

## GRAN PARED SAS SAFETY REGULATION

The practice of climbing may result in injuries resulting in total or partial disabilities and even death. Constant attention and compliance with safety regulations are required. If you do not understand any term or any part of the content of this regulation, you should ask the staff of Gran Pared SAS.

### 1. ACCEPTANCE OF THE REGULATION:

Before starting to climb, you must have signed the acceptance of compliance with these regulations, included in the disclaimer. For minors, a parent or responsible adult of the minor must have signed.

### 2. BELAY TEST, IN YOYO AND / OR LEADING:

If you want to belay in top rope or leading, or climb on the leading routes, you must take the test with a gym instructor and obtain the card that accredits you as a competent person to carry out these activities.

### 3. FOLLOW THE INSTRUCTIONS:

All climbers must follow the instructions of the Gran Pared SAS staff. If he/she is corrected on repeated occasions, will not be able to carry out this activity and must return the card.

### 4. WARMING AND STRETCHING:

Before climbing, it is recommended to do a warm-up session to avoid joint or muscle injuries. At the end of the climb it is recommended to do muscle stretching. If you have questions about how to do it, ask at the equipment delivery area or at the front desk.

### 5. REVIEW OF THE CLIMBING EQUIPMENT:

Gran Pared SAS keeps your equipment in good condition, however, if any carabiner or system suffers a strong blow or fall or it seems to you that any equipment (ropes, tapes, carabiners, plates, maillons or harnesses) are very worn, do not use them and immediately inform a gym instructor. If you observe loose holds or any aspect that in your opinion affects safety, you should immediately inform to an instructor.

### 6. CROSSINGS:

For safety, it is not allowed to do bouldering or crossing in the spotting or top rope zone except in boulders days.

### 7. REMAINING IN THE CLIMBING AREA:

On the mats there should only be climbers and belayers. It is forbidden to leave backpacks, bottles or any object on the mats, since it could cause injuries to climbers in the event of a fall. Do not move under the area where someone is climbing, do not even sit or lie on the mats, someone could fall on you and have or cause serious injuries.

### 8. USE OF HELMET

Gran Pared recommends the use of helmet to secure and climb, both in top rope and at the leading zone. Helmet is a head protection and can prevent serious injury and even save lives. If you do not have a helmet you can request one at the equipment delivery warehouse.

### 9. REVIEWS BEFORE STARTING THE CLIMB:

Before climbing always comply with the following routine:

- Check the good condition, positioning and adjustment of your harness and that of your belayer.
- Check the correct installation of the safety system to the harness and the correct installation of the rope to the system.
- Be aware of your skills, fears and limitations and let your belayer know them. Proper communication makes climbing safer. If you do not know or are not comfortable with your partner's belaying capabilities, do not be belayed by him.

#### 10. LEADING CLIMBING: (Does not apply to beginners, you must have an authorization card)

Additional obligations during leading climbing:

- Knot only with an eight knot and make sure it is properly positioned in the harness. Climbing with a different knot is not allowed. Check your knot and have your belayer check it too. Check that the rope is in good condition. The end of the knot rope should be between 10 and 15 cm long. If you have less, it is not safe and if you have more the life of the rope is shortened.
- Clip correctly and in order all the carabiners of the route. If you make a mistake in this procedure and do not correct it properly, you should be lowered to the floor to avoid a possible accident. Be careful not to hold the rope with your mouth to clip.
- Avoid position the rope cross behind your feet as it can burn your skin in a possible fall or worse, flip it over and hit your back or head against the wall. The belayer must warn the climber whenever the rope is not properly positioned.
- If you do not feel confident that you can clip the first carabiner, ask an instructor to pre-clip it.
- During your climb, be sure that your belayer provides you with adequate rope and security. If you are not comfortable with the way they are securing you, ask them to give you tension and lower it.
- After a very strong flight or several slight but repeated ones, lower and change the end of the rope. This helps care for its durability and safety.
- Be aware of the proper use of the wall and its routes. If you have been working a route for a long time, go down to rest. Others may be waiting for that route
- If you bring your own climbing rope, you must do so with a dynamic climbing rope of more than 9.8 mm. Make sure the length of the rope is enough to climb and descend without running out. Tie a knot at the end of the rope. Our routes require approx. 28 meters of rope. Do not make diagonal routes when there are other climbers in the leading area and note that it may require up to 40 meters of rope.
- Do not start climbing if there is another person climbing on the adjacent route, for safety, wait for the other person to finish the route or have less than three tapes to clip, so that in case of flight it does not fall on you.

#### 11. PRECAUTIONS WHEN BELAYING:

- NEVER RELEASE THE ROPE FROM THE BRAKE HAND WHILE YOU ARE BELAYING.
- The safety and life of your partner are in your hands. Be very aware of this responsibility
- Position yourself correctly; do not stand below a climber's falling line. Do not stand further back than the gray line marked on the mat.

- If you are securing in top rope do not leave a rope loop, the climber could get tangled in the rope and hit the wall. If the climber is climbing too fast or you are having difficulty picking up rope, ask him to stop and pick up the rope until there is no loop.
- If you need help while you are insuring say aloud “INSTRUCTOR I NEED HELP”.
- Be aware of your partner's climbing development always and correct it when necessary. If you are not satisfied with your own or the climber's behavior, tell him to stop climbing and lower him, this can avoid an accident.
- When going down the climber, do it slowly. Quickly descending the climber is not only a risk for him but also wears down the ropes and carabiners.
- There are many different insurance systems (ATC, eight, gri-gri, reverse, etc.) and they all have their own way of installation and method of use. When using Our ropes, it is only allowed to insure with ATC, considering that grigri or other securing systems shorten the life of the ropes. If you bring your own rope, you can use the grigri or the atc according to your choice.
- If you are belaying in the leading zone, dynamically securing the flights protects the anchors, tapes and ropes and does not mistreat the climber. Make sure you know how to belay this way before you do, but don't wind up too much. If the climber is before clipping the third carabiner, it must be short so that in case of flight he/she does not fall to the ground.

## 12. ATTENTION WHEN CLIMBING AND BELAYING:

When you are climbing or belaying you should always be aware of what you are doing and not do other activities that may distract you such as chatting with other people, watching others climb, using headphones, etc. Likewise, the use of cell phones or cameras is prohibited while climbing, belaying or taking care of the back.

## 13. DOUBTS AND QUESTIONS:

When in doubt, always ask an instructor and make sure you understand. If you do not understand any term of this regulation or the meaning of any of its parts or any recommendation received, ask one of our instructors.

## 14. FALLS OR ACCIDENTS:

In the event of an accident, do not allow yourself to be moved or attempt to move someone who has suffered a blow or fall. Ask to report to a Gym instructor and wait for help from the emergency medical service.

At Gran Pared we want you to learn and enjoy your climbing. Security procedures are non-negotiable and must be strictly followed. The climber who ignores this regulation or the explanations of the instructors will not be able to climb in Gran Pared, since their actions could be dangerous for him or the other users of the gym.