

Indoor Climbing – Public Sessions

Kilfinane OEC is home to a state of the art Indoor Climbing Wall newly constructed in 2009. The wall has a host of features and is designed to cater for climbers of all levels.

- Bouldering wall
- 8 metre high x 14 metre wide climbing wall
- 19 roped routes
- 14 lead routes
- Belay ledge for practising multi-pitch skills
- Inclined slab for beginner climbers
- Safety flooring throughout the climbing wall area
- Safety crash mats in bouldering area.



Our Indoor Rockwall is open to the Public most Wednesday evenings (please check the training course calendar on our website for dates). Public Climbing sessions are designed so that climbers can come & use the Rockwall by themselves. These climbing sessions are not designed as a supervised session, nor is instruction provided during Public climbing sessions. Climbers climb by themselves, are responsible for their own safety and for ensuring they are comfortable with their climbing partner.

If you have never climbed before you can attend a simple training session – see details below. If you have climbing experience you will need to complete a simple belay test before using the wall for the first time. SPA holders or higher qualified climbers can attend without a belay test.

Public Climbing sessions are only open to persons aged 16years or older.

Opening hours:

Belay training sessions	6pm – 7.30pm (advance booking essential)
Public Climbing session	7.30pm – 9.30pm

Please see our training course calendar at www.kilfinaneoeec.com for Public Climbing dates. You will need to attend with a climbing partner as this is a sport that requires two people working together.

Cost: Belay training: €25 including admission to public session directly after
Public climbing session: €10

Specialist Equipment

- All routes in the climbing wall have ropes supplied.
- Kilfinane OEC can supply harnesses and helmets and has a limited supply of belay devices.
- Personal equipment may be used as long as it is checked by the climber and in good working order.

- **Helmets must be worn at all times.**

Health and Fitness

Indoor Climbing is a strenuous activity and does include an element of risk. If you are in any doubt about your fitness to participate please consult your doctor. You should also advise staff at Kilfinane OEC of any condition that may affect your safety while climbing.

Climbers should always warm up and stretch before climbing and are responsible for their own safety while climbing.

Beginners

If you have never climbed before these are the steps you should follow to become an approved climber:

1. Book and attend a belay training session (6pm -7.30pm, cost €25). You will need a climbing partner to complete this training.
2. Practise your skills at the public session afterwards from 7.30pm to 9.30pm under the supervision of an Instructor.
3. Attend the following week or as soon as possible for a belay test (6pm – 7.30pm, €10 including entry to Public climbing session afterwards)
4. You can then attend Public Climbing sessions as an approved climber (7.30pm-9.30pm, cost €10)

Note: Our belay training is designed to teach the skills required for safe climbing rather than technical climbing skills. Most participants will be able to successfully complete a belay assessment on their second evening. If however you are deemed to require further training an additional fee of €25 will apply.

Lead Climbing

Climbers who wish to lead climb must:

1. have sufficient training and experience
2. consult with a climbing instructor
3. have all their own equipment including rope in good working order
4. sign a disclaimer

Frequently asked questions

Q: I am competent climber. Do I need to attend a belay training session ?

A: All climbers need to attend belay skills training and assessment. If you have previous experience let us know in advance and we can speed up this process for you. If you hold the Single Pitch Award or higher you can climb without attending belay training.

Q: Can I use my own harness & climbing equipment ?

A: Yes, climbers can use their own personal equipment but it is their own responsibility to ensure it is in good working order and fitted correctly.

Q: Can persons under 16 use the Rockwall ?

A: Under 16's cannot attend Public climbing sessions, however we will be pleased to arrange an Introductory climbing session for families or small groups. €75 for two adults and three children for a 2.5 hour climbing session. Kilfinane OEC also caters for school and youth groups. Contact our office for further information.

Q: What type of clothing is suitable for climbing?

A: Loose fitting clothing such as tracksuit or shorts and t-shirt or long sleeve top, good fitting runners or rock boots. Jeans or restrictive clothing are not suitable for climbing. Climbers

should make sure they have no loose strings from clothing and that all jewellery such as rings, watches etc are removed.

If you have any other questions that are not answered here please email info@kilfinaneoc.com