

Requests and precautions when using the gym

<Common items>

1. Persons under 100 centimeters tall are not allowed to use the facility.
2. A parent or guardian's written consent is required for those under 18 years of age.
3. Elementary school students and younger must be accompanied by a parent or guardian. (Schools are not included)
※The number of children per parent is limited to two.
※Parents must keep an eye on their children and provide safety support when using the facility for elementary school students and younger.
4. Using the gym under the influence of alcohol and consuming alcohol in the gym are strictly prohibited.
5. Smoking is not permitted in the gym. Please smoke in designated areas.
6. Please take your garbage home with you.
7. Please do not climb if you have any health concerns or if you are not feeling well.
8. Please do not climb naked or barefoot.
9. The gym is not responsible for any problems (including accidents and theft) inside the gym or in the parking lot.
10. Please keep your valuables in a lockable locker. We are not responsible for any loss or theft.
11. Please change into the gym slippers for outside use when going to the restroom.
12. Please refrain from eating in the gym.
Drinks are allowed in ped bottles and water bottles with lids.
13. Powdered chalk may be used but must be used with a chalk ball and placed in a chalk bag.
14. Please be sure to wear socks with rental shoes.

※Confirmation for Injuries

Climbing is a weight-bearing sport that requires the use of limbs, arms, and other body parts, so injuries are bound to occur. Our gym takes the utmost care to ensure that injuries do not occur due to inadequate facilities, negligence, or instruction.

Please be aware that you are responsible for any injuries that occur in the facility, so please be prepared for any contingencies, follow the instruction and the instructions of the instructors, and enjoy your workout.

We also recommend that you have your own accident insurance, etc., as this is a high-risk sport.

<An area-by-area guide and additional precautions>

《About the Boulder Wall》

1. Just because there are mats in bouldering does not make it 100% safe. If you were to fall into the gap between the mats, you could sprain your foot. When landing, check the mats and come down to a height where there is no danger before landing. In some cases, if you landed every time from the highest point, you would have cracked your heel bone. Try not to jump off from a high place and use a knee cushion to help you land as well!
2. Never enter the fall zone of a climbing climber.
3. Due to the nature of the climbing wall, it is impossible to completely prevent holds from rotating, collapsing, or falling. If a hold rotates, please stop climbing and report it to a staff member.
4. Resting on the mats is strictly prohibited.
5. The gym is not responsible for any accidents or problems that may occur while climbing, including contact with other users.

«About Route Wall and Mountain Wall»

The route wall and mountain wall can be climbed nearly 7 meters with ropes.

Reservations for the mountain wall can only be made for groups (10 or more people), and reservations will be given priority. Please note that the wall may not be available during busy times. Thank you for your understanding.

[Climbing with the top rope provided by the gym]

Climbers and belayers work together.

Failure to understand how to use the equipment, the ropes involved, and the rules of the wall may result in serious accidents and injuries.

If you are not confident, or if you want to learn solid skills, we recommend taking a lesson.

Please read through and observe the following.

1. We recommend that you wear clothing that is as form-fitting as possible. If you have long hair, tie it up. It is dangerous to get caught in securing devices.
2. Climbers should wear a harness of the correct size for their body.
3. Climbers should tie the rope with an eight knot + double fisherman's knot.
4. The belayer should set the rope correctly on the securement device. At this time, make sure that the ropes do not cross and that the ropes on the climber's and belayer's sides are correct.
5. Check with each other to make sure that the harness is on and that the rope is tied and set to the securement device correctly.
6. The belayer should always watch the climber.
7. Do not grab hangers or carabiners. If a climber crashes while holding on to them, there is a risk of amputation of fingers or other injuries.
8. Do not put your body between the rope and the wall. In particular, there is a danger of falling with your feet in the rope, your feet becoming entangled in the rope, and you being turned upside down, and your head hitting the wall. Also, be especially careful on sloping walls, where it is easy for your body to get caught in the rope. The rope can become entangled in your neck or body, which is dangerous. In addition, the rope may cause burns.
9. Do not grab a hold too far horizontally away from the fulcrum on a top rope. If you crash too far away from the set fulcrum, you may swing too far and be in danger.
10. When unloading a climber, please confirm with each other by shouting or signaling each other before unloading.
11. Please do not pull out the ropes installed at the gym.

[About Lead Climbing]

As a general rule, top-rope climbing is permitted.

However, lead climbing is permitted with permission from the facility staff.

Please ask the gym staff for permission before using the gym.

There are two sets of leavened checkpoints <Basic> and <Practical>. Please make sure that all of the basic checkpoints are checked.

If you are not confident, please take training or lessons.

After use, please restore it to its original condition.

[Use of the Mountain Wall]

The end point and belay point should be at least two fulcrums, as on the outer rock.

[Route and mountain walls]

Top-rope climbing is open to everyone.

Securing on the top rope is not allowed for elementary school students and younger. Junior high school students and older are allowed.

Parents or guardians must provide safety support for elementary school students and younger.

If you fail to comply with the above, you will be asked to leave the venue.

In such cases, no refunds will be made for usage fees, etc. We ask for your understanding.

Please enjoy climbing by following the above rules of not disturbing others and protecting yourself.