**SAFE OPERATING PROCEDURE**
**CYC INSTRUCTED ACTIVITY**

# Climbing Wall

- 1 CYC Instructor and 1 Activity Supervisor over 16 years old, per 12 participants (max of 24 participants).
- Min/Max weight for climber is 20/100kg.
- Covered shoes are to be worn while climbing, snug fitting sport shoes are ideal – Crocs do not count. No open toed shoes or bare feet!
- No loose fitted clothing or jewellery to be worn and long hair is to be tied back while climbing as this could get stuck in climbing equipment
- Face forward when descending with legs straight and feet against wall.
- Participants must do carabiner buddy check squeeze tests.
- Expectant mothers or participants with injured backs should not climb.
- Any Belayer must be 16 years or older and watch instructor for 2 climbs while instructor explains how to belay, then be examined by instructor for at least 2 climbs or until they show proficiency on belaying.
- Direct supervision for climbers less than 14 years.
- Supervisors must be given instruction by CYC Instructor on how to supervise participants and help them on and off the wall.
- All Participants must sit through CYC Instructed briefing before climbing.
- Do not use purple loops on wall as holds.
- Climbers' feet must not be higher than shoulder height off the ground unless you are clipped in.

**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.**