

safety briefing

Welcome to the climbing forest, I am Dominik and will perform the safety briefing with you.

The strap will hang so first, you grab now all the shoulder strap - these are the gray or white straps, and then the hip belt, these are the black-orange. Now if you pull the strap slightly apart, you will see the leg loops, where we have to climb with our legs. You will watch first. Please do not imitate anything yet. Only when I'm done, and give you the OK, you do me the whole thing.

Now we take the belt from the horizontal bar, pull it on like a pair of trousers, that is, get in from the top, through the leg loops, then pull the belt up and put the shoulder strap over your shoulder. Now you are allowed to put on the belt.

Just watch it again, and if I give you the OK, you'll do it to me.

First, tighten the hip belt by pulling both ends backwards at the same time. If that does not work, just hold on to the short end and then pull it backwards. This should also rest on the hip bone, and tighten properly. Now tighten the leg loops so tight that even a flat hand fits between them. And now tighten the shoulder strap so that you can still stand straight, and he can't slip off his shoulders.

Now we come to our security system: Here we have a continuous security system and this role here. Now everyone can take this role in the hand. As you realize, the role is heavy. So that you do not always have to hold these in your hands, we will shorten the whole thing. Between the roller and the rope is a screw member. Now everyone picks up his one-hand carabiner. You have to press this back and forward to open, and then hook it into the screw. Now we go to the practice course, just follow me.

We have 13 courses, 9 are up here and 4 in the lower part. For that you go down the street. Before each course climb we have signs with the following access criteria:

The blues are easily from 6 years old

The reds are moderately difficult from 8 years

The grays are difficult from 10 years

The blacks very difficult from 12 years,

Please start with a light course, and slowly climb up. You all climb here on your own responsibility, but if you need help, call loudly "Trainer" then we will help you of course.

Let's get to the ascent. We always thread the roll on the long rope by opening the flap and threading the roll onto the steel rope. The yellow cap always points upwards.

Before each ascent and striking obstacles are these signs, these are to be read and followed. Here we have to shorten. Now we go up. At the climbs we have stops. If the roll should not come over the stop, just hold on the yellow cap, change the angle, and pull up. If you have reached the top and have a firm footing, take out the shortening. Important! Do not reach into the steel rope, if the roll slips back and rolls over your fingers, it gets painful.

A maximum of 4 persons may be on the platform, with only one person on the ascents, descents and obstacle.

We have 2 descent options:

First, the ladder, which you please go backwards down.

Second, the cable car, here it is important: we do not jump in, but crouch down, so that the rope is stretched. Make sure that the cable car is completely clear, and once you reach the floor or platform, just run along.

At the end is this stop, from which you only come out when you lift the roll, turn it over and then push it out.

Who is done with climbing, pulls out the front belt at the levy and shows the receipt again. If you want to smoke, this can be on the streets here, whoever needs to go to the bathroom down here, on the other side of the street are mobile toilets. Very important, too, for smoking and for the toilet, please take the belt off, then put it back on and have it checked by a trainer. Please take off long jewels and rings, or wear gloves. Empty trouser pockets unless you can close them. Emergency medications such as asthma spray are to be carried.

And now everyone is allowed to run over the practice track and then directly to climb.