



TAKE YOUR CLIMBING TO THE NEXT LEVEL

Indoor rock climbing is a fun and safe sport for all ages. Climbing facilities provide a controlled, supervised environment, where novice through professional climbers can exercise in an enjoyable way.

The benefits from indoor climbing are many:

- ◆ Climbing exercise engages all muscle groups simultaneously, including balance, which is as important as raw strength.
- ◆ Climbing is also a “thinking challenge” - indoor climbers must figure out a workable sequence of moves to complete the route.

Contact Information

Email: outdoorrec.dafb@gmail.com
Phone:677-3959
DSN:445-3959
Commercial:302-677-3959
Fax:302-677-3085

 /DoverAFBOutdoorRecreation
www.doverfss.com



INDOOR ROCK CLIMBING WALL

Hours of Operation

Mon — Fri.....9:00 am — 4:00pm

Sat, Sun & Holidays.....Closed

Building 475

Dover Air Force Base

Phone: 302-677-3959

Effective Date: 1 January 2022



**The climbing wall may be used
for:**

**PT sessions — great for
unit cohesiveness,
birthday parties,
scout unit activities,
team building,
full body workout,
and so much more!**

Climbing Wall Rules and Regulations

1. Climbing is a dangerous sport. Customers who refuse to comply with all safety and climbing instructions must vacate the climbing area immediately. Repeat offenses may result in loss of climbing privileges.
2. All climbers must complete an annual "Release of Liability and Assumed Risks" form prior to climbing or bouldering.
3. All climbers need to sign in at the front desk and show their current Dover Outdoor Recreation Belay Qualification card before using the climbing wall.
4. Anyone under the age of 18 must be accompanied by a parent/legal guardian.
5. Bouldering is allowed per instruction of ODR Staff.
6. All climbers must weigh less than 250 pounds to safely climb the wall.
7. Anyone age 3 or older may climb, provided the climbing harness fits properly.
8. Clean, closed toe foot wear or climbing shoes are the only footwear authorized.
9. All climbers must wear a properly fitting harness and be tied into a climbing rope utilizing a retrace figure 8 knot or provided carabiners.
10. Customers may use their own climbing harnesses, after it has been inspected by ODR staff, provided it is serviceable and they can demonstrate how to properly wear and use it.
11. Personal carabiners and belay devices are not authorized for use.
12. All individuals wishing to belay must be 16 years of age or older and certified by an ODR staff member.
13. No outside food or beverages in the climbing area.



Climbing At Outdoor Recreation

- ◆ If your group has a Dover AFB Outdoor Recreation qualified belayer, climbing is allowed during normal business hours, at \$1.00 per hour.
- ◆ To obtain a belay qualification card, you must attend Dover Outdoor Recreation training and/or demonstrate correct belay technique to a qualified staff member. Cost for qualification card is \$5.00 per person any by appointment only.
- ◆ Participants that need Outdoor Recreation staff to belay during normal operating hours must make an appointment.
- ◆ Costs:
\$20.00 per hour for 1-6 climbers with one staff member
\$30.00 per hour for 7-12 climbers with two staff members
Each additional group of 1-6 climbers is \$15.00 per hour

Private Events

- ◆ Minimum 14-day advanced reservation required.
- ◆ Private functions/parties may only be held Mon-Fri 6 - 9pm, or Sat & Sun based on availability.
- ◆ When making a reservation there is a non-refundable \$15.00 registration fee to confirm the date/time — private events not to be held during normal operating hours
- ◆ Costs:
\$30.00 per hour for up to 6 climbers with one staff member
+\$15.00 per hour for each additional group of 1-6 climbers
*Please note: if you have any Dover AFB Outdoor Recreation Belay qualified members in your group, costs be adjusted depending on the number of additional staff members required.
- ◆ Sponsor is responsible for getting their guests on base for the event.
- ◆ Food is allowed, but must be approved in advance by ODR staff.

