Climbing Wall User Guide

Purpose:

The purpose of CFB Borden's climbing wall is to offer CAF members with an opportunity to experience and practice climbing as a means of physical activity and sport. This document outlines the ways in which CAF members may be authorized to use the climbing wall.

Supervised Climbing:

1. Supervised climbing occurs under the direct supervision of qualified PSP Fitness Staff and cannot exceed a 1:8 staff-to-climber ratio.

2. Interested units and groups may submit a Support Request through Fitness Coordinator, Chelsey Tuck, Chelsey.Tuck@forces.gc.ca

    a) PSP will aim to support group requests up to 24 participants contingent upon staff availability.

3. A standard session will be 45 minutes in length.

    a) Participants do not require any previous training or exposure to climbing.

    b) Climbing harnesses and hardware will be provided by PSP.

    c) A 5-minute safety briefing will occur prior to climbing.

Participants are to wear PT clothing and closed-toe athletic shoes or climbing shoes.

Unsupervised Climbing:

1. Unsupervised climbing is only available to CAF members who possess a valid Climbing Wall Access Card (CWAC).

    a) CWACs are awarded to members who have successfully completed our local PSP climbing wall training course. No other qualifications are accepted.

2. The training course is approximately 60 minutes in duration and covers the inspection and safe use of harnesses, auto-belay systems and the surrounding climbing wall area.

    a) Members must demonstrate proficiency at the end of the training via practical assessment in order to obtain a CWAC.

    b) Members may reserve a spot in the next training course by sending an email to +Borden Fitness on the DWAN with their full name and service number.

3. Harnesses are available for sign-out at Sport Stores.

a) Climbers may bring their personal climbing harness, however, members must ensure their equipment is in good operating condition and yield to the manufacturer's expiration date.

b) Chalk bags will not be available, however, members may bring their own chalk.

4. Unsupervised use of the climbing wall may occur during normal facility hours. Note that blackout periods may apply due to pre-arranged bookings, events or training requirements.

Climbing Wall Rules

1. Climbers must bring Military ID and CWAC to each climb. The CWAC must be clearly displayed on the member's harness while using the climbing wall.

2. Climbers must wear closed-toe athletic shoes or climbing shoes when using the wall.

3. Climbers must perform all safety inspections prior to using the climbing wall IAW the PSP-lead training that they completed.

4. When climbing with others, climbers must make others aware when they are beginning a climb and descending from a climb, when able.

5. When climbing with others, climbers must perform the partner harness check prior to climbing, as well as the partner belay system checks prior to beginning each climb.

6. Climbers are NOT permitted to climb alone. There must be a minimum of two (2) persons using the wall at a time.

7. Climbers are NOT permitted to climb above or beside the TRUEBLUE housing unit.

8. Climbers are NOT permitted to climb under someone who is already climbing.

9. Climbers are NOT permitted to attempt bouldering in this facility.