belaying stand within 3 to 4 meters of the wall.

## HOUSE RULES LEAD CLIMBING

34. Lead climbing is only allowed if you are in the possession of an Indoor Lead Climbing Proficiency Certificate or if you have demonstrable climbing experience. With his/her signature the participant certifies that he/she has sufficient knowledge of and/or experience with climbing and its belaying techniques. IVY climbing reserves the right to check your belaying techniques.
35. Lead climbing for children under 16 is only possible if they are accompanied by an adult parent/supervisor. This parent/supervisor should have indoor lead climbing proficiency.
36. Lead climbing is only allowed at anchor points where there is no rope and where quickdraws are available. It is forbidden to use top rope ropes for Lead Climbing.
37. A rope must have a length of at least 50 meters.
38. The recommended maximum weight factor of the climber compared to the belayer is 1.3 (weight of the climber \* 1.3 = maximum weight of the belayer).
39. It is recommended to wear sturdy, closed-toed shoes while belaying.
40. The distance of the belayer to the wall is less than 1 meter for the duration of the first three clips and within 2 to 3 meters thereafter.
41. Leave no slack in the rope until the climber has clipped the third quickdraw. After that leave no unnecessary slack in the rope while belaying. Climber must be spotted by the belayer until the first quickdraw is clipped.

42. Clip ALL quickdraws!
43. Both carabiners at the final anchor point should be clipped before lowering.
44. NEVER clip a second rope in an anchor point/a carabiner/a quickdraw. LIFE-THREATENING.
45. Anchor building for multi pitch and/or abseiling is not permitted.

## HOUSE RULES BOULDERING

46. Children under 14 must be accompanied by an adult over the age of 18.
47. Empty your pockets and remove all watches, jewelry and/or scarves before bouldering.
48. No barefoot climbing.
49. Warm-up and stretch properly before bouldering.
50. Wearing a harness while bouldering is not allowed.
51. Leave no gear on the safety mats.
52. Chalk bags on the safety mats are only allowed outside of the landing zone.
53. No playing, running, sitting or lying down on the safety mats.
54. Always stand clear of other climbers' fall and swing zones.
55. We highly recommend the use of a spotter.
56. No climbing and/or hanging on construction elements (sprinkler pipes and the like).
57. Do not climb over the edge of the boulder walls.
58. Climbing down is recommended. If you jump down please do this in a controlled manner. Despite the protective safety mats there is always a chance of injury upon landing.

## EXPERIENCED CLIMBERS, HELP US IN PREVENTING ACCIDENTS!

Of course, the staff of IVY climbing is responsible for the supervision and safety oversight, but unfortunately, we cannot constantly be present everywhere. Therefore we make an appeal to you to support us by recognizing unsafe situations and prevent accidents. You can inform our staff about unsafe situations and/or provide instructions that improve safety.