

Information for training teams

GENERAL:

- 1. Closed areas / pre-registration:** Our climbing hall is the training centre for athletes from the national climbing association. This means that the [Austrian Climbing Association](#) and its trainers have the right to use the designated training areas exclusively for themselves. We ask that you take note of the reserved times! Outside the reserved times, other climbers are free to use these areas. The purchase of a ticket does not automatically entitle you to unrestricted use of all training areas! In order to avoid disappointment, we recommend that you contact the [Austrian Climbing Association](#) when planning your trip to Innsbruck and coordinate with them regarding any blocked times and/or blocked areas.
- 2. Handling tickets for teams:** Every visitor to our climbing hall needs their own ticket. Groups can be registered, so that the processing of the registration and time at the cash desk is reduced. For this purpose, the team leader or trainer can download the "[Assuming liability for climbing instructors and trainers](#)", confirm the assumption of liability for their group and bring it along pre-filled. In addition, registration as an individual is required for the team manager / trainer on site.
- 3. Costs:** We do not offer discounts for national teams or other training groups. For all athletes, trainers and supervisors, the regular admission [prices](#) apply, appropriate for their age.
- 4. Payment:** The trainer declares the number of athletes, their ages and the number of additional supervisors and receives the corresponding number of tickets. We ask the trainers to pay collectively for the group. Tickets must be paid for on site (cash or card). It is not possible to issue tickets on account.
- 5. Ticket controls:** A ticket must be presented whenever requested. Tickets are related to individuals or, in your case, to a group and may not be passed on. Abuse will be punished and can lead to the exclusion of the entire group from the climbing hall.
- 6. Responsibility:** The trainer is responsible for ensuring that all athletes comply with our house rules and the general climbing rules in our climbing hall ([House rule](#), [Safety](#)). Here is a list of the most important points:

HOUSE RULES:

1. **Discipline and behaviour:** Please note that we are a public climbing facility and not a private gym. We and our customers attach a great deal of importance to cleanliness and order. A lot of eyes are focused on top athletes in particular and they have a duty to behave as responsible role models. Please demand a certain level of discipline from your athletes in the climbing gym.
2. **Large backpacks and travel bags:** Please do not take any large backpacks or travel bags into the climbing hall. We just don't have the space for it. Limit yourself to the essentials.
3. **Changing:** Please change in the changing rooms and not in the climbing hall.
4. **Small backpacks and bags:** Please store your backpacks and bags in the compartments and shelves provided and do not leave them lying around in front of the shelves or scattered across the hall. With the number of visitors, a level of tidiness is required.
5. **Massage tables and chairs:** Our fragile safety floor is not suitable for setting up tables or chairs. Peak pressure loads can create holes in our floors! Please use the exercise area on the boulder mushroom for this.
6. **Bringing your own food:** In our bistro it is not permitted to consume your own food and drink. You are welcome to use our BD Lounge on the upper floor for this purpose.
7. **Shirts are compulsory and bare feet are not allowed:** Climbing without a shirt is not permitted indoors. For reasons of hygiene, you may not enter the bistro or the gym without a shirt or barefoot.

SAFETY:

1. **Warming-up and exercising:** Please do not do exercises or other warm-up programs below people who are climbing, there is a high risk of injury! Please use fall-free zones for this, e.g. our exercise area or the training course gallery on the upper floor.
2. **Do not sit around on the safety floor:** Please do not sit or lie around among other climbers. An unexpected fall or belay failure by another rope team can lead to serious, sometimes even fatal injuries for you or your athletes. Always look up!
3. **Drinking bottles and backpacks:** Please do not place drinking bottles or other hard objects in the climber's fall area or in the belayer's movement area. A climber falling on drinking bottles, belay devices or backpacks can be seriously injured or can damage our safety floor. Such obstacles represent a tripping hazard for those who are belaying! It's better to put backpacks on the shelves and drinking bottles close to the climbing wall where nobody can fall on them.
4. **Video cameras:** When positioning video cameras, please pay attention to fall-free zones and never stand below people who are climbing.