



Gym of Rock Rules and Safety Policies

- All members and drop in guests must sign in at the front desk before using the facility.
- Anyone (climber or spectator) on the raised grey protective flooring must fill out a liability waiver form and go through an orientation of the climbing facility.
- First time belayers to the Gym of Rock must have a gym orientation and be belay certified by Rock staff.
- Instruction of belay techniques is only permitted by Rock staff.
- Harness and climbing equipment must be CE and/ or UIAA approved and unmodified. All equipment must be assembled and used as specified by the manufacturer. **All climbers must use Gym of Rock belay equipment. No personal belay equipment permitted.** Rock staff reserve the right to reject any climbing equipment they deem to be unsafe.
- Spectators must keep out of the way of all climbers and make themselves aware of where climbers are above them.
- Use of the autobelays is recommended with a buddy-check system and an orientation from a Rock staff person. Please discuss the proper use of this device with a Rock staff person prior to using it.
- Headsets are discouraged while doing any form of climbing as they compromise your awareness of other climbers around you and are potentially hazardous.
- Every first time boulderer to the Gym of Rock is required to have a gym orientation and fall assessment prior to climbing.
- Bouldering is allowed only on the bouldering walls where no ropes are present. Spotters are strongly encouraged to assist when someone bouldering.
- Boulderers must remove all climbing equipment and hard objects – including harness, belay device and chalk bag – to prevent personal injury, damage to pads, and explosions of chalk dust.
- Sitting on the floor is only permissible during slow times. Please do not block passageways, stairways, and emergency exits with your gear – or yourself.
- Monopolizing a route/autobelay is an unpopular practice.
- Avoid climbing routes that interfere with others already on the climbing wall.
- If you have long hair we recommend you tie it back to avoid getting it tangled up in the belay device.
- If you wear rings, bracelets or necklaces, we recommend you remove to avoid getting it tangled
- Only water is allowed on the gym floors in unbreakable containers.



All persons under 14 years of age:

- Must be supervised by an adult on the grey mats at all times
- Are not permitted to belay.
- Must have their harness checked by a Rock staff member prior to climbing.
- Exceptions to these rules must first be approved by the Manager.

A few No's

- No outdoor shoes in gym. Please remove all shoes at the door. This includes flip flops.
- No food or drink on the main floor. If you need a snack please do so in the mezzanine.
- No loose chalk. Chalk balls only – available for rent or purchase at our front desk,
- No climbing in socks or bare feet. Clean indoor shoes, personal climbing shoes or rental climbing shoes ONLY
- No bare feet on mats climber or spectator. Sock feet is fine for spectators
- No cell phones on mats. Cell phones in pockets are a hazard. If you need to chat on your phone, please do so in the Market.
- No running anywhere in the gym.