



The climbing wall may be used for:

PT sessions — great for unit cohesiveness, birthday parties, scout unit activities, team building, full body workout, and so much more!

TAKE YOUR CLIMBING TO THE NEXT LEVEL

Indoor rock climbing is a fun and safe sport for all ages. Climbing facilities provide a controlled, supervised environment, where novice through professional climbers can exercise in an enjoyable way.

The benefits from indoor climbing are many:

- Climbing exercise engages all muscle groups simultaneously, including balance, which is as important as raw strength.
- Climbing is also a "thinking challenge" indoor climbers must figure out a workable sequence of moves to complete the route.

Contact Information

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/DoverAFBOutdoorRecreation

www.doverfss.com



INDOOR ROCK CLIMBING WALL

Hours of Operation

Mon — Fri.....9:00 am — 4:00pm Sat, Sun & Holidays.......Closed

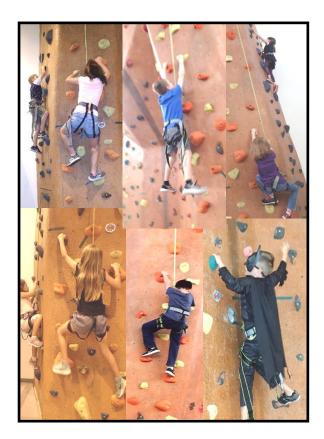
Building 475
Dover Air Force Base
Phone: 302-677-3959

Effective Date: 1 January 2022



Climbing Wall Rules and Regulations

- Climbing is a dangerous sport. Customers who
 refuse to comply with all safety and climbing
 instructions must vacate the climbing area
 immediately. Repeat offenses may result in loss of
 climbing privileges.
- All climbers must complete an annual "Release of Liability and Assumed Risks" form prior to climbing or bouldering.
- All climbers need to sign in at the front desk and show their current Dover Outdoor Recreation Belay Qualification card before using the climbing wall.
- 4. Anyone under the age of 18 must be accompanied by a parent/legal guardian.
- 5. Bouldering is allowed per instruction of ODR Staff.
- 6. All climbers must weigh less than 250 pounds to safely climb the wall.
- 7. Anyone age 3 or older may climb, provided the climbing harness fits properly.
- Clean, closed toe foot wear or climbing shoes are the only footwear authorized.
- All climbers must wear a properly fitting harness and be tied into a climbing rope utilizing a retrace figure 8 knot or provided carabiners.
- Customers may use their own climbing harnesses, after it has been inspected by ODR staff, provided it is serviceable and they can demonstrate how to properly wear and use it.
- 11. Personal carabiners and belay devices are not authorized for use.
- All individuals wishing to belay must be 16 years of age or older and certified by an ODR staff member.
- 13. No outside food or beverages in the climbing area.



Climbing At Outdoor Recreation

- If your group has a Dover AFB Outdoor Recreation qualified belayer, climbing is allowed during normal business hours, at \$1.00 per hour.
- To obtain a belay qualification card, you must attend Dover Outdoor Recreation training and/or demonstrate correct belay technique to a qualified staff member. Cost for qualification card is \$5.00 per person any by appointment only.
- Participants that need Outdoor Recreation staff to belay during normal operating hours must make an appointment.
- Costs:
 \$20.00 per hour for 1-6 climbers with one staff member
 \$30.00 per hour for 7-12 climbers with two staff members
 Each additional group of 1-6 climbers is \$15.00 per hour

Private Events

- Minimum 14-day advanced reservation required.
- Private functions/parties may only be held Mon-Fri
 6 9pm, or Sat & Sun based on availability.
- When making a reservation there is a non-refundable \$15.00 registration fee to confirm the date/time private events not to be held during normal operating hours
- Costs:
 - \$30.00 per hour for up to 6 climbers with one staff member
 - +\$15.00 per hour for each additional group of 1-6 climbers
 - *Please note: if you have any Dover AFB Outdoor Recreation Belay qualified members in your group, costs be adjusted depending on the number of additional staff members required.
- Sponsor is responsible for getting their guests on base for the event.
- Food is allowed, but must be approved in advance by ODR staff.

