Participation Statement
“The British Mountaineering Council recognises that climbing and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.”

Section 1:

<table>
<thead>
<tr>
<th>Personal Details</th>
<th>Please complete the form in BLOCK CAPITALS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Title</td>
<td>First Name</td>
</tr>
<tr>
<td>Student / Staff ID No</td>
<td>Email</td>
</tr>
<tr>
<td>Tel No</td>
<td>LUMC (Members Only – AU No)</td>
</tr>
</tbody>
</table>

Non-University day visitors are also required to complete Section 2:

<table>
<thead>
<tr>
<th>Address</th>
<th>Post Code:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Non-University day visitors are also required to complete Section 2:</td>
</tr>
<tr>
<td></td>
<td>Next of Kin - Name &amp; No</td>
</tr>
<tr>
<td></td>
<td>D.O.B</td>
</tr>
</tbody>
</table>

Section 3:

Conditions of Registration
If you are under 18 years of age this form must be completed and signed by your Parent/guardians
Once you have read the Bouldering Wall Conditions of Use & Rules, you must answer the following questions by writing either “YES” or “NO” in the box provided then sign the declaration at the bottom of the form. Only climbers who give satisfactory answers to the questions will be registered and allowed to climb unsupervised.

Are you over 18 years of age? .................................................................
Have you read and understood the Conditions of Use and Rules of the wall? ........................................
Do you understand that the matting underneath the walls does not guarantee your safety? ............... 
Do you have any questions regarding the application of the Conditions of Use or the Rules? .........
Do you agree to abide by the Rules of the bouldering wall? ............................................................
I am a total beginner ..............................................................................
I am an experienced climber .................................................................
I accept and agree to all the Conditions of Use and Rules .................................

Declaration of fitness
I certify that to the best of my knowledge, I do not suffer from a medical condition which might have the effect of making it more likely that I be involved in an accident which could result in injury to myself or others.

Declaration of fact
I also confirm that all the above information is correct and if any information changes I will notify the centre:

Signature Date

Supervised Bouldering – ONLY ON DAY VISITS
If you are a novice climber then you must be supervised by a competent climber. Each competent climber can supervise up to 2 novices. Please enter the details of the supervisor below:

<table>
<thead>
<tr>
<th>Name</th>
<th>Membership number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Signature</td>
<td>Date</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Name</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Signature</td>
<td>Date</td>
</tr>
</tbody>
</table>
Section 4:

Indoor Climbing Disclaimer Notice (i)
Indoor climbing is a physical and demanding sport, which obviously has inherent hazards associated with it. Whilst The University of Liverpool takes all necessary precautions to try and ensure the safety of all participants, unfortunately accidents will occur in consequence. Each participant should familiarise themselves with the hazards and try to minimise these as much as possible by complying with The University of Liverpool Sports & Fitness Centre Bouldering Wall conditions of use.

The management accepts no responsibility whatsoever for any loss or injury resulting from any persons involvement in indoor climbing. Furthermore, it is understood and agreed that individuals participate at their own risk.

Indoor Climbing Disclaimer Notice (ii)
The University of Liverpool (the activity supplier), would like you to read the following carefully. It may affect your safety and the safety of others also using the facilities provided by The University of Liverpool Sports & Fitness Centre Bouldering Wall. Once you have read it we would like you to sign the bottom of this form as an indication you have read and understood it, and return it to us with the front of the form complete as well.

Signing this Acknowledgement of Risk in no way compromises your legal rights, nor does it release The University of Liverpool from any of its obligations towards you. It is merely to make sure you are aware of what you are letting yourself in for!

We have taken all reasonable steps to provide you with the level of care and assurances of safety appropriate to activities provided. However, you should be aware that certain inherent risks remain which are integral to the activity and which cannot be eliminated without destroying their unique character.

Amongst other things, some of these things can contribute to:
- The loss or damage of your personal clothing and equipment.
- Feelings of discomfort, fear and apprehension, or even;
- Accidental injury, illness, trauma and in extreme cases death.

The level of real (as opposed to apparent) risk associated with the activities of The University of Liverpool Sports & Fitness Centre Bouldering Wall is very low. However, the type of risks may be something with which you are not familiar. The level of risk is generally no greater than that associated with, for example, the normal play of an average child, or that associated with normal adult undertaking recreational activities appropriate to their ability, fitness, age etc.

If you have medical conditions or injuries, past or present, which may make some activities ill advised you should make us aware of them.

Acknowledgement
I recognise:
- That this course, programme, event or activity may require an attitude and approach different from other activities I have been involved with.
- That the nature of the risks may be different to one which I am familiar with.
- That certain inherent risks remain.
- By signing this, I do NOT release The University of Liverpool from any of its obligations towards me, nor does it affect my legal rights. I have however read and understood the content of this document.

The University of Liverpool has clear obligations and responsibilities and we take these very seriously. However, we will be expecting participants to contribute to their own duty of care and each other’s safety by following the conditions of use and any other safety guidelines for The University of Liverpool Sports & Fitness Centre Bouldering Wall.

Signature __________________________ Date __________

THIS PART TO BE COMPLETED BY SPORTS & FITNESS CENTRE - RECEPTIONIST

Signature __________________________ Date __________
CONDITIONS OF USE OF
THE UNIVERSITY OF LIVERPOOL SPORTS & FITNESS CENTRE BOULDERING WALL

Risks - “The British Mountaineering Council recognises that climbing and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.”

Although the climbing centre is an artificial environment the risks involved are no less serious than when climbing outside on a crag or mountain. There is an additional risk that bolt-on holds can spin or break. If a hold moves you must report it immediately to staff or use the ‘route comments’ sheet located on the noticeboard.

The soft flooring under the bouldering walls is designed to provide a more comfortable landing for climbers falling or jumping from the bouldering wall. THE SOFT FLOORING DOES NOT MAKE THE CLIMBING ANY SAFER. Broken and sprained limbs have been known to occur / are possible with activity, although the probability of this is low. Uncontrolled falls are likely to result in injuries to yourself or others.

Climbing beyond your capabilities on any wall is likely to result in a fall. Any fall may result in an injury despite the safety systems in place to avoid it. You must make your own assessment of the risks whenever you climb.

Our Duty of Care - The rules of the climbing centre set out below are not intended to limit your enjoyment of the facilities. They are part of the duty of care that we, as operators, owe to you, the customer, by law. As such they are not negotiable and if you are not prepared to abide by them then the staff must politely ask you to leave.

Your Duty of Care - You also have a duty of care to act responsibly towards the other users of the centre. Statements of ‘Good Practice’ are posted around the centre adjacent to the relevant facilities. These describe the accepted methods of use and how customers would normally be expected to behave towards each other.

Unsupervised Climbing - is just that! Staff will provide whatever help and advice they can, but instruction in the use of equipment or climbing techniques will only be provided where it has been booked and paid for in advance. If you are not confident in the use of any climbing equipment or technique then do not attempt to use it without the supervision of someone who is competent to do so.

Supervised Climbing - An adult who has registered at the centre may supervise up to two novice climbers as long as they are prepared to take full responsibility for the safety of those people. Groups of three or more novices must only be supervised by an instructor holding the relevant Mountain Leader Training qualification.

Children – All children in the centre must be supervised by an adult unless they have been assessed by the management and registered for unsupervised climbing.
**General Safety**
- Report to reception on each visit before you climb.
- You must exercise care, common sense and self preservation at all times.
- Please be extra careful when ascending/descending the stairwell leading to the bouldering wall.
- Report any problems with the walls, equipment or other climbers’ behaviour to a member of staff immediately or use the comments sheet located on the noticeboard.
- Be aware of the other climbers around you and how your actions will affect them.
- Do not distract people while they are climbing or belaying.
- Stand well back from the climbing walls unless you are belaying or spotting a climber. Never stand directly under someone who is climbing.

**Bouldering**
- Always climb within your capabilities and descend by down climbing, jumping or, at the very least, a controlled fall.
- Never climb directly above or below another climber.
- Do not use the top of the walls as holds (also known as topping out).
- Do not climb on roofing beams or girders.

**Clothing / equipment / gear**
- Loose chalk is not allowed - please only use chalk balls. Staff will regularly check this.
- Shoes – please only climb in shoes with non-marking soles.

**Top Roping**
- Some of the climbs in the centre have bolts in place – do not use the bolts as holds – and do not boulder in this area.
- The top-roping sections are only available for use by Liverpool University Mountaineering Club (LUMC) organised training sessions.

**When Belaying**
- Always use a belay device attached to your safety harness with a locking karabiner. ‘Traditional’, or ‘body’ belaying is not acceptable.
- The additional weight bags on the floor are provided to give support to people belaying a climber who is much heavier than they are. Direct belays from the weight bags is not acceptable. Always pay attention to what the climber is doing. Always stand as close to the climbing wall as is practical. Sitting or lying down are not acceptable.

**When Climbing**
- The top-roping area is designed to be climbed using a rope for protection. Solo climbing is not acceptable on these walls. Always use a rope to protect yourself on these climbs.
- Always use a safety harness to attach yourself to the rope.
- Always tie the rope directly into the harness using a suitable climbing knot. Clipping in with a karabiner is not acceptable.
GOOD PRACTICE FOR
Bouldering

⚠falling off
- Avoid uncontrolled falls, they are likely to result in injuries to yourself or those around you.
- Descend either by down-climbing, jumping or a controlled fall.
- THE SOFT MATS DO NOT MAKE IT ANY SAFER, BROKEN AND SPRAINED LIMBS ARE COMMON.

⚠traversing
- Don’t traverse where people are bouldering.
- Climbers doing vertical problems have priority.

⚠obstructions
- Keep the mat free of objects and obstructions like bags, chalk bags, clothing, brushes etc.
- Do not sit or stand under the wall when people are bouldering.

⚠spotting
- Spotting involves helping someone to control their fall, not trying to catch them!
- Do not attempt to spot someone unless you feel confident to do it properly.
- Make sure the climber wants you to spot them!

⚠hardware
- DO NOT boulder with hardware hanging on your harness. It might hit someone or injure yourself when you fall.