

Attachment No. 5 to Rules and Regulations of Zdrofit Fitness Clubs

RULES OF USING A CLIMBING WALL

1. A condition necessary to start using a climbing wall is learning hereof and signing the representation, the specimen of which is available in the Club equipped with a climbing wall, as well as reporting to the Climbing Instructor present in the Club.
2. Only persons over 16 years of age can use a climbing wall.
3. The Club Member, who intends to belay another user of a climbing wall, has to pass initial training regarding top rope climbing ("top roping") before starting to use a climbing wall.
4. The Club Member, who does not pass the training referred to in clause 3, can climb, but cannot belay or do anything related to the belay (e.g. cannot rope up).
5. Top rope climbing ("top roping") is allowed only in places designed for it (where ropes intended for such a belay are hung).
6. Persons, who completed an appropriate course on lead climbing on an artificial wall or for persons with vast experience in lead climbing, are allowed to lead climb.
7. Lead climbing may be done only with the use of dynamic ropes!
8. Only persons belaying in accordance with safety rules can do that. The assessment of correctness of belaying actions is made by the Climbing Instructor.
9. The Climbing Instructor is responsible for safety on the climbing wall. The Club Member is obliged to inform the Climbing Instructor about situations that can pose life or health risk to users of a climbing wall or third parties.
10. The Climbing Instructor has a right to remove persons under influence of alcohol or drugs from a climbing wall.
11. Using a climbing wall under influence of alcohol or drugs is forbidden.
12. Climbing is allowed with the use of seat harness or full body harness. The size of the harness has to be well-adjusted; the harness has to be fastened correctly.
13. Free climbing is allowed on a climbing wall only up to 50 cm between the floor and the climber's foot.
14. One should be attached to the harness with the eight-point knot; attaching the rope to the harness with the use of carabiner or other similar links is forbidden.
15. Two persons cannot climb on one climbing route (in places, where one rope for top rope climbing is hung or where one set of quickdraws for lead climbing).
16. One can climb only in the line of a top rope or in a line of quickdraws in order to avoid shuttle.
17. It is forbidden to climb with loose items, such as mobiles or cameras.
18. It is forbidden for the climber to lower down too quickly after the end of climbing.
19. The person climbing cannot be much heavier than the person belaying (maximum weight difference should not exceed 20 kg).
20. No items (bottles, bags, clothing, chalk bags etc.) cannot be placed directly under a climbing wall (in drop zone).
21. It is forbidden to climb barefoot and using powdered chalk.