



Rules and Recommendations

- All climbers/belayers must have a signed ICE CLIMBING ACTIVITIES liability waiver on file.
- All climbers/belayers must have completed the Ice Climbing Safety training session.
- All climbers/belayers **MUST** wear climbing helmets at all times.
- The use of ice axe leashes is **HIGHLY** recommended to reduce the possibility of a dropped tool.
- Safety glasses and/or face-shields are recommended to prevent injuries to the face.

Belayers

- Be especially attentive and keep a snug belay on the climber. Do not be distracted by others.
- Be aware of falling objects (ice axes, pieces of concrete or other debris) and always stand clear of the fall zone.
- Keep onlookers out of your belay area and the fall zone.

Climbers

- Consider and be cautious of every pick placement.
- To dislodge, picks should be moved up and down - **NEVER** side to side.
- Picks may be swung into Ice Holdz **ONLY**. All other holds/features are for drytooling only.
- Do not over swing/over set your axes. Ice Holdz only require a 1/4" placement to pull on.
- Prevent tool bounce - use proper swinging technique.
- Be aware of a tool placement popping - never have your face directly in front of a placed tool - keep the axes overhead or to either side as much as possible.
- Be conscious of your climbing rope. Be sure the rope is clear of your pick placement before swinging.
- The proper word to yell if anything object falls or is dislodged is "ROCK!"
- Anticipate your falls and communicate with your belayer in order to "Take" quickly.