

Welcome back to Ascent Climbing! We missed you!

We are committed to maintaining good social distancing and sanitization with the following new risk management procedures. There will be limited climbing areas and occupancy at this time. You will have to book your climbing time online. www.uleth.ca/sportrec/covid

Please take the time to carefully read this document.

1. Preparing to visit the gym

- You will be asked to fill out the Covid_19 Self-Assessment survey when you arrive.

<https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx>

- If you are sick or are experiencing any symptoms cancel your session
- Wear your climbing clothing to the gym
- Bring a mask for everyone's safety. Our faces are too close to the wall when climbing to avoid the spread of anything and the surface is much too large to clean between each climbing session.
- Bring a full water bottle
- Eat before arriving at the gym, food and snacks will not be permitted at this time.
- Bring flip flops or other footwear to use between climbs
- Bring your own rope and rope bag if you intend to lead climb
- Limited gear rentals are available (based on the number of bookings) and will be thoroughly sanitized between users.

2. Arriving at the climbing gym

- Arrive at the time of your time slot**
- Wait away from the building if possible, preferably in your vehicle, until 5 minutes before your time, this should be ample enough time to enter the facility.**
- Read all signs and guidelines along your route to the climbing wall**
- Use hand sanitizer station when entering the building and once again when arriving at the climbing wall**
- At the start time wait in designated areas and maintain social distance with non-family members**
- Staff will invite climbers to enter when cleaning is completed**
- Check in at desk - normal procedure and required for potential contact tracing**

3. In the climbing gym

- There will be no direct staff/customer interactions unless there is an emergency. Staff will remain behind the desk (or Plexiglas) unless reactions to circumstances require a specific action (safety concerns and rope changes)**
- Wash or sanitize your hands before climbing**
- Sanitize your climbing shoes before climbing - use spray provided**
- Maintain social distance (2m) from non-family members**
- Wear a mask or other face covering while climbing**
- While belaying, wear a mask if unable to stay 2m from other climbers not in your cohort**
- Carry your belongings with you- cubbies, water fountain, change rooms. lockers and showers will be closed**
- Washroom access only according to guidelines and distancing
- No eating or other social activities allowed
- Use liquid chalk if possible and NO shared chalk (AB Health Guideline)

4. BOULDERING BOOKINGS

- Maintain social distance (2m) from anyone not in your home isolation bubble
- Only one boulderer on the wall at a time in each taped section (3 max in bouldering cave)

5. AUTOBELAY BOOKINGS

- Maximum of 2 climbers per autobelay (members of your isolation bubble)
- Don't forget to check your clip-in before each route
- Auto belays used one at a time if used by two different cohorts

6. ROPED CLIMBING BOOKINGS

- Climb only with your booked partner or people in your home isolation bubble. Maximum 3 persons per designated climbing area.
- Wash or sanitize hands after each climb
- Move around the climbing area following the arrows and do not cross through another group
- If lead climbing you are not allowed to put the rope in your mouth
- Do visual (no touch) partner checks and be obvious and diligent
- Once finished on your rope ask staff for use of another climbing rope

7. Leaving the gym

- Please leave promptly as we need to prepare for the next group
- Then book your next visit