

GYM RULES / CODE OF CONDUCT

Climbing and bouldering are dangerous sports and involve residual risk. A high degree of personal responsibility and prudence is expected from users. Users boulder, climb and stay on the premises of the O'BLOC climbing and bouldering gym at their own risk. o'bloc AG expressly declines all liability.

Purpose

These gym rules ensure orderly operations in the O'BLOC bouldering and climbing gym in Ostermundigen.

Usage guidelines

The purchase of an admission ticket and completion of the registration form are prerequisites for entry. Users state their skill level and agree to the GTCs and gym rules.

Minors under 14 years may only enter accompanied by an adult unless written exemption is granted by the management. The minor must be fully supervised and the adult is responsible for their safety.

Minors aged 14 to 18 require the signature of a parent or legal guardian to climb unaccompanied. The parent or guardian confirms that the minor is sufficiently instructed and follows the Safe Indoor Climbing rules.

Children under 14 may only use the gym under constant supervision by appropriately instructed adults or in supervised groups.

Users are not supervised by gym staff. To prevent accidents and ensure maximum safety, users must check one another, show consideration and remain attentive. Irregularities must be reported directly to those concerned or to gym staff.

Only standard-approved climbing equipment (UIAA, CE etc.) may be used. The climbing rope must be a single rope at least 50 metres long intended for sport climbing.

For hygiene reasons, climbing, bouldering or belaying barefoot is not permitted. To protect the walls, climbing in mountain boots, indoor shoes or socks is prohibited.

Smoking and open fire are prohibited throughout the facility. In case of fire, the premises must be evacuated immediately and the fire brigade alerted.

Pets of any kind are not permitted.

Climbing or bouldering under the influence of alcohol, drugs or medication impairing consciousness or reaction is strictly prohibited. Alcoholic beverages (in the bistro) may only be consumed after training.

Bouldering is only permitted in designated areas and on designated walls. The landing mats must not be used as play or lounging areas. Guardians, supervisors and course leaders are responsible for their children or participants.

Ascending and jumping down from the wall must be practised and always performed in a controlled manner. Users must ensure that they can descend safely before doing so. Mutual consideration in the bouldering area is essential.

Safety guidelines

Climbing and bouldering involve residual risk and require a high degree of personal responsibility. Visitors use the O'BLOC facility at their own risk. o'bloc AG declines all liability.

Climbing holds may rotate or break. Any defects and damage must be reported immediately. Only gym staff may manipulate holds, footholds, intermediate anchors or top anchors.

Using climbing equipment and belaying incorrectly or without proper instruction endangers yourself and others. All gym users must have qualified instruction and adequate experience.

The Safe Indoor Climbing rules must be followed. O'BLOC recommends belaying with an assisted braking device.

A partner check must be carried out before each climb. Solo climbing is strictly prohibited.

Full attention must be given to belaying and climbing. Do not allow yourself to be distracted by a conversation or mobile phone etc. Show consideration for other climbers and avoid endangering yourself or others.

Auto belay devices (also called Toppas, Trublue or Prograde) may only be used after instruction and with the designated attachment. The instructions must be observed. During descent the device cannot be stopped and the descent path must be clear.

The auto belay device must be tested before each use. Only one person per device is permitted. Do not climb beyond the top of the device. Stay in the route you are climbing and do not jump into the rope excessively. The band may not run over an edge or be redirected. The ascent and descent areas must be clear. In case of malfunction, stop immediately and inform gym staff.

Conduct and interaction

Community / Togetherness

We want everyone to enjoy a great climbing and bouldering experience at O'BLOC. Everyone should feel accepted and welcome — from beginners to professionals, and people with or without disabilities. Four principles apply:

Personal responsibility

I take responsibility for my actions and reflect on my behaviour.

I take responsibility for my safety and act according to my abilities.

Respect

I act considerately and respectfully towards everyone in the facility and adapt my behaviour to my surroundings.

If I see something that is not in order, I address the persons concerned or inform staff respectfully and constructively.

Discrimination and violence of any kind are not tolerated at O'BLOC.

Shared responsibility and mindfulness

I am aware that I contribute to the atmosphere in the gym. I respect my own boundaries and those of others.

I recognize that others may perceive my behaviour differently and remain attentive and mindful. I accept constructive feedback.

Care

I handle all equipment and infrastructure with respect and care. Vandalism and damage of any kind are not tolerated.

I take care of the facility, my sport and my community.