



= **CLIMBER**  
a participant wearing a harness



= **BOULDERER**  
a participant not wearing a harness

# CALGARY CLIMBING CENTRE RULES



No climbing, belaying, lead climbing or lead belaying without CCC staff approval.



**ALWAYS check your partner:**

- Belayers must check climber's figure 8 knot and harness before each and every climb.
- Climbers must check belayer's belay device, locking carabiner and harness before each and every climb.



**No lead climbing** when busy. A rope must be free on either side of your designated climb.



If bouldering, you accept that bouldering is very dangerous and your spotter may not prevent injuries.



Boulderers are responsible for having a quality spotter. Spotters accept they may be injured if the boulderer should fall on them. You must consult CCC staff if you cannot boulder or spot properly.



**No bouldering** under a roped climber. Roped climbers have priority over boulderers on roped climbing walls.



No intoxicating substances at the CCC. No entry to CCC for anyone under the influence of intoxicating substances.



**A shirt must be worn at all times.**



**No self-belaying.**



Climbing or bouldering areas must be clear of water bottles and personal effects so no one trips or lands on them.



No food or open drinks in the climbing or bouldering areas.



**No teaching.** Only staff is permitted to instruct at CCC.



**Use common sense** and good judgment at all times.



**Belay with approved devices only.**

(No munther hitches, figure 8's or body belays)

- Belay directly off of your belay loop on your harness, not the tie in points or floor anchors.
- Belayers must stand while belaying.



Be aware of hazards in our facility, such as:

- falling climbers and boulderers
- raised flooring and equipment



Do not walk, climb or sit under a climber or boulderer.



Do not walk, climb or boulder between a lead climber and the wall.



If bouldering in roped areas, your hands **shall not** pass above the indicated "boulder line".



No altering or adding to CCC walls or equipment.



No rappelling, unless part of CCC climbing program.



Clean indoor footwear or socks must be worn at all times.



No swinging on ropes or running.



Children 13 and under must be actively and closely supervised by an accompanying adult at all times. The CCC facilities are not "childproof".



When outside of CCC climbing programs, belayers under 13 years old must have a belay-certified supervising adult beside them while belaying.



If under 18 years old, certified automatic-locking belay devices must be used (eg. gri gri).

CCC is not responsible for lost or stolen items.