

GYM RULES

SAFETY REGULATIONS

1. Before engaging in any activity, consult the «safety-concept» to **ensure that your skills meet the necessary requirements**. www.pilatusindoor.ch/safety
2. Climbing holds and footholds may spin or break. Always **place a mat at the base** before beginning your climb.
3. Any modifications on the infrastructure are strictly prohibited (e.g. unscrewing holds, attaching personal quickdraws, etc.).
4. **Free solo** and rope solo climbing are **prohibited** under any circumstances.
5. Individuals who haven't yet acquired the necessary skills for lead climbing are **not permitted to lead climb**. Avoid overstraining children and beginners.
6. **Instructing** other climbers at PILATUS INDOOR requires a valid **VSBK** license.
7. **Do not test unfamiliar belay devices** on other people. Seek proper instruction and training beforehand.
8. **Strollers** are not permitted on the climbing level (basement).
9. All visitors must **comply with the instructions of staff** at all times.
10. External **group** leaders are required to adhere to the **VSBK guidelines**.
11. The consumption of **alcohol** is strictly **prohibited** prior to climbing.

HYGIENE

12. **Shoes** must be **worn at all times** inside the gym - exception: outdoor areas.
13. A **T-Shirt** must be **worn at all times** inside the gym - exception: outdoor areas.
14. **Climbing shoes** may **not be worn in the restrooms**.

For any questions, please do not hesitate to contact us.

Your PI-Team