



SAFE CLIMBING



**Le
camp
de base**

Indoor climbing / Outdoor soul

SAFE CLIMBING AT LE CAMP DE BASE

These rules apply to all visitors and cover the most important safety instructions for your stay. Due to the high risk of falling, severe or in extreme cases deadly injuries can occur. By purchasing an entrance ticket, you agree to follow these rules at all times. Additional terms and conditions are posted in the gym and on our website.

GENERAL RULES

1. Self-responsibility: Climbing is at your own risk.

By entering, you confirm you have the necessary skills or have arranged instruction for every move you perform and equipment you use. Nonetheless, follow staff instructions at all times.

2. Respect & inclusion : Be respectful and considerate toward all climbers and staff at all times.

→ Read our full charter.

3. Entrance, climbing shoes: Prior to your first visit, inform yourself about the user rules and risks. Staff is available for any question. Climbing shoes are required to climb.

4. Minors from 12 to 17 have access to the whole gym under the condition to provide a signed parental consent form.

5. Changing rooms: Change inside the changing rooms only. Bring the minimum into the gym – everything else goes in the lockers. Unclaimed items are regularly disposed of. Locks available on request. No liability is taken for locker room contents.

6. Falling zones : As soon as you enter the gym, avoid the falling zones of climbers above you. Never leave hard objects or obstacles on the mats.

7. Alcohol, smoking & distractions : Never climb after drinking alcohol. Smoking is not permitted anywhere on site. Leave your phone in the locker – talking or listening to music while climbing is dangerous. Remove jewellery and tie long hair. No animals allowed.

8. Holds & tickmarks : Do not tickmark, mark or turn holds. If you notice a loose hold or any damage, inform staff immediately.



9. Accidents : Report all accidents to staff right away. Personal liability and sports insurance are strongly advised.

10. Chalk : Only liquid chalk is permitted and must be used with parcimony. Clean up any spills. In high traffic periods, people with respiratory conditions should be aware of the chalk and dust concentration. Powder chalk is only permitted to «Le camp avancée».

11. Bare feet and shirtless : Being shirtless is not Allowed. Bare feet is not permitted in the café area.

12. Bikes can only be parked in our private lot or on the street when full, do not try to play tetris. No motorized vehicles or shared scooters on site. Any bike left after closing will be removed.

13. Neighborhood : The driveway is private. Walk your bike, refrain from smoking, and do not go out with drinks. Do not sit in front of windows or block the entrance.



Let's make Le camp de base a safe and happy place to evolve and share our passion

Le camp de base

Chaussée de Boondael 210C
1050 Ixelles | Bruxelles

www.lecampdebase.be
@lecampdebase.bxl

hello@lecampdebase.be
+32 2 343 43 21



**Le
camp
de base**

Indoor climbing / Outdoor soul

SAFE BOULDERING
NEXT PAGE

SAFE BOULDERING

1. Warm up : Very high strains occur when bouldering or jumping. Always warm up in a safe spot beforehand – it is the first step to preventing injuries.

2. Clear the fall zone : Never stand below, beside or behind a climber. Keep all objects off the mats. Do not sit or lie in the bouldering area – it is a falling zone.

3. Spot each other : Unfortunate falls can lead to severe injuries. Support fellow climbers when needed and provide safety assistance. Position yourself so the boulderer cannot fall onto you.

4. Bouldering height : For beginners we recommend not bouldering higher than 3.5–4m. Absolute maximum is 4.5m. Only climb as high as you can land safely. A controlled landing is more important than your climbing height.

5. Jumping & down-climbing : Choose height according to your level, so you can always land safely. Land on both feet with core tension, then roll to the side. Down-climbing is preferable to jumping – it reduces strain and prevents injuries.

6. Color sections & training zones :

In bouldering sections, use matching color holds only (handholds and feet). Training zones are freely defined – however, tickmarking or marking holds is not permitted.

7. Reserved areas : Reserved areas are for exclusive group use – respect closed sections at all times. Reserved times are posted in the gym. Outside reserved slots, all areas are open.

8. Weight room and training zone : Children under 16 are not permitted to access the weight room.

9. Yoga room : Climbing shoes and slippers are not allowed – leave footwear in the lockers at the entrance. Socks or bare feet only. Free to use for stretching when no class is running.

