

SAFE CLIMBING



**Le
camp
de base**

Indoor climbing / Outdoor soul

SAFE CLIMBING AT LE CAMP DE BASE

To make sure that you are always safe while bouldering, there are rules that apply to all visitors. You are in good hands here. As a service, we have assembled safety instructions and rules of conduct for Le camp de base.

The rules of conduct inform you as concisely as possible about our customs and most important and basic safety instructions for your stay at our climbing facility. For your own safety, please read this paper carefully before your visit. Due to the high risk of falling, it is possible to sustain severe or in extreme cases even deadly injuries. By buying an entrance ticket, you bind yourself to follow these rules. The additional user rules (inc. general terms and conditions) are posted in the climbing gym and on our website.

GENERAL RULES

1. Self-responsibility: Climbing is a dangerous sport, you do it at your own risk and responsibility. By climbing in the gym you confirm that you have the necessary skills and/or experience in bouldering in order to properly take all safety measures and to be able to check and use every piece of equipment, or you have arranged qualified instruction for yourself by an expert instructor. The climbing gym does not control this. Nonetheless, you have to follow the instructions from the staff.

2. Entrance, Climbing shoes: Prior to buying your first entrance ticket or the renting equipment, you have to inform yourself about the user rules and the risks. Keep in mind that the staff is here for any question. For beginner children, clean sports shoes are suitable for a first try.

3. Minors: During specific periods (wednesday afternoon, weekends, public/school holidays) online reservation must be done for minors to use the kids area. All information are on our website. Outside these periods, it is not necessary to make a reservation. Minors must be under uninterrupted supervision of an adult (1 adult can supervise a maximum of 2 minors). Youngs from 12 to 16 years (included) are exempt from this rules and can access the whole bouldering gym under the condition that they provide a declaration of consent by their legal guardian. Running around and playing in the climbing facility is not permitted. Parents are responsible for their children.

4. Changing rooms: Please change your outfit inside the changing rooms. Reduce the stuff you take inside the climbing gym to the minimum, everything else should be put inside the lockers. Stuff that is left in the gym is disposed on a regular basis. Locks can be supplied on request. In the locker rooms, no liability is taken by Le camp de base!

5. Mats and falling zone: As soon as you enter the bouldering gym as a climber or visitor, you should avoid the falling zones of climbers above you. Do not spend time in their falling zone and do not leave any hard objects or other obstacles on the mats.

6. Smartphones, music, animals, jewellery, smoking, alcohol and many other obvious things: Never climb after drinking alcohol. Smoking is not permitted anywhere at the facility. Ideally, you leave your cell phone switched off in the locker rooms. Talking on the phone while climbing is not permitted!

Listening to music using ear pods deconcentrates you and is dangerous. Rings, necklaces and other jewellery can get stuck on holds, and just like long, loose hair, lead to very unpleasant injuries. Taking animals to the climbing facility is not permitted.

7. Tickmarks, changes, damages: As a guest in our facility, you are not allowed to tick holds or otherwise mark things, or to turn holds. In case you notice a loose hold or any damages (e.g broken holds, damage to climbing walls or mats, etc) we kindly ask you to inform us.

8. Accidents: We kindly ask you to report all accidents to the gym staff right away. The gym has an operating liability insurance. Climbers are strongly advised to take a personal liability and sports insurance.

9. Chalk and dust pollution: In case of very high climbing traffic, people with respiratory diseases and little children need to be aware of the high dust- and chalk concentration in the air. Liquid chalk must be used with parcimony as chalk powder. Chalk powder must be stored in a chalk bag provided for this purpose. Climbers who spill chalk on the ground are kindly asked to clean up.

10. Barefoot and «topless»: Being barefoot or shirtless is not permitted at the café.

11. Bikes: Our climbers' bikes can only be parked in our private bike parking lot or on the street when it is full. Please be as courteous as possible and do not attempt to play Tetris! Any bike left in our parking lot after the closing will be removed. Shared scooters or motorized vehicles are not allowed in this area.

12. Neighborhood: The driveway between the street and our climbing gym is a private path. All climbers are asked to respect the quietness, not smoke, not go out with drinks and to walk next to their bikes. Respect for the street space is also requested by not sitting in front of the windows and not parking vehicles in front of they doors.

SAFE BOULDERING

1. Warming up: When bouldering or jumping off, very high strains occur. Warm up accordingly in a safe spot in order to prevent injuries.

2. Staying clear of falling zones: Please do not put objects (brushes, bottles, chalk bags, ...) on the mats, use the spaces specifically intended for these objects. Never stay inside the fall zone, never stay below, to the side, or behind a boulderer and keep your distance while bouldering. Do not sit or lie around on the bouldering mats (= falling zone).

3. Spotting and belaying: Unfortunate falls can lead to severe injuries. Please support each other and in case it is needed, provide safety assistance. Take care to make sure that the boulderer can't fall onto you.

4. Children and playing: Playing and running around is not permitted in the climbing facility. Please be mindful with the children, they need permanent supervision. Little children should always be spotted in a way that you can immediately catch them. They should thus not boulder higher than 3 meters.

5. Bouldering height: For school children and beginners, we recommend to not boulder higher than 3.5-4 meters. The maximum height is 4.5 meters. When bouldering, climb only as high as you safely can, making sure you are able to land in control. A controlled landing is more important than your climbing height!

6. Bouldering-by-color sections and training zones: In the bouldering area, there are sections where each boulder is set in one color (handholds and feet). There are also training zones, where the boulders can be freely defined by every boulderer. However, it is not permitted to tickmark or otherwise mark the holds there!

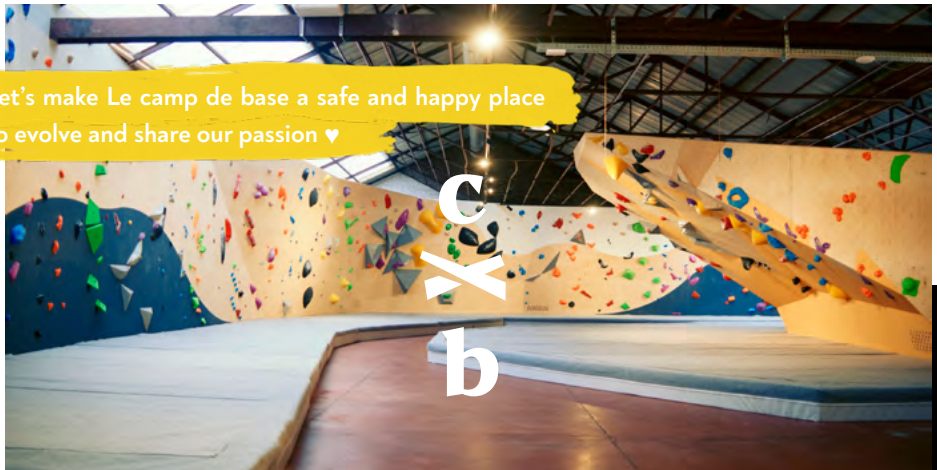
7. Jumping off or down-climbing: Choose the risk and the height according to your level, so you can always land safely after jumping off. Land on both feet with some core tension and then roll over to the side. If possible, down-climbing with all the holds is preferable to jumping off. This decreases the strain on your back and prevents injuries. Most injuries occur after landing sideways with the feet (ankle) or landing on your hands (broken arm).

8. Reserved areas: In the reserved areas and the course areas, the respective groups have the exclusive right of use. Please respect the closed areas. The times during which areas are reserved can be seen in the gym. When the areas are not reserved, it is of course possible to climb anywhere.

9. Weight room and training zone: Children (less than 16 years) are not allowed to access the weight room.

10. Yoga room: Climbing shoes or slippers are not allowed in the yoga room. Shoes must be left in the lockers available at the entrance of the yoga room. This room is accessible only with socks or bare feet with good hygiene. When no class is given, it can be used freely for stretching.

Let's make Le camp de base a safe and happy place
to evolve and share our passion ♥



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