



Stronghold Climbing Centres

05/09/23

Climbing With Your Kids

We love kids and are excited to welcome them to the world of climbing! However, we have strict requirements if you are planning to bring your kids climbing. Please read below for the details.

Bouldering

Due to the high volume of adults taking ground falls in the bouldering area, it's especially important that adult supervisors keep all children within arm's reach at all times. It is very important to remember that climbing comes with inherent risks, and the climbing wall is not a playground.

All Adults supervising under 18's must be registered as an Adult Unsupervised Climber and have completed the Supervisor Form for each under 18 year old. Before supervising the U18 Year old you will also be asked safety questions at reception. If you cannot answer these correctly you won't be able to supervise and will be encouraged to attend a Family Induction.

Policy Supervising Under 18s

- 0 – 3 Years old

- **London Fields**

One child aged 0-3yrs old per adult is allowed into the climbing area, but the child is **NOT** allowed to climb or be on mats at any time. **The adult CAN climb**, providing the child is secured in a buggy or carrier. The child is allowed out of the buggy if there is an additional adult to supervise at all times. We recommend that adults with children in this age group visit the centre during off-peak times when it is less busy.

- **Tottenham Hale**

Tottenham Hale has a designated kids wall located on the reception wall, with a climbing area, and an adjoining traverse area. Staff are on hand to show supervisors and juniors where this area is. Children of any age can climb on this wall, provided they are supervised. **Please note that children aged 0-3yrs old are only allowed to climb in the kid's area.**

An adult can supervise one child aged 0-3yrs old- **The adult CAN'T climb.**

If 2 adults bring 1 child aged 0-3yrs old, then one of the adults can climb whilst the other supervises.

If an adult would like to attend Tottenham Hale, but does not wish to have their child climb, then the same supervision policy as London Fields applies:

One child aged 0-3yrs old per adult is allowed into the climbing area, but the child



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is **NOT** allowed to climb or be on mats at any time. **The adult CAN climb**, providing the child is secured in a buggy or carrier. The child is allowed out of the buggy if there is an additional adult to supervise at all times. We recommend that adults with children in this age group visit the centre during off-peak times when it is less busy.

- 4-5 Years old
 - An adult can supervise one child aged 4yrs – 5yrs old – **The adult CAN'T climb.**
 - If 2 adults bring 1 child aged 4yrs – 5yrs old, then one of the adults can climb whilst the other supervises.

- 6-17 Years old
 - 1 adult can supervise 1 child – **The adult CAN climb.**
 - 1 adult can supervise 2 children in this age group – **The adult CAN'T climb.**

If an adult wishes to climb with 2 children aged 6 – 17 years old, they can ask at reception to book a supervision competency check.

The adult must be prepared to take full responsibility for the safety of those people, comply with this supervision policy, and have completed an Acknowledgment of Risk form for each Under 18 climber.

All children in the centre must be supervised by an adult unless they have been assessed by management or a Stronghold coach and registered for unsupervised junior climbing.

Novice Adult Climbers

Novice Adult climbers do not need experience to climb at Stronghold. They must watch the Induction Video, complete the Unsupervised Acknowledgment of Risk form and accept the terms and conditions of use. However, novice climbers, if they fail the safety questions at reception or do not feel comfortable climbing alone can still be supervised by an adult climber who is already registered at Stronghold as an Experienced Adult Climber.

The registered experienced adult will need to complete a supervisor's form for each novice climber they wish to supervise.

Once the novice climber has climbed supervised, they will be able to climb unsupervised by completing an Unsupervised Adult Acknowledgement of Risk Form and successfully answer the safety questions at reception.



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Policy Supervising Novice Climbers

- 1 adult can supervise up to 2 novice adult climbers – **The adult CAN climb.**

Unsupervised Climbing For 14- 17 Year Olds

At the Stronghold Climbing Centre we do allow children aged 14 – 17 years old to climb unsupervised. In order to be able to climb unsupervised the child will have to demonstrate to a Stronghold staff member that they have the experience and maturity to climb responsibly within the climbing wall.

Policy

- All Under 14–17-year-olds will require an Unsupervised Junior Acknowledgment of Risk (AOR) form filled in and consent given by a parent or legal guardian.
- The child will have to successfully complete an on-site assessment by a member of staff.
- Once all forms are correctly completed the junior will be allowed to climb in the centre without adult supervision
- If there is any inappropriate behavior breaking our conditions of use whilst using the centre, then the unsupervised status may be removed.