

## LACTIC FACTORY RULES

- Safety is paramount.
- Climbing is dangerous.
- Accept responsibility for your actions, no one is forcing you to participate.
- Be aware of other boulderers around and above you.
- Bouldering is dynamic; when in the climbing area keep clear of other boulderers as it is possible to be struck by wayward limbs or even whole bodies.
- Do not climb above someone without warning them first.
- Don't expect to be able to downclimb; if you are not comfortable with falling from the top, don't climb to the top.
- Avoid loitering under the walls, keep to the clear areas when not climbing or rest in the lounge.
- Do not lie about on the mats- go to the lounge.
- Please refrain from wearing wrist or finger jewellery.
- Give boulderers who are mid-send right of way.
- Please brush holds regularly.
- Please avoid using tick marks.
- Please clean up chalk spills promptly (Dust-Buster in office).
- Don't leave drink bottles on the floor of the climbing area.
- No wrestling or chasey in the climbing area.
- Intoxicated persons will be asked to leave the facility.
- Protect your body – train sensibly, use spotters, don't land stiffly, absorb the impact of all falls by bending your knees and if anything hurts, stop training.
- Management reserves the right to eject any persons from the facility for failure to observe these rules.