

Gym Rules

- 1.** Vertical Adventures is a smoke-free establishment. Smoking on our grounds is prohibited.
- 2.** You must be 14 or older to belay (control the ropes).
- 3.** You must be 18+ to Lead belay and 16+ to lead climb.
- 4.** You must have a Vertical Adventure or an Extreme Edge lead license to lead climb and lead belay here. Only a Vertical Adventures instructor may teach you lead climbing/belaying in this gym.
- 5.** You must get a belay lesson from a Vertical Adventures instructor if you have not received one before.
- 6.** You must not climb or belay until you have had the required lesson(s) from a Vertical Adventures staff member.
- 7.** Vertical Adventures is alcohol and drug free; Vertical Adventures and staff reserve the right to refuse entry to anyone under the influence of or in possession of drugs or alcohol.
- 8.** If you are struggling to belay correctly or are unsure about the technique or what you are doing, you must seek assistance from a Vertical Adventures staff member.
- 9.** Your feet must be NO higher than 1.5 metres off the ground if you are not securely on a rope.
- 10.** Children Under the age of 14 must always be actively supervised by an adult.
- 11.** All climbers must be buddy checked by their belayer or parent guardian before climbing. Belayers must be buddy checked by their climber.
- 12.** No hoodies or jewellery to be worn while climbing and long hair must be tied back.
- 13.** No running in the gym especially padded areas. These are climber/belayer only zones.
- 14.** Any non-Vertical Adventures climbing equipment must be suitable for the intended use, be in a safe condition and be used according to manufacturer's instructions.
- 15.** Vertical Adventures reserve the rights to prohibit the use of any equipment we deem unsuitable or unsafe.
- 16.** If you do not fully understand the lesson or any part of the lesson(s); it is your responsibility to make this known to a Vertical Adventures Staff member and they will repeat the lesson(s) until you fully understand them.
- 17.** No climbing shoes on the automatic walls in ClimbZone.
- 18.** No bare feet when climbing.
- 19.** No climbing on or over any handrails.
- 20.** No Party blowers

