

SWOSU WELLNESS CENTER ROCK WALL

POLICIES AND PROCEDURES

Climbing is an assumed risk. Climbers must agree to follow all policies and procedures of the facility, including those outlined below and any communicated by the Wellness Center Rock-Climbing Wall Staff. Failure to follow all the required policies and procedures may result in losing Rock Climbing Wall privileges.

General Policies

1. Each member who uses the rock-climbing wall must have a signed acknowledgement of risk form on file at SWOSU Wellness Center.
2. Climbing is only permitted during open wall hours and with trained staff supervision.
3. Only trained Rock Wall Staff and students possessing a valid SWOSU PRM Rock Wall Belay Card may belay.
4. All staff belayers will be certified prior to assisting participants with climbing. (See appendix A)
5. All climbers must tie-in using a figure 8 knot with a back-up double overhand safety knot.
6. To belay one must be in a standing position and attentive to the climber on the wall.
7. SWOSU Wellness provides harnesses, carabiners, ropes, belay devices, helmets, and shoes. Non-SWOSU harness and shoes are permissible but must be approved by Rock Wall Staff prior to use.
8. Shoes are required. Climbing shoes are recommended and provided by SWOSU Wellness. Socks must be worn with SWOSU shoes.
9. If a climber declines SWOSU Wellness' shoes, they must have their shoes inspected and approved by Rock Wall Staff.
10. When the wall is busy, climbers will be allowed 2 falls during a climb. After 2 falls, the climber must give up the rope.
11. Food and beverages are NOT allowed in the climbing area.
12. Dangling jewelry, watches, rings, bracelets, excessively loose clothing, gum, candy, and items in pockets must be removed when climbing.

Climbing Area Rules

1. Upon arriving at the Rock Wall, the certified trained staff must check you in signing all required paperwork.
2. Routes are designated by hold colors. Staff can point out which routes are better for different skill levels.
3. Do not enter the climbing area unless you are climbing or belaying.

4. Do not walk between active belayer and wall.

Top Rope Climbing

Tie in with a figure 8 knot with a backup double overhand safety and 3 stage carabiners.

1. Climb straight up the route. Do not traverse left or right because of the potential for a hazardous swing.
2. The climber must check the belay setup, and the belayer must check the climber setup.
3. Communication is important while climbing. Know each other's name and speak commands clearly.

Appendix A.

All certified SWOSU Rock Wall Belayers will go through a thorough training session and pass a written and direct test. The following will be demonstrated to the trainer at a near demonstration quality.

Section 1. Hardware

1. Knots: Figure 8, Figure 8 follow through/ retraced 8, Figure 8 on a Bight, Double overhand safety knot/barrel knot.
2. Gear: Harness- how to properly don a harness on participants and themselves. Carabiners- how to properly manipulate, make sure of closure and locking positions, and proper orientation to climber and belayer. Gri-Gri- how to properly load camming device and attach to belayer in the proper orientation.

Section 2. Commands

1. How to use commands properly between climbers and belayers.
2. Slack
3. Tension

Section 3. Belay Techniques

1. B.U.S. – Bottom-/Up/ Slide
2. S.S.S.- Slip/ Slap/Slide
3. Team Belay
4. Facilitating the Belay