

Safety, it's part of our NATURE

Rock climbing is not without its risks. In the great outdoors, preparation and prevention are the key to a safe and enjoyable experience. Put all the chances on your side; make safety your priority.

ROCK CLIMBING



BEFORE YOU GO

- ✓ Rock climbing requires technical skills. Before your first outing, take a course with an instructor certified by the Fédération québécoise de la montagne et de l'escalade (FQME) and invite experienced climbers to accompany you.
- ✓ Choose a climbing site that suits your technical level and experience, and those of your fellow climbers.
- ✓ Use the area's climbing guidebook and the park's official map in order to properly plan your outing.
- ✓ Check the weather and adjust your objectives accordingly. Do not climb if rain or thunderstorms are in the forecast.
- ✓ Dress appropriately for the season.
- ✓ Bring along the essentials: a means of communication, water and food, a headlamp, the climbing guidebook for the area, a first aid kit, and contingency supplies.
- ✓ Prepare your climbing equipment and make sure that everything is functional and in perfect condition. Climbing equipment should comply with UIAA standards.
- ✓ Inform a close friend about your outing and its duration. This person will be your guardian angel and can notify emergency services should you go missing.
- ✓ Understand the rules and regulations. Get a pass at the park entrance or online.
- ✓ It is recommended that at least one member of the group have a current first aid and CPR certificate.
- ✓ Solo climbing without equipment is prohibited by FQME regulation.

WHEN OUT CLIMBING

- ✓ Write down the emergency contact number and the procedure to follow when in areas without mobile phone coverage.
- ✓ Obey the signs, including those on the approach. Do not take shortcuts.
- ✓ Always wear a helmet, even when you're not climbing.
- ✓ Wear closed-toe shoes for the approach and when belaying.
- ✓ Inspect the routes for an unstable grip or a damaged or unsafe anchor.
- ✓ Respect your limits. Never underestimate the difficulty of a route.
- ✓ Be 100% attentive to your partners when belaying them. Make sure they do the same when it's your turn to climb.
- ✓ In bouldering, make sure you have an adequate landing surface (crash pad and sufficient space) and know how to spot your partners.
- ✓ Leave early enough to complete your activity before dark. Have the necessary equipment to remain safe after sunset in case of unforeseen circumstances.
- ✓ Conserve your energy by taking regular breaks. Use this time to eat and drink.

WHEN YOU RETURN

- ✓ Let your guardian angel know once you are back.
- ✓ Let park staff know of any breakage or potentially dangerous areas observed during your visit.

RECOMMENDED EQUIPMENT

- Climbing helmet and appropriate rock climbing equipment (UIAA)
- Closed-toe shoes for the approach and belaying
- Clothing suitable for the activity and season
- Warm coat for breaks
- Waterproof windbreaker
- Fully charged phone and a whistle
- Headlamp and extra batteries
- Climbing guidebook for the area
- A sufficient amount of water and food
- First aid kit
- Sunglasses and sunscreen
- Insect repellent
- Lighter
- Hand sanitizer
- Toilet paper
- Garbage bag