

ClimbYEG Orientation Check-List:

Facility Information:

1. Public washrooms open from 9am-9pm and located by the Adventure Centre.
2. There is a water fountain located in the washrooms.
3. Food and hot beverages can be purchased at the Adventure Centre.
4. Parking is located in the lot before the road down and free for 2 hours. There is a paid parking lot above the lower lot.
5. Seacan is for staff only – you must be accompanied by a staff member to enter.
6. If you rent gear, please be sure to return it before you leave!

General Safety:

1. Helmets within the fence at all times as there are many overhead risks (falling tools, volumes).
2. Safety zone outside of the fence (no helmet zone).
3. In case of an emergency, muster point is located by the washrooms.
4. Please make sure to tie back you hair while belaying or climbing and remove jewelry or loose clothing (as this may get caught).
5. Please carry your tools close to your body with your picks pointed behind you.
6. Never point your tool towards your face.
7. Please watch you step while you walk in crampons – it is very easy to catch crampons on your pants or trip on objects. Be sure to pick up your feet.

Bouldering Area:

1. Please be aware of climbers and volumes while you are in the bouldering area.
2. Give right-of-way to climbers who were on the wall first.
3. Maximum of 3 people climbing on the bouldering wall at all times.

High Wall Area:

1. You must pass the Top Rope Assessment before climbing on the highwall. You can sign up for the Top Rope Assessment with a staff member.
2. Top Rope Assessments are \$5 and remain valid for one year.
3. Please be hyper aware of the above hazards like falling tools while you are walking in the highwall area.
4. If you are using a rental harness, you MUST be clipped into a rope. The rental harnesses are not designed for a Figure-8 knot. Please see a staff member if you would like to climb a route that does not have a triple action locking carabiner attached to the climber's side.

Bouldering Area Demonstration: ***Staff Member will demonstrate how to climb properly and fall safely on the bouldering wall***

1. Show how to walk with tools.
2. Show how to move past tool without your face directly behind it.
3. Show how to kick into wall.
4. During example fall, land on feet where possible.
5. Try to take tool with you as you fall.
6. Demonstrate falling while leaving tool behind. Show that you must clear the drop zone as fast and as a safely as possible.

Climbers should NOT step on holds when climbing with crampons