



CLIMBING WALL

- Who has access to the rock wall?
 - o The rock wall is included in your Student Wellness Membership (fitness floor, golf simulator, rock wall and squash). If you do not currently have an active membership (online student, break, ect) you will be required to purchase one before you can use the rock wall.

- How do I book the rock wall?
 - o Members can book rock climbing times through the Fanshawe Fitness Centre app. Sessions are 45 minutes in length and members will be required to check in at the front desk before entering the climbing wall. Members can book the rock wall the same way they would book fitness sessions.

- Will I get training on the rock wall?
 - o Yes! If you are a new climber, our rock wall consultant will give you a quick demonstration to climbing, harness safety, and the different courses that the rock wall offers! There is always someone in the rock wall who will help with any questions and to ensure member safety.

- Do I have to bring my own equipment?
 - o No! We provide harnesses. Climbing shoes are optional; clean indoor closed-toed running shoes are required! If you are bringing your own equipment it will be inspected by climbing staff before use.

- Can I climb by myself or do I need a partner?
 - o The Student Wellness Centre offers both auto-belay and top rope climbing options. Auto-belay options are great for beginners and those who are coming in to climb by themselves. As you advance you can take our top rope training certification and progress to top rope climbing (which does require a partner).

- What if I have top rope training at another facility?
 - o If you have received top rope training from another climbing gym, come in and ask our staff about our top rope testing class. We will test your top rope climbing skills and abilities.

- Can I boulder?
 - o Bouldering is climbing without ropes. The Student Wellness Centre does not allow bouldering on the wall and all unsafe or inappropriate behaviour can result in loss of climbing privileges.