



SAFE OPERATING PROCEDURE

CYC INSTRUCTED ACTIVITY

Crate Climbing

- 1 guest supervisor per Crate Climb running (1 crate climb to 1:1:7 or 2 crate climbs to 1:2:14)
- At least 1 person over 14 should be the centre belayer
- Spectators stay behind the blue line (crates can bounce)
- Covered shoes are to be worn, snug fitting sport shoes are ideal. No open toed shoes or bare feet (Crocs do not count)
- Centre Belayers are not allowed to be distracted; this means no use of phones or cameras while belaying'
- Helmets must be worn by all participants
- No loose fitted clothing or jewellery to be worn while climbing and long hair is to be tied back as this could get stuck in climbing equipment
- Min/Max weight for climber is 20/100kg
- Belayers and supervisors to follow instructions from instructor
- All Participants must keep arms below heads at all times when climbing
- Crate Throwers should not attempt to catch falling crates
- Expectant mothers or those with injured backs should not climb
- Take regular breaks for water when necessary

All damage and injuries must be reported to CYC Staff as soon as practicable

Failure to follow these instructions could result in injury.

CYC reserve the right to close this activity if these instructions are not followed.

To contact CYC Staff go to the office