



# **USNWC Rules & Regulations**

## **Observe All Posted Signs And Warnings.**

### **Paddling Rules and Etiquette**

- We strongly recommend that all rafting participants **be at least 11 years old for intermediate rafting and 10 for beginner rafting.**
- Keep your hands on your paddle when riding the conveyor belt and never touch any aspect of the conveyor belt system.
- All participants must have a whitewater PFD and helmet while on the river.
- We strongly recommend that all persons engaging in any activity on the water should be able to swim
- No swimming is allowed in the whitewater channels.
- Upstream boaters ALWAYS have the right-of-way.
- Whenever paddling out of any eddy or merging into the main current, yield to others.
- Standard river etiquette applies at all times .
- Stay 50 feet away from the intake and outtake of the pumps .
- The Waiver and Assumption of Risk form must be signed for ANY guest to participate in any whitewater activity.
- If you see another boater struggling, please help or notify someone who can help.
- USNWC staff reserves the right to ask any participant to leave the premises .
- All boats are subject to approval by USNWC. Whitewater specific boats only. No Inflatables.
- Proper floatation is required in all kayaks and canoes..
- Bibs must be worn to paddle the whitewater.
- Boaters must return bibs to kayak check-in building within 10 minutes of completion of time slot or \$30 late fee applies.
- If you do not return the bib the unreturned bib fee is \$100.
- USNWC staff will require any boater without appropriate bib color to get off the water.

### **Climbing Rules and Etiquette**

- All climbers must check in prior to climbing.
- Do not climb without shoes. Socks must be worn with rental shoes and rental shoes are only to be worn in mulched areas.
- Always remain in control.
- No food or beverage or pets are allowed inside mulched areas. Please do not remove mulch from climbing area.
- Children under 14 must be accompanied by an adult at all times.
- Standing underneath climbers is dangerous. Avoid walking or standing between climbers and belayers.
- Do not swing on ropes.
- Please notify staff of loose holds. Only USNWC staff may add, tighten, or move climbing holds and bolts.
- Personal gear is subject to approval from USNWC climbing staff.
- Climber's check-in tags or wrist band must be visible to staff at all times.
- Remove rings, jewelry and objects from pockets and belts when climbing.
- Do not use steel bolt hangers as climbing holds.
- Avoid climbing with head below waist.
- All belayers must be checked out by USNWC climbing staff.
- Belayers must be anchored to the ground chains, and keep their brake hand on the rope at all times.
- Audible climbing commands must be used before each climb.
- Climbers and belayers must check each other's set-up before each climb.
- Climbers must stay within route to prevent pendulums.
- Un-roped climbers must yield to roped climbers at all times.
- Topping out is not allowed and spotters are strongly encouraged while bouldering.
- Climbing higher than your own height is prohibited when bouldering outside the designated bouldering area.
- Bikes and strollers are not allowed in the mulched areas for everyone's safety.
- Support your fellow climbers and take ownership in building the climbing community.

### **Biking/Trail Rules and Regulations**

- All riders and trail users use the trail at their own risk and are responsible for their own safety at all times.
- Trail users must remain observant of ever changing trail conditions and trail hazards that exist throughout the trail system.
- Trail users recognize that the trails are narrow, technical and considered very difficult and hazardous even for experienced users.
- Helmets must be worn and trail users must remain in control at all times.
- Trail users must ride only on the trails and ride only in the direction designated on the trail.
- Trail users are to always remain on the lookout for and yield to other trail users.
- Trail users must move off of the trail whenever stopping for any period of time and always allow others to pass.
- Trail users should always allow faster trail users to pass.
- All trail users must remain off of the trails when the trails are closed. Trail status is located at USNWC.org and the trail-head.

***ANYONE UNDER THE INFLUENCE OF ALCOHOL WILL NOT BE PERMITTED TO PARTICIPATE IN ANY ACTIVITIES***