



Safety Rules

- **MINIMUM AGE 2 YEARS**
- **MAX. WEIGHT 250lbs (113kg/17½ stone)**
- **ONLY CLIMBERS & STAFF ALLOWED IN FRONT OF THE SAFETY BARRIER**
- **STRICTLY NO CLIMBING UNTIL A MEMBER OF STAFF INSTRUCTS YOU TO DO SO**

BEFORE YOUR CLIMB	- Remove necklaces / long earrings/ belly button piercings
	- Empty your pockets (Mobiles don't bounce!)
	- Footwear required - ensure any laces are tight
	- Ensure long hair is tied back or tucked in (Please ask if you need a hair band)

DURING YOUR CLIMB	- Stay on your climbing route and ascend straight up
	- DON'T adjust any of the equipment you are wearing
	- DON'T attempt to clip/unclip yourself from the safety wires
	- DON'T stray from your own route / onto another route
	- DON'T climb without shoes or a top
- DON'T climb beyond the wall top (just press the siren)	

DURING YOUR DESCENT	- Hold the plastic sleeve with both hands
	- Slowly walk down the wall, and land using both feet
	- Be alert for others beneath you
	- Wait for US to unhook you & WE will take your harness off
	- DON'T Jump out from the wall or Swing close to other climbers

- **Under 16's** - It is your responsibility for gaining parental permission before using this wall. By wearing a harness, we accept this act as your confirmation that such permission has been obtained.
- By paying their fee, participants accept the disclaimer, agree that they have attended a safety briefing and fully understand the risks involved
- No one under the influence of drink or drugs, pregnant, heart condition or other health issue that could cause rise to difficulty may use the climbing wall
- In the interests of safety, the crew reserve the right to suspend the activity or refuse/remove a participant if necessary

Web: www.verticalxtreme.co.uk

Email: enquiries@verticalxtreme.co.uk

Phone: Neil Harrington 07971 641381 or Nick Lake 07973 540579

Post: 5 Ludwells Orchard, Paulton, Bristol BS39 7XW

How to contact VerticalXtreme: