



資訊及社交媒体  
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## SPORT CLIMBING WALL SAFETY GUIDELINES

### 1. Access and Eligibility

- Sport Climbing Wall activities are required to be under the supervision by professionals being recognized by Director of OSA.
- For group use of the Sport Climbing Wall, any user not holding a recognized and valid sport climbing training certificate or above issued by the NSAs should be supervised by at least two other persons, one of whom must hold a sport climbing training certificate and the other one must hold a valid coach / instructor card.
- Users are not allowed to change the route settings without prior permission from the OSA. Any change to the route settings must be carried out by qualified persons recommended / endorsed by NSAs or OSA.

### 2. Gear and Equipment

- **Inspection:** All personal harness and hardware must be UIAA or CE certified and in good condition. OSA has the final say on the safety of personal gear.
- **Footwear:** Climbing-specific shoes or clean athletic shoes are required. No bare feet or sandals on the wall.
- **Chalk:** To maintain air quality, please use **liquid chalk** or **chalk balls** in a closed bag. Loose powder chalk is prohibited.
- **Accessories and hair:** Remove rings, necklaces, and large earrings. Long hair must be tied back to prevent entanglement in belay devices.

### 3. Before you climbing on the Sport Climbing Wall

- **The Double-Check:** Every climber and belayer must perform the "**Manual and Visual Check**" (harness buckled, knot correct, belay device threaded) before every ascent.
- **Weight Ratios:** It is recommended that the belayer weighs at least **70%** of the climber's weight. Use floor anchors for significant weight discrepancies.
- **Communication:** Standard climbing commands (e.g., "On belay," "Climbing," "Slack") must be used at all times.
- **Wall Etiquette:** Do not climb in the "fall zone" of another climber. Give right-of-way to those already on the wall.
- **Belay Technique:** "Standard PBUS" (Pull, Brake, Under, Slide) method is required. Sitting or lying down while belaying is prohibited.

### 4. Auto-Belay system

- **Mandatory Orientation:** **you must see the entire YouTube video to get to know how to use before using the system.**
- **The "CLIP" Procedure:**
  - Connect: Attach the carabiner to the designated belay loop on your harness.
  - Lock: Ensure the carabiner gate is fully closed and locked.
  - Inspect: Pull down on the webbing to ensure the brake retracts (pulls back up) before you start climbing.
  - Proceed: Climb! But if you realize the webbing does not retract (pulls back up), stop climbing and shout for assistance!
- **Proper Descent:**
  - When you reach the top or wish to come down, do not jump. Sit back slowly into your harness, keep your feet in front of you, and use your legs to gently push off the wall as the machine lowers you.
  - Always land on your feet.



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ME!