

運動攀登安全指引
Safety instruction for Sport Climbing

1. 參加者必須在攀登前有充份熱身；
Participants must do warm up exercise before climbing.
2. 必須使用國際認可的攀登裝備，例如 UIAA 或 CE 標準；
Climbing equipment must certified by UIAA or CE.
3. 請穿著輕便運動服進行攀登活動；
Please wear casual wear when climbing.
4. 請勿穿著涼鞋或拖鞋進行攀登及防護活動；
Please do not wear sandals or slippers for climbing and belaying.
5. 參加者必須服從導師的指示及使用守則；
Participants must listen to the coach's instruction when climbing.
6. 避免穿帶飾物如戒指、手錶、頸鍊等；
Do not wear accessories i.e. rings, watches and neck-lace etc.
7. 所有初學者必須在教練指導下才可進行攀登活動；
Beginners must climb under the supervision and instruction of qualified coach.
8. 無防護措施下，嚴禁攀登超逾三米之高度；
Climbers are not allowed to climb higher than 3M height without belay device.