

# Safety rules

All climbing takes place at your own risk. Everyone must sign that they have read, understood and will obey the safety rules before climbing at Oslo Klatresenter. People between the age of 13 and 17 will need their parent's signature. Children under the age of 13 must be accompanied by an adult. The adult carries the responsibility and has to make sure that the child understands and obey the safety rules.

## When on the premises of OKS

- No running.
- Remember use of indoor voice.

### While climbing

- Avoid carrying any potentially loose items.
- Avoid holding on to bolt hangers, carabiners and other metal installations.
- All climbing must take place with UIAA approved equipment (CE-approval).

## Autobelay

- You are responsible to get instructions from the staff before using autobelay. Please consult the reception.
- Always remember to do a buddy check before you leave the ground. For children under the age of 13, the adult carries the responsibility for the buddy check.
- If you do not have a certification card for top rope or lead climbing, you are responsible to make sure that your harness is worn correctly. Please consult the reception or a climbing guard.

## Bouldering

- You are responsible for following the boulder safety rules, listed on the poster "**Buldrevettplakaten**".
- You are responsible that others who are bouldering do not fall on you.
- Avoid staying in falling zones.
- The mattress is only meant for falling, no playing or gymnastics are allowed.

## Rope climbing

- You are responsible to know and follow the safety checkpoints for rope climbing, listed on the poster "**Klatrevettplakaten**".
- Respect the duty to yield: People on the ground are obliged to yield for climbers that are already on the wall.
- Everyone is allowed to climb using top rope or lead climbing on all our walls, assuming that the person who belays follow the following rules:

**To be able to belay, you must have a certification card for top rope (Topptaukort) or lead climbing (Brattkort).**

If you do not have any certification, you can belay on the **1. floor** under the premise that:

- You are over 13 years old.
- You have taken a belay course within the last 3 months.
- Or you have a supervisor over the age of 18 with a certification card. Supervisor always holds on the passive end of the rope, stands on ground and pays full attention to the person belaying.



### Lead climbing

- From the 2. quickdraw, to the top anchor, all intermediate quickdraws must be attached.
- Our top ropes shall not be used for lead climbing.
- Never put more than one rope through the top anchor.

## Declaration of responsibility for minors between 13 og 17 years of age

- I agree that all climbing and activity at Oslo Klatresenter contains a risk, and that all activity and visits to Oslo Klatresenter takes place at your own risk.
- My child is obliged to follow the safety rules and instructions from the staff. The staff has the right to deprive climbing certifications and dismiss any person who does not follow the safety rules of Oslo Klatresenter at their own discretion.
- My child is obliged to inform the staff if he/she detects any flaws and/or deficiencies in our facilities that leads to enhanced risk, or observe that others behavior could lead to enhanced risk.
- All kind of payed instructions, and group instructions, must be agreed on by Oslo Klatresenter in advance.
- Oslo Klatresenter disclaims any liability for damages that may occur during climbing or other activities at the center.

**I have read and accepted this declaration of responsibility and confirm that my child will comply with the rules of Oslo Klatresenter.**

Name \_\_\_\_\_ Parents name \_\_\_\_\_  
CAPITAL LETTERS CAPITAL LETTERS

Day og birth: \_\_\_\_\_

Date/place \_\_\_\_\_ Signature Parents \_\_\_\_\_