



REGISTRATION FORM

Unsupervised Climbing at Mile End Climbing Wall



Participation Statement

“The British Mountaineering Council recognises that climbing and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.”

Personal Details Please complete the form in **BLOCK CAPITALS**.

Title First Name Surname

Male / Female Address

Date of Birth

Landline Tel. No.

Mobile Tel. No. Post Code:

Occupation E-mail address

How did you hear about Mile End

Conditions of Registration

If you are under 18 years of age **DO NOT** fill in this form! Please ask at Reception for the correct form.
 Once you have read the **Conditions of Use and Rules** of the climbing centre, you must answer the following questions by writing either “**YES**” or “**NO**” in the box provided then sign the declaration at the bottom of the form. Only climbers who give satisfactory answers to the questions will be registered and allowed to climb unsupervised.

Are you over 18 years of age?

Have you read and understood the Conditions of Use and Rules of the centre?

* Can you put on a climbing harness correctly?

* Can you attach a rope to your harness using a suitable climbing knot?

* Can you use a belay device to secure a falling climber and lower a climber from the wall?

Do you require instruction in any of the above three techniques marked *? (Instruction must be booked in advance)

Do you understand that failure to exercise due care could result in your injury or death?

Do you have any questions regarding the application of the Conditions of Use or the Rules?

Do you agree to abide by the Conditions of Use and Rules of the climbing centre?

Declaration of fitness I certify that to the best of my knowledge, I do not suffer from a medical condition which might have the effect of making it more likely that I be involved in an accident which could result in injury to myself or others.

Declaration of fact I also confirm that the above information is correct and if any information changes I will notify the centre:

GIFT AID
*you can give us 28% extra free**

Please tick here if you would like Mile End Climbing Wall (Development Through Challenge) to reclaim the tax you have paid on any donations made in the last six years (but no earlier than 6th April 2000) and any future donations you may make.

Signature

Date

THIS PART TO BE FILLED IN BY RECEPTION STAFF				Registration Number	<input type="text"/>	Registration Type	<input type="text"/>
Signature	<input type="text"/>	Date	<input type="text"/>	Have you asked a sample question?		<input type="checkbox"/>	
				Has the customer had an induction tour?		<input type="checkbox"/>	

*In order for us to reclaim the tax you have paid on your donations you must have paid income or capital gains tax equal to the tax that we reclaim on your donations (currently 28p for each £1 you give). Please notify us if you are no longer eligible to gift aid your donations.

CONDITIONS OF USE FOR THE MILE END CLIMBING WALL - MECW

Risks - "The British Mountaineering Council recognises that climbing and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement."

Although the climbing centre is an artificial environment the risks involved are **no less serious than when climbing outside** on a crag or mountain. There is an additional risk that bolt-on holds can spin or break and cause falls.

The soft flooring under the bouldering walls is designed to provide a more comfortable landing for climbers falling or jumping from the bouldering wall. **THE SOFT FLOORING DOES NOT MAKE THE CLIMBING ANY SAFER.** Broken and sprained limbs are common on this type of climbing wall despite the soft landing. **Uncontrolled falls are likely to result in injuries to yourself or others.**

Climbing **beyond your capabilities** on any wall is likely to result in a **fall**. Any fall may result in an **injury** despite the safety systems in place to avoid it. You must make your **own assessment of the risks** whenever you climb.

Our Duty of Care - The rules of the climbing centre set out below are **not** intended to limit your enjoyment of the facilities. They are part of the **duty of care** that we, as operators, owe to you, the customer, by law. As such they are **not negotiable** and if you are not prepared to abide by them then the staff will require you to leave our premises.

Your Duty of Care - You also have a **duty of care** to act responsibly towards the other users of the centre. Statements of 'Good Practice' are posted around the centre adjacent to the relevant facilities. These describe the accepted methods of use and how customers would normally be expected to behave towards each other.

All climbing at MECW is unsupervised unless you are in an

instructed session or supervised by a registered adult.

Unsupervised climbing is just that! Staff will provide whatever help and advice they can, but instruction in the use of equipment or climbing techniques will only be provided where it has been booked and paid for in advance. If you are not **confident** in the use of any climbing equipment or technique then **do not use it** without the supervision of someone who is competent to do so.

Unsupervised Roped Climbing - Before you climb without supervision the centre expects you to be competent in the use of a climbing harness, a suitable knot to attach a rope to the harness and a belay device to secure a falling climber or lower a climber from the wall using a rope. You are required to register to say that you know how to use the equipment, that you are prepared to abide by MECW Rules and that you understand the risks involved in your participation.

Anyone who has not registered is classed as a **novice** and **must not** undertake roped climbing without supervision.

Supervised Climbing - An adult who has registered at the centre may supervise up to **two** novice climbers as long as they are prepared to **take full responsibility for the safety of those people**. Groups of three or more novices must only be supervised by an instructor holding the relevant Mountain Leader Training Board qualification.

Children - All children in the centre must be in the sight of the supervising adult at all times unless they have been assessed by the management and registered for unsupervised climbing.

An adult may bring a maximum of two children on site per visit.

Helmets - Under fourteen-year olds must wear a helmet. Fourteen to seventeen-year old need permission to climb without a helmet

RULES

General Safety

- Report to reception on each visit before you climb.
- You must exercise care, common sense and self preservation at all times.
- Report any problems with the walls, equipment or other climbers' behaviour to a member of staff immediately.
- Be aware of the other climbers around you and how your actions will affect them.
- Do not distract people while they are climbing or belaying.
- Stand well back from the climbing walls unless you are belaying or spotting a climber. Never stand directly under someone who is climbing.
- Only climb on the climbing surfaces; not on support structures or parts of the building.
- Do not run in the centre.
- Groups instructed by Mile End staff have priority.

•Bouldering

- Always climb within your capabilities and descend by the provided descents, down climbing, a controlled jump or, at the very least, a controlled fall.
- Never climb directly above or below another climber.

• Top Roping

- Some of the climbs in the centre have top ropes already in place. Do not take them down to use on other routes.
- Always use a climbing harness to attach yourself to the rope.

Leading

- When using the lead walls you must supply your own appropriately rated dynamic rope. Do not use the centre's top ropes for lead climbing.
- Running belay attachments (runners) are already provided at intervals on the lead walls. You must clip **all** the runners on the route you are climbing.

When Belaying

- Always use a belay device attached to your safety harness with a locking karabiner. 'Traditional', or 'body' belaying is not acceptable.
- The attachment points on the floor are provided to give support to people belaying a climber who is much heavier than they are. Direct belays from the attachment points on the floor are not acceptable.
- Always pay attention to what the climber is doing.
- Always stand as close to the climbing wall as is practical unless you are using one of the attachment points on the floor. Sitting or lying down are not acceptable.

When Climbing

- The ropebay walls are designed to be climbed using a rope for protection. Solo climbing is not acceptable on these walls. Always use a rope to protect yourself on these climbs.
- Always tie the rope directly into the harness using a suitable climbing knot. Clipping in with a karabiner is not acceptable.

COURSE MEDICAL FORM

All our indoor climbing courses may involve bouldering (climbing without ropes and harnesses) to a maximum height of 5 metres.

Climbing and mountaineering are activities with a danger of serious personal injury or death.

Participants in these activities should be aware of and accept these risks and be responsible for their own action and involvement.

You are signing below to accept this risk and no responsibility can be taken by Mile End Climbing Wall for any injuries sustained during the course.

Course Name

Date

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Full Name

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Date of Birth

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Do you, or have you ever suffered from any of the following medical conditions?

Epilepsy:

Yes No

Diabetes:

Yes No

Fainting:

Yes No

Asthma:

Yes No

Please give details of any other medical condition of which we need to be aware:

Please provide details of any medication you are taking:

Are you allergic to any forms of medication?

Please give details below:

Do you suffer from any other allergies that may affect you health during the course?

Please give details below:

Have you attended hospital in the last 12 months for illness / injury?

Yes No

If so please give details below:

EMERGENCY CONTACT DETAILS

Full Name

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Address

Telephone

Mobile

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Landline

Signed

	Date
--	------

Signed*

	Date
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* Requires counter-signature of parent/guardian for any person under 18 years of age.

This information will be held in the highest confidence and only used in case of an emergency.