PORTLAND PARKS & RECREATION
Healthy Parks, Healthy Portland

Climbing Wall Safety Rules

Climber requirements

- **Climber must weigh no less than 45lbs and no more than 250 lbs.**
- **Closed toes shoes are required to climb.**
- **If under 18 a waiver is to be signed by a parent or guardian.**
- Climber must NOT be under the influence of any drugs or alcohol.
- Portland Parks & Recreation reserves the right to refuse service to anyone.

Before your climb starts

- After you are hooked into your harness, stay in the harness area. Wait until the operator tells you to go to the climbing area.
- Do not step on the belay cable while you wait to start.
- Do not begin your climb until the operator instructs you to.

During your climb

- Stay on the climbing route for your station.
- Do not make any physical contact with the other climber.
- Do not cross over to put your self directly beneath or above other climbers.
- Your shoulders may not pass the top of the wall.

During your descent

- Do not kick out more than 5 feet from the wall.
- Rappel straight down, away from other climbers.
- Be alert for other climbers beneath you.

At the end of your climb

- When you are lowered to the ground and the end of your climb, land on your feet.
- After your climb is complete, wait for the operator to unhook you. Do not unhook yourself.
- Once you are unhooked the operator will assist you in removing your harness, do not remove the harness yourself.

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