Sports & Fitness Centre - Bouldering Wall

Independent Climber - Practical Competency Self-Certification Form

Prior to being granted access to the Bouldering Wall, all independent climbers i.e. non-club users, are required to compete and submit this form to a Duty Supervisor (via reception) for countersigning authorisation.

Being able to fulfil each of the combined numbered sections below determines which areas of the Bouldering Wall may be used by applicants:

- **Minimum Requirements** - Bouldering Only: 1 & 2
- **Standard Requirements** - Bottom roping/auto belay: 1, 2, 3 & 5
- **Maximum Requirements** - Lead Climber: 1, 2, 3, 4, 5 & 6

1. Bouldering

I acknowledge that I have been observed by a qualified climbing instructor and been able to demonstrate sufficient understanding of:

- Ensuring bouldering mat is clear of all obstructions before climbing
- Understand that the bouldering mats cannot remove the risk of serious injury when bouldering
- Climbing within their limitations/capabilities
- Descend where possible by down climbing or controlled fall without turning or twisting.
- Not climbing above other climbers or spotters on or near the wall

2. General Safety

- Bouldering Wall users must be aware of, understand and adhere to safety regulations and procedures publicised by Sport Liverpool
- Bouldering Wall users must maintain a duty of care to themselves and others
- All authorised bouldering wall users must sign in at reception prior to use
- Lone Bouldering Wall usage is not permitted under any circumstances, requiring a minimum of two-people to remain in the vicinity throughout
Continued...

3. Bottom rope belayer/auto - Minimum Competency Standards Declaration

I acknowledge that that I have been observed by a qualified climbing instructor and been able to demonstrate sufficient understanding of:

- Fitting harness correctly
- Correct attachment to auto belay
- Appropriate route choice in relation to each auto belay
- Proper use of an appropriate rope belay device
- Being attentive to climbers needs with rope or potential falls
- Paying out and taking in rope quickly and safely as required by climber
- Good position on the ground in relation to the climb
- Hold fall and lower climber smoothly and safely

4. Lead Belaying

I acknowledge that that I have been observed by a qualified climbing instructor and been able to demonstrate sufficient understanding of:

- Proper use of appropriate belay device
- Being attentive to climbers needs with rope or potential falls
- Paying out and taking in rope quickly and safely as required by climber
- Understand the risk of leader pulling up too much slack to clip
- Good position on the ground in relation to the climb
- Hold lead fall and lower climber smoothly and safely

5. Fitting harness and tying in - Minimum Competency Standards Declaration

I acknowledge that I have been observed by an experienced climber and declare I’m competent at:

- Fitting a harnesses correctly
- Tying-in to the rope and harness with an appropriate knot (generally Fig-8 rethreaded or bowline with stopper knot)

6. Lead climbing - Minimum Competency Standards Declaration

I acknowledge that that I have been observed by a qualified climbing instructor leading two routes of their choice demonstrated sufficient competency levels for:

- Route choice
- Safe clipping of rope into quickdraws
- Understand the risk of pulling up too much slack.
- Avoiding/understanding of back-clipping, “Z” clipping and leg behind rope
• Awareness of risks at start of climb
• Taking a lead fall safely

Name:
Address:
Contact Number:
Student ID:

Next of Kin Details
Name:
Address:
Contact Number:

Medical Conditions
Do you have any specific medical conditions that Sport Liverpool 1st Aid staff may need to be made aware of? If so, please state:
1_______________________________________________________________________________
2_______________________________________________________________________________
3_______________________________________________________________________________

Declaration
I confirm that I meet the Minimum - Standard - Maximum requirements to utilise the Bouldering Wall (highlight as appropriate against the aforementioned criteria)
And having read the aforementioned competency statement, I understand what my Duty of Care obligations to myself and others are and the potential risks involved using the bouldering wall and equipment

Signature:__________________ Date:___/___/___ UoL Student/Staff ID No____________

Please note that all completed forms are scanned and held electronically until the membership date has expired, then are deleted from the database.

Prior to the Duty Supervisor /Manager signing off this form, the applicant must successfully answer the following Questions.

What types of hazard can be caused...
1) To users of bouldering walls_______________________________________________________________________________
2) To others (by users in close proximity)________________________________________________________________________

Sport Liverpool - Duty Supervisor Authorisation:

Signature:__________________ Date:___/___/___