The following rules are designed to keep climbers, belayers, and spectators safe. Even if all rules are followed, accidents including serious injury and death can occur. Climbing is an inherently dangerous sport, and safety is your responsibility. If you have questions, please ask The Rock staff before climbing.
Please read before using the facility.

• All climbers must check in at Outdoor Excursion’s The Rock front desk with a UCR identification card or biometric hand scan. Check in at the Recreation front desk during Open Bouldering Hours.
• All climbers must read, understand, and sign the “Assumption of Injury Risks and Agreement for Voluntary Participation.”
• No food or drink on mats, with the exception of water in a closed container.
• Clothing appropriate for the activity should be worn. Use only climbing shoes on the wall and no bare feet are allowed on the floor or climbing wall. Street shoes on the wall are only allowed with staff authorization.
• Remove climbing shoes and use street shoes to visit the restroom.
• Climbers must wear a shirt at all times.
• No loose chalk is allowed in the climbing gym. Chalk balls only.
• All personal belongings should be stored off of the padded area and are not the responsibility of The Rock staff.
• While bouldering, no part of the climber’s body should pass above the bouldering limit signs. Proper spotting techniques are highly encouraged.
• Do not climb underneath or above other climbers.
• Participants must pass a belay test for each academic year before belaying. You may only use a GriGri for belay purposes. GriGris are available for checkout.
• Proper PBUS/PLUS belay technique must be observed at all times and The Rock staff will be the only ones to teach belay lessons.
• Climbers must tie in with a figure 8 follow through with at least 4 inches (approximately 10 cm) of tail.
• No lead climbing without prior staff authorization.
• Harnesses must be used in accordance with manufacturer recommendations.
• Climbers and belayers must always safety check each other before each climb.
• No rings or loose jewelry while climbing; long hair should be pulled back. Empty pockets before climbing.
• Metal bolt hangers are not holds and should not be used as such. Serious injury may result.
• The Rock climbing wall staff reserve the right to refuse wall access to anyone due to unsafe behavior, climbing techniques, or equipment.
• Unaccompanied minors are not allowed.