

Safety Rules

Climbing and related activities involve a risk of injury, and all movement and participation at Oslo Klatresenter takes place at your own risk. By being on the premises, you agree to follow the rules below and acknowledge that you are aware of the risks associated with the activity.

If you have health issues, injuries, or other conditions that may affect your ability to climb or move safely in the center, you must consult a doctor before participating.

Violation of the safety rules may result in immediate removal from the center, regardless of ticket or membership status.

There are cameras in the climbing hall. These cameras only record specific climbing routes when the climber activates recording via the “Belay AI” app. Privacy is handled in accordance with GDPR and all applicable legislation.

1. General Provisions

- All activity and presence in the center is at your own risk. Oslo Klatresenter AS disclaims any liability for personal injury, property damage, or loss.
- Anyone using the center’s facilities is required to follow instructions and directives from staff.
- If you are uncertain about your health or physical ability to participate in climbing activities, you must consult a doctor before starting.
- Climbing under the influence of alcohol or drugs is not permitted.
- Loose objects may not be taken into climbing walls or bouldering areas.
- Running and unnecessary noise in climbing and training areas is prohibited.
- Objects or belongings must not be placed in a way that obstructs emergency exits.

2. Children and Youth

- Children under 13 must be accompanied by a responsible adult (minimum 18 years old) at all times. One adult may supervise a maximum of four children simultaneously. Exceptions may be made for organized groups; contact reception.
- Youth aged 13–17 may be in the center without an adult if a guardian has signed a valid liability waiver on their behalf and registered it in our system.
- Some areas have minimum age requirements; all visitors must follow posted signage where applicable.

- Strollers may be brought into the hall but must never be placed under climbing areas, regardless of whether someone is climbing. Strollers must not obstruct emergency exits.

3. Climbing with Autobelay

- All users of autobelay must have completed training in accordance with Oslo Klatresenter AS's current training procedures.
- A partner check or self-check must be performed before each climb in accordance with training guidelines. If you do not have a Top Rope or Lead Card, you are responsible for having your harness checked by staff.
- For children under 13, a responsible adult must perform and verify correct use of harness and autobelay according to the training and instructions provided by staff.
- The user must always climb in line with the autobelay.
- Maximum allowed weight: 120 kg. Minimum recommended weight: 10 kg.
- Any equipment malfunction must be reported to staff immediately.

4. Bouldering

- The entire mat area is considered a fall zone and must be kept free of objects.
- It is not permitted to stand or sit underneath someone who is climbing.
- Playing, gymnastics, or running on the mats is prohibited.
- Right of way applies to the climber who is lower on the wall.
- Users must familiarize themselves with basic falling techniques and use downclimbing where possible. Always assess whether the landing area is safe before climbing.

5. Rope Climbing

- A Top Rope Card or Lead Card is required to belay on all rope walls in the center.
- If you are in training to obtain a lead/top rope/belay certification, belaying is only permitted on designated walls. This applies to the second floor, and the training period is limited to 3 months after attending a Top Rope or Lead Course. Alternatively, you may belay under supervision of an instructor who holds a valid certification and is over 18. The instructor must always hold the passive end of the rope, stand on the ground, and maintain full attention on the belayer.
- The Norwegian Climbing Federation's safety guidelines ("Klatrevettplakaten") must be followed.
- From the second quickdraw to the top anchor, all intermediate protection points must be clipped.

- Our top ropes may not be used for lead climbing.
- Only one rope may be placed in a single top anchor.
- Right of way applies to the climber who is lower on the wall.
- Personal equipment may be used if it is CE-marked and UIAA-approved (see label), and provided its expected lifespan has not been exceeded. Ask staff if you are unsure whether your equipment is in safe condition.

6. Training Area

- Equipment must be used as intended and shared with others.
- All equipment must be cleaned and put away after use.

7. Sanctions and Removal

- Violations of the rules may result in removal, temporary suspension, or permanent denial of access.
- Oslo Klatresenter may stop activities in cases of danger, rule violations, or doubt regarding competence.

Liability Waiver

1. Acknowledgment of Risk and Personal Responsibility

I am fully aware that climbing involves a risk of serious injury or death. I participate at my own risk.

2. Health and Self-Declaration

I confirm that I am physically and mentally fit to participate. I am not aware of any conditions that may increase risk.

3. Safety and Use of Equipment

I will only use equipment I have been trained to use, check equipment before use, follow the safety rules, and notify staff of any equipment defects or other safety risks.

4. Participation of Minors

If this waiver is signed on behalf of a person under 18, the guardian confirms that the child has been informed of the rules and accepts full responsibility. If a child/youth is to stay in the climbing center alone, you must request a physical copy of this form at reception.

5. Limitation of Liability

I acknowledge that Oslo Klatresenter AS disclaims liability for loss or injury unless caused by gross negligence.

6. Rule Violations and Consequences

I understand that violations of the rules may result in removal, suspension, and loss of the right to a refund.

7. Consent and Confirmation

By submitting this form/signing, I confirm that I have read and understood the declaration and that I participate voluntarily.

Participant's name: _____

Date: _____

Signature: _____