

# Climb at your own risk

Climbing is an inherently dangerous sport. Following the rules will help reduce the chances of injury, but will not eliminate them.

Properly stretch and warm up

Remove jewelry, belts with large buckles, sunglasses, and empty pockets

Stay hydrated

Use of a spotter is highly recommended

Clear Landing Zone – No equipment (crash pads okay), only spotters in area, inspect area for hazards

Protect Landing Zone – Spotters should not allow others to approach while route is being climbed

Respect right of way – don't attempt to climb into the way of others already on a route

Use of chalk is authorized

Pack it in/ pack it out – take all trash with you

If you notice a loose hold, or any damage, please notify ODR

Do not attempt to change holds out, if you are interested in route setting, contact ODR

Min age for unsupervised use is 12 yrs old, during daylight hours

**\*Do not climb onto the top of the boulder, once you have reached the top of the route, down climb as much as possible. There will be no sitting, standing, or laying on top of the boulder.**