



## 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
- Expectant mothers or participants with injured backs should not climb
- Any Belayer must be 12 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 a climber or belayer less than 14
- 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.

**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**

