

GENERAL RULES CLIMBING TILBURG UNIVERSITY SPORTS CENTER

1. Both types of climbing (top-roping and bouldering) take place at your own risk.
2. Climb safely: do not bring anyone – including yourself – in danger.
3. Report defects on the climbing wall and/or the ropes immediately to the staff. Please explain carefully what is wrong exactly, so that the staff can take the appropriate (safety) measures if necessary.
4. Do not wear jewelry (rings, watches, earrings, bracelets, etc.) or other sharp objects.
5. Use climbing shoes or clean indoor sport shoes with good grip.
6. Do not climb when under the influence of alcohol or (soft)drugs.
7. Always follow directions given to you by climbing instructors.

Rules for top-rope climbers

8. Top-rope climbing is permitted only:
 - a. under supervision of a climbing instructor;
 - b. without supervision for people who have received a climbing pass from the Sports Center.
9. A climbing pass of the Sports Center counts as proof that you can climb and belay safely, and can be obtained:
 - a. by novice climbers, after successful completion of the beginners' course;
 - b. by experienced climbers, after being checked by the climbing instructor on the necessary safety skills.
10. Use common sense: if you are in possession of a climbing pass, but have not climbed in a long time, climb under supervision of a climbing instructor to refresh your skills.
11. Use a figure eight, ATC or Grigri for belaying.
12. Use an extra secured carabiner (safebiner) for belaying as well as for clipping into the rope.
13. Belayers must lower climbers in a controlled and safe manner.
14. Unsecured climbing higher than 2 meters above the floor is prohibited.
15. You may use your own harness, safebiner and belay-device on the condition that they are in good shape.
16. After climbing, place the blue cover on the wall, fold the ropes together and place them inside the cover so that they are out of the way of the next users of the sports hall.

Rules for boulderers

17. Bouldering is permitted solo and without supervision from a climbing instructor (but don't forget about rule #2).
18. Boulderers must use the mats as well as the blue velcro bands to keep the mats together.
19. First-time boulderers are not allowed to go bouldering without an experienced boulderer present.
20. After bouldering, put the mats back in their original position.

Sanctions

21. The consequences of not following the aforementioned rules include:
 - a. the climbing instructor forbidding you to climb any further;
 - b. temporary or permanent confiscation of your climbing pass.

