

## recROC Facility Training Policies



### **Waiver Policy**

A signed waiver is required for all participants, climbers and spectators in order to enter the gym.

Speed up the process by completing an Online Waiver prior to your visit.

Participants 18 years old and older must present a valid photo ID to a Lititz recROC staff member after submitting the waiver form to verify their information.

All members and participants will check in at the customer service desk before entering the recROC.

recROC Members must show their membership card when entering.

Participants under 18 years old must have the waiver signed by their parent or court-appointed legal guardian.

Unaccompanied youth under age 14 will not be permitted in facility.

Children under the age of 14 must be supervised by an adult.

The Lititz recROC requires all customers and members to fill out a new waiver every two years.

### **Before using the bouldering wall, obstacles or fitness equipment, please read the policies of the facility.**

Any questions or concerns can be directed to the recROC staff.

### **Attire**

Only appropriate climbing footwear will be permitted on climbing surfaces. Rock climbing shoes, running or tennis shoes are appropriate footwear for climbing. No cleats, street shoes, Vibram five-finger shoes (or similar), sandals, or leather-soled boots or shoes are allowed on the wall.

No bare feet allowed in the gym, boulder or obstacle areas, except in locker rooms.

If wearing rental climbing shoes, socks must be worn.

Participants must have appropriate clothing on at all times. Shirts must be worn in the facility.

Please dress respectfully.

No rings or loose jewelry, keys, etc. when participating in climbing or obstacles; long hair should be pulled back.

Packs, shoes, coats etc. must be stored in a locker or cubbies. Do not store items around areas of activity.

Your valuables and personal possessions are your responsibility.

Bring a lock for the locker to safeguard your personal items and remove the lock at the end of your visit.

### **Food**

No snacks, food or beverage (except bottled water) is allowed in the gym past the customer service area.

Please use designated seated areas or Common Area for snacks and beverages.

### **Chalk**

Do not wear chalk bag while climbing.

All chalk must be contained in a chalk bag.

**Conduct**

Be respectful and aware of the actions of all participants while training on the boulder, obstacles and equipment.

Experienced participants are encouraged to assist less experienced participants.

No horseplay or misconduct will be tolerated. Example: taking large intentional falls onto crash pads.

No climbing or obstacle training is allowed while under the influence of intoxicating substances.

The use of vulgar language or improper conduct will result in loss of recROC privileges without a refund.

The use of cellular phones, MP3 players, headphones or similar devices is prohibited while climbing or on obstacles.

Groups and lessons in progress have priority on routes or obstacles. If an instructor needs the training space, you may be asked to move to another area.

All participants must comply with the judgment and decisions of the recROC staff on duty in the facility.

Any infractions will result in loss of membership privileges.

**Bouldering Protocols and Policies**

Do not climb underneath or above other climbers.

Either down climb before dropping or top out.

Do not walk underneath the boulder.

Use spotters when necessary. Use proper spotting technique.

Report any loose holds to recROC staff. Do not use any loose holds.

Report all injuries and facility issues to recROC staff.

These rules are designed to reduce the chances that climbers, obstacle training participants and spectators get injured. Even with all rules being followed injuries, including serious injuries and death, can occur. You must recognize that climbing and obstacle training is an inherently dangerous activities and that your safety is your responsibility. If you have questions please ask recROC staff before performing your climb or participate in training.