

DO'S & DON'TS

DO

- LISTEN TO YOUR INSTRUCTOR AND FOLLOW INSTRUCTIONS
- EXERCISE CARE AT ALL TIMES
- BE AWARE OF OTHER CLIMBERS AROUND YOU
- KEEP OUT OF THE EXCLUSION BOX WHEN NOT CLIMBING
- ENSURE YOUR POCKETS ARE EMPTY BEFORE CLIMBING
- WAIT FOR YOUR INSTRUCTOR TO UN-CLIP YOU FROM THE ELEMENT
- STAY INSIDE THE EXCLUSION AREA WHILST ATTACHED TO THE ROCKBOX

DON'T

- ADJUST YOUR HARNESS OR KARABINER AT ANY TIME
- RUN BETWEEN THE ELEMENTS
- BUMP YOUR HEAD ON THE AUTOBELAY AT THE TOP
- CLIMB HIGHER THAN THE LAST HOLD
- STAND DIRECTLY UNDER SOMEONE THAT IS CLIMBING
- WEAR A HELMET: NO HELMETS ON ROCKBOX