Unsupervised Acknowledgement of Risk Form

The Climbing Lab Conditions of use

Participation Statements

ABC - All climbing and bouldering activities have a risk of serious injury or death. Participants must be aware of and accept that even if they follow all good practice there may still be the risk of accident and injury. It is the responsibility of the participant to adhere to the conditions of use, the rules and acknowledge the risk.

BMC - The British Mountaineering Council recognises that climbing and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions.

Acknowledgement of Risk (1.1)

I hereby acknowledge and accept that the activities of climbing and bouldering and the use of The Climbing Lab and its facilities, and/or observation of such activities involves risks. I recognise that some risks are inherent and as such cannot be eliminated or reduced. I confirm that I understand the nature and extent of these risks, which can include, but are not limited to:

- Injuries resulting from the actions or oversight of others, including but not limited to falling climbers or items dropped from height

- All manner of injury resulting from falling at height and coming into contact with: the floor, climbing surface, people and / or other

permanent or temporary structures

- Injuries resulting from failure or misuse of equipment or any part of the facilities

- Injury resulting from failure to follow The Climbing Lab's conditions of use and rules.

- Volumes on the walls are designed to enhance the quality of climbing but you must be aware of and accept that when climbing above them there is an additional risk of falling onto them

I further acknowledge that there are risks associated with the use of The Climbing Lab's facilities and participation in its activities, including but not limited to, the use of training equipment, participation in group classes, workshops and competitions, and involvement in any events run by The Climbing Lab.

It is important that you understand this document. There is inherent risk involved with climbing, bouldering and associated activities. By signing this form, you are stating you understand that these risks cannot be completely removed. If you do not understand any of the terminology or content, ask a member of staff to clarify

Conditions of Use (1.2)

Our Duty of Care - The rules of The Climbing Lab set out below are not intended to limit your enjoyment of the facilities. They are part of the

duty of care that we, as operators, owe to you, the customer, by law. As such they are not negotiable and if you are not prepared to abide

by them then the staff will politely ask you to leave.

Your Duty of Care - You also have a duty of care to act responsibly towards the other users of the centre. Statements of 'Good Practice' are posted around the centre adjacent to the relevant facilities. These describe the accepted methods of use and how customers would normally be expected to behave towards each other.

Unsupervised Climbing - Before you climb in the centre without supervision, we expect you to be competent in the activity you wish to take part in. You are required to have previous indoor bouldering experience and are required to register to say that you know how to boulder and that you are prepared to abide by the rules and that you understand the risks involved in your participation.

Anyone who is not competent to climb Unsupervised must be supervised by a competent person.

Supervised Climbing - An adult who has registered to climb unsupervised at The Climbing Lab, may supervise up to two novices, as long as they are prepared to take full responsibility for the safety of those people, and participants have completed a supervised waiver.

Their position should be sufficiently close to be able to regulate activity and behaviour. Groups of 3 or more novices must only be supervised by an instructor holding a relevant qualification and holding suitable insurance.

All under 18's in the centre must be supervised by an adult who is registered for unsupervised climbing at The Climbing Lab.

They must be directly supervised by the named adult at all times, unless they have been assessed by a Climbing Lab Instructor and registered for Unsupervised climbing (aged 14-17 years).

Rules (1.3)

General Safety

Check in at Reception on each visit before you climb. You must exercise care, common sense, and self-preservation at all times.

Report any problems with the walls, equipment, or other climbers' behaviour to a member of staff immediately.

Be aware of other climbers around you and how your actions will affect them. Please make yourself aware of the location of the fire exits in the building marked by the visible lit fire exit signs.

The impact flooring does not remove the risk of injury but is designed to reduce the severity of such injuries. Descend by down climbing and plan your descent when possible. Injuries can still occur even after a controlled / planned jump but are more likely after an uncontrolled fall.

You should always be doing your utmost to avoid the risk of uncontrolled falls. This includes paying attention to how you will land always assessing the risk of each climb that you undertake.

- Participants must be aware and accept that climbing holds can spin or break

- You must do everything reasonable and practical to avoid endangering yourself or others

- You have to be aware of and adhere to the safety rules of the centre at all times

- Stand back from the climbing walls. Never stand or climb directly under anyone who is climbing.

- Empty your pockets and remove all jewellery before climbing

- It is your responsibility to ensure that you climb down or land safely; don't climb into a situation that you cannot get out of. This includes ensuring any participant you are supervising is helped to do the same.

- Take extra care when using the top – out boulder

Participants must understand that climbing whilst pregnant can increase the risk posed to mother and unborn child.

Training Areas

All of the training equipment, both loose and fixed is used at your own risk. If you are unfamiliar with training equipment use, please go the main desk for assistance.

No under 18s to use the training facilities and boards unless specifically signed off to do so or supervised by an authorised Climbing Lab Coach.

Any gym equipment used must be returned to its correct place and not left out causing a trip hazard.

If supervising an under 18, no child under 14 is permitted to use the gym equipment. 14 to 17 year olds may use body weight equipment when supervised but must not use any free weights or weighted equipment unless specifically signed off following a 14-17 assessment.

Power Tunnel

The power tunnel offers a unique opportunity to climb a long overhanging roof above ramped matting.

Climbing in the power tunnel is considered to be more advanced than other areas in the climbing centre and as such is restricted to over 18's unless specifically assessed and signed off by The Climbing Lab.

If you do intend to use the power tunnel we must advise that this area carries additional risks which as such we request all climbers follow the following guidance.

- Do not start a climb if another climber is still at the top of the climbing area you intend to use.
- Do not slide down the ramped matting.
- Please try to climb within your limits. If you feel you may fall, you should drop from the power tunnel landing on your feet and rolling backwards onto your back up the ramp.
- Do not sit or stand at the top of the ramp in the areas where climbs finish.
- Please be aware that climbs in the cave share a similar fall area to the top of the power tunnel.
- Do not run down the ramp. It is steep and it is very hard to stop safely.
- Access and exit from the top of the power tunnel and cave area is via the stairs located behind the slab.

Top-out Boulder

The top-out boulder offers an opportunity to practice some of the techniques used when climbing on outdoor boulders. This carries with it risks, such as an uncontrolled fall from a horizontal position.

However, you must make an assessment of risk involved in use of this aspect of the facility and your ability to use it safely.

If a climber completes a climb by topping out, then descent by the stairway is the only permissible descent from the Top-out boulder.

If you do not have previous experience of topping out please speak to a member of staff who will help you to use this feature safely.

Consumption of Alcohol

Alcohol should not be consumed prior to climbing. If alcohol is purchased on the premises, climbing will no longer be permitted.

Declarations (1.4)

I certify that to the best of my knowledge, I nor any person (s) I am signing on behalf of suffers from a medical condition that might have the effect of making it more likely that I will be involved in an accident that could result in injury to myself or others whilst using the facilities of The Climbing Lab.

I certify that if I have a condition/s that result in higher chances of contracting contagious diseases such as but not limited to COVID 19 whilst using The Climbing Lab and it's facilities, equipment and / or instructed sessions that I accept this higher risk and make an informed choice as to my participation.

I understand there is a risk of injury and death involved in participating and/ or observing indoor bouldering.

I also confirm that all information on this form is correct and if there are any information changes, I will notify the centre.

Release of Liability (1.5)

My participation, and that of any person (s) I am signing on behalf of, is purely voluntary, and I or they, elect to participate despite the risks.

I also confirm that the information that I have provided is correct and if any information changes I will notify the centre.

I HAVE HAD SUFFICIENT OPPORTUNITY TO READ THIS ENTIRE DOCUMENT. I HAVE READ AND UNDERSTOOD IT, AND I AGREE TO BE BOUND BY ITS TERMS.

I hereby voluntarily release, forever discharge, and agree to hold The Climbing Lab, its owners and employees, with respect to all losses, damages, and claims or other liabilities, whether know or unknown, arising out of property damage, personally injury, sickness or wrongful death in any way connected to my participation, and that of any person(s) I am signing on behalf of, in activities hosted by The Climbing Lab, its facilities or employees, with the exception of gross negligence or intentional misconduct.

I authorise The Climbing Lab employees to provide or obtain medical care without liability, for me or any person(s) I am signing on behalf of, and if required, to arrange transport for me or them to a medical facility.

I confirm The Climbing Lab may use any photo or video of me or any person(s) I am signing on behalf of, taken inside their facility or on their premises or at any activity hosted by them, for promotional purposes related solely to the advertisement of their business.

I acknowledge that The Climbing Lab may be obliged to share customer contact information with mandatory services such as NHS Test and Trace services in the interests of public health.

If you are aged 14-17 you can register to climb unsupervised in the centre but must have been assessed by the Centre Management as competent to do so. To do this contact the centre to arrange an Under 18 Bouldering Assessment. Parents or Legal Guardians must attend this assessment and show that they fully understand the nature of the activity that their child is undertaking.

Please sign to acknowledge understanding and accepting all parts of this document.

☒I have read and understood the Conditions of Use and Rules of the centre, Release of Liability and agree to abide by all. If I have any questions, I will ask a member of staff

☒I am over 18 years of age

☒I understand there is a risk of injury involved

☒I understand that failure to exercise due care could result in my injury or death

☒I agree to only use the top-out boulder as an experienced Top-Out climber who is registered to do so or once I have passed a Top Out Induction with a Climbing Lab instructor

☒I have had sufficient time to read this document

Yousef Alterhi

Signature: .....

Date: 01/11/2026