

Jefferson Parks & Recreation Department

Treadwall Policy and User Procedures

- Orientation with JPRD staff member required before use
 - Sign safety waiver (parent/guardian if under 18)
- Must be 18 years old to use unsupervised
- Staff supervision required if under 18
 - Designated youth climbing time provided weekly
- Safety mat must be in place prior to and during use at all times
- Only one climber allowed on unit at any one time
- Clean tennis/climbing shoes required
- No loose clothing or jewelry allowed
- Stay clear while unit is in use

Preparing/Using Treadwall

- Slide safety mat under unit before use
- Plug into wall (SE corner of gym)
- Adjust vertical position by using hand or foot lever (black knob/metal lever respectively)
- Adjust resistance/speed by rotating red knob
 - Righty-tighty=slower speed/more resistance
 - Lefty-loosy=faster speed/less resistance
- Make sure switch for "Auto-Stop" is flipped up for most users
 - "Continuous" setting for older/advanced users only
- Use "Reset" button as desired to zero out timer and distance counter

After Use

- Hit "Reset" button to clear counter
- Return wall to vertical position
- Tighten resistance/lock wall by turning red knob fully to right
- Unplug unit
- Fold and store mat behind unit