

NIBAS 3 SAFETY QUIZ

CLOTHING

1. Why should we remove hard items from our pockets before climbing?

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2. Which of the following items should not be worn/taken on the bouldering mats?

- Harnesses
- Jeans
- Chalk bags attached with Karabiners
- Brushes
- Metallic water bottles

3. Why do we take rings off before climbing?

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POSITION IN RELATION TO OTHER USERS

When on the mats we must be careful not to walk underneath climbers on the wall. Which parts of the wall can be particularly hazardous? (Choose 2 and reasons why)

- Prows
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- Slabs
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- The roof
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- Corners
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Before climbing a problem, what should we do to be safe and show consideration to other wall users?

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Why can only one person climb on the 10 degree or 35 degree circuit board at a time?

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RISKS

Why can only one person climb on the 10 degree or 35 degree circuit board at a time?

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Spinners

Mats

Uncontrolled falls

Assess risks

CLIMBING

Warm-up

Don't touch tops, beams, scaffolding

Age unsupervised

Campus, Systems