

CLIMBING WALL AND OUTDOOR RECREATION

Climbing Wall Hours:

Monday - Thursday: 4 p.m. – 8 p.m.

Friday: 4 p.m. – 7 p.m.

Saturday: 3 p.m. – 6 p.m.

Sunday: closed

Climbing Wall Policies & Procedures

The climbing wall is located in the RecWell Center on the Mount Carmel Campus. Students, faculty, and staff must tap in at the front desk to access RecWell prior to accessing the climbing wall.

1. A Climbing Wall Attendant must be present to climb on the wall. All climbers must sign in **PRIOR TO CLIMBING.**
2. All belayers **MUST** have a current QU climbing wall belay certification on file and read the climbing rules before climbing. It is required that all belayers obtain the in-house certification and recommended that all climbers do so as well.
 - a. Belayer = a person who controls the safety rope for a climber
 - b. Belay = to secure (a person, as a mountain climber, or thing) by a rope
3. Belayers must always have their break hand on the rope.
4. All climbers must use proper equipment. Campus Recreation provides all necessary ropes, belay devices, shoes, helmets, and harnesses. Other equipment must be UIAA approved and have prior approval by a Climbing Wall Attendant or the Coordinator of Recreation. Only university belay devices may be used at the wall. Personal harnesses and shoes are permitted.
5. Only climbing shoes, court shoes or tennis shoes are to be used on the wall. No street shoes, open-toe shoes, sandals (including crocs), toe shoes, heels, cleats or spikes allowed.
6. No horseplay or unsafe conduct will be tolerated. Immediate expulsion and possible loss of future privileges may result.
7. Proper care of equipment is a must. Do not step on ropes, drop or toss carabiners and belay devices, or conduct yourself in an unsafe manner with the equipment.
8. No vertical climbing without a belayer.
9. No climbing underneath another climber.
10. No bouldering.
11. Proper climbing procedures must be followed.
 - a. Knots, harness, and tie-in will be checked by Climbing Wall Attendants when needed. (New belay certifications)
 - b. Only a figure 8 follow-thru knot can be used to tie in climber. A 4" - 6" tail secured with a fisherman's or overhand knot will be used to take up extra tail. A Yosemite Tuck **CANNOT** be used.
 - c. Only a locking carabiner will be used to attach the belay device to the belayer.
 - d. Use clear and concise communication when necessary. Industry commands are listed in the climbing wall area for reference.
12. Problems such as accidents, loose holds, and equipment damage must be reported to a Climbing Wall Attendant immediately.
13. Tucking in loose clothing and using safety straps while wearing glasses is recommended.
14. The following jewelry is prohibited to be worn while climbing:
 - a. Rings, loose-fitting jewelry, and hoop earrings.
15. No cursing or loud offensive language is allowed.
16. No food (chewing gum counts as food) or colored beverages are allowed in the climbing area. Water is permitted if it is in a plastic or metal container with a secure lid. Glass containers are not allowed.
17. All chalk used at the climbing wall must be in a proper receptacle. Loose chalk is permitted if it is in a chalk bag or bucket. Chalk is only allowed within the Climbing Center.
18. Climbing Center and RecWell staff have the right to remove a climber for the day and recommend removal of climbing privileges indefinitely for violation of these regulations.

Outdoor Recreation

The Quinnipiac Outdoor Recreation program offers a variety of outdoor trips and experiences for students, faculty, and staff. There are an average of five trips offered each semester as well as longer trips offered during break periods. Most trips are free for the Quinnipiac community but more expensive trips come with a small, largely discounted, fee to offset costs.

Examples of trips taken by Quinnipiac Outdoor Recreation include:

- Whitewater rafting and ziplining in the Adirondacks
- Visiting a book barn and hiking
- Visiting an Alpaca Farm for a nature walk
- Four days of backpacking and day hikes in the San Francisco Bay Area
- Skiing and snowboarding at Powder Ridge
- Local day hikes throughout Connecticut
- Snowshoeing at Sleeping Giant State Park

The Quinnipiac Outdoor Recreation program also offers discounted camping, hiking, and backpacking gear to students, faculty, and staff. A full list of gear offered and pricing can be found at RecWell and on the @qurecwell (<https://www.instagram.com/qurecwell/>) Instagram account.