WELCOME
TO THE STUDENT RECREATION CENTER
INDOOR ROCK WALL

Center Activities and Humboldt State University welcome you the Student Recreation Center (SRC) and our indoor rock climbing facility. The SRC rock climbing wall was built with the intent to create an encouraging and safe environment which enriches the climbing experience for all participants.

Our new rock climbing wall is state of the art and allows for a challenging full body workout that promotes exercise and helps improve overall physical fitness. However, this unique and exciting activity does present a need for participants to possess or acquire a basic knowledge of the fundamentals of rock climbing, and to understand and adhere to the operating policies unique to the rock wall.

To better assist you in this orientation process, we have provided this document that outlines the policies and procedures of our facility. We have also explained the skill set requirements that need to be verified by our trained staff, or acquired by participants at on-site orientation classes and clinics.

Please take the time to thoroughly read this material, as it contains important information that will ensure the safety of our facility and to the participants who use it.

HOURS OF OPERATION

SPRING and FALL:

• Monday - Thursday: 12:00-10:00 pm
• Friday: 12:00-8:00pm
• Saturday & Sunday: 12:00-4:00 pm

SUMMER:

• Monday – Thursday: 12:00-4:00 pm

EQUIPMENT RENTALS

Our rental equipment is only available for use at our indoor rock climbing facility. No outside use is permitted. Equipment must be checked out from, and returned to the rental equipment storage area at the far right side of the wall. (Please see climbing wall staff for more details and assistance)

The following equipment rental fees apply:

• Complete Package: shoes, harness, belay device/carabiner = $ 3.50
• Shoes = $ 2.00
• Harness = $ 1.00
• Belay device with locking carabiner $ 1.00
• Chalk bag with chalk ball $ 1.00

For sale:

• Chalk balls = $3.50
CLIMBING PROTOCOLS AND POLICIES

➢ Climbing wall staff will enforce the following protocols and policies.

➢ The staff has the right to ask anyone to leave the climbing wall if participants are not following the climbing wall and/or SRC policies.

Climbers are required to comply with the following protocols and policies:

General Rules

• Personal possessions can be stored near the climbing wall area if kept neat and tidy. We are not responsible for lost or stolen items.
• Food and beverages are not permitted in the climbing wall area. Spill proof water bottles are allowed in the designated waiting area.
• Roped climbing and bouldering are permitted ONLY when the wall is open for scheduled recreational climbing or instructional sessions.
• Climbers are expected to observe posted safety protocols and to be respectful and aware of the actions of other climbers.
• ONLY rock climbing shoes must be worn while climbing on the wall. Footwear must also be worn when in the rock wall area. No walking around barefoot in the wall area or in the facility.
• Climbing shoes are not permitted in the bathrooms.
• Loose chalk is not permitted. Chalk balls only.
• When not climbing or belaying you can wait outside of the climbing area.

Climbing Etiquette

• Climbers are encouraged to assist less experienced climbers.
• Climbers wearing rental shoes must also wear socks.
• Climbers are expected to dress respectfully. Full length shirts must be worn at all times.
• Do not pass between the wall and a belayer when moving about within the climbing area.

Bouldering Rules

• During OPEN roped climbing hours, and if there are active roped climbers, please stay within the boundaries created by the large crash pads.
• No horseplay or misconduct will be tolerated, such as taking large intentional falls onto crash pads.
• Climbers must keep their hands below the designated height when bouldering (climbing without a rope). This is designated by the red tape line.
• Down climb from high on the bouldering wall when ever possible instead of just jumping off of the wall!
- Use spotters when necessary.
- Do not use the sheet rocked walls as footholds.
- Due to overhanging nature and height of the bouldering zone, NO heel hooks at or above shoulder height are allowed!

**Roped Climbing Rules**

- Climbers must read and sign a statement and assumption of risk/release document before being permitted to climb on the wall. Climbers under 18 must have a parent or guardian’s signature.
- Climbers may use their own equipment on the wall. However, all harnesses, helmets and belay device/carabiners must first be inspected by the SRC wall staff.
- Climbers are encouraged to remove all jewelry and tie long hair back to prevent damage to holds and the potential for hair being caught in a belay device.
- If there is a climber above or near you, you may need to wait until they are clear of your intended route before you begin to ascend.
- Stay close to the path of the rope above you. If you get off route you will swing to the side and possibly collide with others.
- No horseplay or misconduct will be tolerated, such as swinging on the ropes or taking intentional big falls on the ropes.
- Do not grab the hanging quickdraws when climbing.
- Only tube style or Gri-gri/Cinch belay devices are allowed for belaying.
- Helmets are available for use, free of charge, if requested.

**SAFETY CHECK**

All roped climbers are required to pass a Basic Belay Safety Check before roped climbing. Climbers are expected to be able to perform the skills required in the following safety check without the intervention or assistance of a rock wall staff member. Climbers failing the safety check cannot be retested again on the same day. The test must be passed twice, at least one week apart, to become belay certified.

**Basic Belay Safety Check (no fee)**
To pass the basic belayer safety check climbers must be able to confidently and skillfully perform the following skills without direct assistance:

1. Put on a climbing harness and double back the buckle properly.
2. Tie into the climbing rope with a figure-eight follow-through onto the climbing harness.
3. Feed the rope correctly through an approved belay device and attach the rope and belay device to the harness in the proper place.
4. Belay properly. You must demonstrate the correct hand actions while taking in and feeding out rope as well as the proper braking action while using a belay device.
5. Demonstrate an understanding of basic climbing commands.
### INSTRUCTION

**Non-Credit Instruction for Beginners**
The goal of our non-credit instructional program is to get people climbing on the wall as soon as possible. The focus is on learning the skills necessary to pass the skills test required of all climbers.

1. **Basic Top Roped Climbing/Bouldering Skills**
   - $10.00 per person; includes rental equipment
   - $8.00 per person; if you have your own equipment

   This lesson will be all that you’ll need to start climbing on the wall.

   You will learn:
   - Climbing wall safety rules and etiquette
   - Basic climbing techniques
   - Bouldering/spotting skills
   - Proper equipment use
   - How to tie a figure-eight follow through knot
   - Climbing commands
   - Belaying skills

2. **Group Instruction**
   - $15.00 per person; includes rental equipment

   Designed specifically for groups of 3 or more and consisting of two 1.5 hour sessions. Reservations/payment must be made in advance. Contact the SRC for more information or to schedule lessons.

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<thead>
<tr>
<th>CLIMBER</th>
<th>BELAYER response</th>
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<tbody>
<tr>
<td>On belay?</td>
<td>Belay on!</td>
</tr>
<tr>
<td>Climbing?</td>
<td>Climb on!</td>
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<tr>
<td>Take!</td>
<td>Increases rope tension</td>
</tr>
<tr>
<td>Ready to lower!</td>
<td>Lowering!</td>
</tr>
<tr>
<td>Off belay?</td>
<td>Belay off!</td>
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(If you cannot perform the above skills correctly, you will not be cleared. You must come back no sooner than the next day for a retest. If you do not pass the safety check, you are encouraged to take a class, or get some instruction before returning. Belay skills will be retested on an annual basis.)