

Measures for climbers

1. Access only with reservation, so make a reservation in advance. Be on time, because we cannot let you in earlier or later. You are not allowed to stay longer than the reserved time; watch the time yourself. That way, we make sure everyone gets the chance to climb or boulder.
2. Stay home if you have symptoms related to the virus. Stay home if you have one of the following symptoms: common cold, runny nose, sneezing, sore throat, light cough or fever.
3. Stay home if someone in your household has a fever and/or stuffiness. Keep it safe for everyone, that way you don't accidentally make someone else ill.
4. Keep a minimum distance of 1.5 meters from other climbers and staff members of the climbing or boulder gym and follow the advice from staff members. If you don't comply with the rules, you can be denied access.
5. Get changed at home. The changing rooms and showers are closed. The doors to the toilets are open. You can wash your hands there.
6. Bring your own (liquid) magnesium with you. Potential transmission of virus particles via the holds is minimal on dry material, so make sure you have dry hands.
7. Bring your own material. Only use your own climbing gear, such as climbing shoes, magnesium and harness.
8. Toilet groups can be used by one person at a time. This ensures everyone keeps a safe distance. Don't wear climbing shoes to the toilet to keep your shoes and the holds clean.
9. Leave valuable possessions at home. That way, we prevent the transfer of items for safekeeping.
10. Avoid physical contact with other people. Don't shake hands, give a box or hug before or after climbing. Don't touch your face while climbing: wash your hands first.
11. Try to make reservations at the same time of the week as much as possible. That way we limit the number of people everyone encounters and we reduce the risk of spreading the virus.
12. Follow the general advice of the health authorities with regard to the minimising of the spread of COVID-19.

COVID-19 Partner check

The NKBV temporarily uses an adapted partner check in which you no longer grab each other's harness, knot, safebiner and belaying device, but check each other visually while you grab only your own harness, knot, safebiner and belaying device. The steps are translated below and shown in [this picture](#) by the NKBV.

Partner check Toprope climbing

1. The climber checks with hands and eyes if they are wearing their harness correctly and if it is tight enough. The belayer watches, checks and agrees;
2. The climber takes the binding-in knot (or carabiner) and checks with hands and eyes whether it is attached at the right loop of the harness. The belayer watches, checks and agrees;
3. The belayer checks with hands and eyes if they are wearing the harness correctly and if it is tight enough. The climber watches, checks and agrees;
4. The belayer checks with hands and eyes if the belaying device and the carabiner are attached at the right loop of the harness. The climber watches, checks and agrees;
5. Check the working of the belaying device together;
6. Check if you are both on the same rope, if the course of the rope is neat (not twisted or behind holds) and if there is a knot at the end of the rope;
7. All okay? You're ready to climb!

Partnercheck Lead climbing

1. The climber checks with hands and eyes if they are wearing their harness correctly and if it is tight enough. The belayer watches, checks and agrees;
2. The climber takes the binding-in knot (or carabiner) and checks with hands and eyes whether it is attached at the right loop of the harness. The belayer watches, checks and agrees;
3. The belayer checks with hands and eyes if they are wearing the harness correctly and if it is tight enough. The climber watches, checks and agrees;
4. The belayer checks with hands and eyes if the belaying device and the carabiner are attached at the right loop of the harness. The climber watches, checks and agrees;
5. Check the working of the belaying device together;
6. Check if the rope is lying neatly (not twisted, all tied up), if it is long enough and if there is a knot at the end of the rope;
7. All okay? You're ready to climb!