

## BoulderSaimaa Oy wall climbing rules and instructions

### **Before climbing:**

- You must read, accept, and follow BoulderSaimaa Oy's rules and instructions, and must heed and follow the instructions and advice given by BoulderSaimaa Oy's staff.
- Make the payment and log into the system according to the instructions provided. (If you have a serial or seasonal ticket, the staff will log you in; an ID such as a driver's licence will be needed.)
- The staff will give you the basic instructions on climbing and falling.
- You will be liable for organizing the insurance policy that covers climbing.

### **BoulderSaimaa Oy's climbing rules:**

- Do not run.
- Do not shout.
- Remove any jewellery such as rings and watches, as they can become entangled during the climb. Remove any long scarves and other accessories that can pose a similar risk. The client is responsible for ensuring the safety of his or her clothing.
- Ensure that you warm up properly before climbing.
- Use climbing shoes or indoor trainers only.
- Practice using the climbing mat in advance of the climb. Learn to fall in a safe manner, i.e. evenly on both feet and then going on your back. The staff will teach you to fall correctly before your first climb.
- You must not spend time on the mats unless you have permission to do so. Never leave items (e.g. water bottles, climbing shoes) on the mats.
- Before your own climbing turn, ensure that the landing area is free and safe.
- Once you have reached the top of the route, descend a little way before dropping onto the mat.
- Do not climb on top of the climbing walls, except for the mushroom boulder in the middle of the facility. A maximum of two climbers are permitted on top of the mushroom boulder at any one time.
- Use the ladder to descend from the mushroom boulder. Be especially careful on top of the

mushroom boulder and on the ladder.

- It is typical of climbing walls that the holds sometimes become twisted to the side or turn upside down. Report any such faulty holds to the staff immediately. Once notified, climbing on that specific route will be forbidden until the holds are fixed. Report any dangerous situations and possible dangers to the staff immediately.
- Climbing under the influence of alcohol, drugs, and similar substances is forbidden. Bringing any such substances to the premises is also forbidden.
- BoulderSaimaa Oy's yard area and premises are non-smoking zones.
- Each customer is responsible to inform the company of any illnesses and disabilities that may affect climbing or operating in the area.
- BoulderSaimaa Oy reserves the right to make changes to the terms and conditions of use. Updated terms and conditions of use are displayed in the premises near the counter. The customer is liable to abide by any changes in the terms and conditions.

#### **Persons under 18 years of age and climbing:**

- If you are accompanied by children, ensure that they follow BoulderSaimaa Oy's rules.
- Those under 18 years of age need the written consent of their guardian before they can start bouldering.
- Children under 13 years of age must climb only when supervised by an adult. Children must never be left alone.
- One guardian may bring 1-2 children who are under 13 years of age.
- We recommend that peak times be avoided when climbing with children.
- Separate courses will be organized for children.

#### **Consequences of rule violations:**

- A spoken warning will be given for minor infringements.
- All safety-related violations can lead to a written warning, subject to the instructor's discretion.
- Three written warnings will automatically result in a one-year ban from the premises.