



## **Climbing Wall Manual**

**Venture Program  
The University of North Carolina at Charlotte  
Revised March 2008**

## Table of Contents

Introduction/Wall Construction .....	2
Purpose .....	3
Venture Vision/Mission Statement .....	3
General Guidelines .....	4
Climbing Wall Set up and Take Down .....	4-5
Wall Access.....	5
Contraindications for Participation .....	6
Climbing Wall Monitoring.....	6-7
Climber Approval Cards .....	6
Belay Tag .....	7
Wall Intro Workshop / Test.....	8
Belay Test Requirements .....	8
Safety Checks of the Wall.....	9
Wall Inspection Form.....	9
Equipment Requirements .....	9-10
Equipment Rental Fees .....	10
Equipment Strengths .....	11
Belaying and Climbing Procedures.....	11-12
Climbing Signals.....	13
Glossary of Terms .....	13
Staff Qualifications / Responsibilities.....	14-15
Wall Competencies .....	16
Route Setting.....	17
User Agreement Form.....	18
Venture Release and Hold Harmless Form .....	19
Emergency Protocol .....	20
Accident Incident Reporting .....	20
First Aid .....	20
Rescue Suggestions.....	21
Wall Intro Workshop Outline .....	22-23

## **Introduction**

For many students, the climbing wall will be one of the major experiences they have with the Venture program. It is a person-made challenge that emulates the experience of climbing on real rocks. Some individuals will use the wall to practice, prepare for and to stay in shape for climbing outdoors. Others may only ever climb on indoor manufactured walls. In either case, their experience on our wall should be safe, challenging and fun. Participants should be made aware that climbing on an indoor wall is very different from climbing outside on real rock cliffs and that they need additional training and experience to safely make the transition to climbing outdoors. Some of the differences include: weather, setting anchors, loose rock, impact of other people in the area, insects and animals, route finding, etc.

Students need time and encouragement to complete climbs in good style - not just rushed through. They must deal with the problems of height, agility, balance, strength and endurance, and various personal issues. Working through these issues will promote their personal development, confidence and joy. The staff should encourage experimentation, play and progress, not simply survival and getting to the top.

## **Wall Construction**

The climbing wall was designed jointly by Arête Climbing Systems with input from Venture staff. The wall was built during November of 1997. The company Arête Climbing Systems was based out of Auburn, CA. Arête meets and exceeds the CWIG (Climbing Wall Industry Group) standards for construction.

The wall was fully designed on site by experienced professionals. This is not a pre-fabricated wall; every feature (bulge, crack, roof, edge, slab, arête and chimney) was hand carved and formed on site. The natural features give the look and feel of real rock, but the wall also has numerous movable holds to give flexibility in route setting. The wall sports a natural rock texture and color reminiscent of the local North Carolina climbing areas. The wall seems granite in nature with quartzite veins similar to Yosemite climbing.

The wall ranges from 30-34 feet tall and 30 feet wide. The climbable surface area is 1,440 square feet. There are around 700 placements for holds; we have approximately 400 bolt-on holds. The brands of holds are Franklin, Metolius, Voodoo, Entre Prises, Pusher and Nicros. The wall also offers two cracks. One is perfect for fingers and hands; the other has some thin fingers and is slightly more overhanging, ending in a crescendo of beautiful fingers and hands in a dihedral. There is also a chimney offering some off-width body techniques.

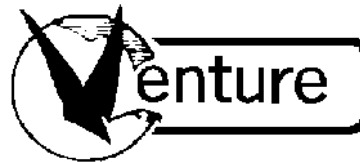
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<http://venture.uncc.edu>

The wall is in line with current climbing wall standards and adheres to the standards set forth by AEE (Association for Experiential Education). The Venture program is accredited by AEE.



### **Purpose**

1. "To demonstrate in the most stunning way of all that there is no limit to the effort [one] can demand of [oneself]"--Walter Bonatti.
2. To empower and challenge all participants to reach beyond their personal limits – physically, mentally and socially – resulting in increased self-confidence. (Carolina Adventures)
3. To experience making decisions involving risk and courage.
4. To promote trust and responsibility in self and belayer.
5. To have FUN!!



### **Venture Vision/Mission Statement**

The mission of the Venture program enhances the educational mission of the University of North Carolina at Charlotte.

Our ultimate commitment is to provide transformative experiences for individuals and groups through the judicious application of tailored challenges, support and reflection

### **Transformative group experiences using tailored challenges & guided reflection**

- We engage people in meaningful and challenging experiences to address individual, leadership, community and service issues.
- We strive to be a catalyst to increase the students' sense of self worth and personal responsibility.
- We provide opportunities for the development of leadership qualities through trainings and positions of responsibility.
- We design activities for small groups in which participants experience a sense of community, open communication and teamwork.
- We regard the development of stewardship for the earth as an inherent component of all we do. We promote awareness and sense of personal responsibility for preserving the natural environment.
- Through service, participants can actively contribute to their communities, while creating connections, learning compassion and developing character.

## General Guidelines

- Any use of the Climbing Wall by **non-Venture personnel** must be approved by the Venture Director (see Monitoring Procedures).
- During operating hours, **at least one qualified staff** must be present to run the wall (see Staff Qualifications).

## Climbing Wall Set-Up

1. Show your ID to enter the SAC at the ID Monitors Desk, go to the key box location. Swipe your ID card. Enter your personal pin number. Open the door and removed key ring #38. It has 4 keys to the: closet, curtain, corner items & entrance gate. Go upstairs and open the closet. If need to raise the basketball goal, the building manager's number is x72950 and the remote control number is A8.
2. Remove equipment storage box and the shoe organizer from closet. The second storage box contains rock holds, bolts, etc. and is to be removed only when necessary.
3. Unclip/unlock metal cables from cinder block wall and attach back to the curtain. Unclip both green ropes and attach to each other so that they hang freely. Switch on the two power sources to the curtain motor. Insert key into curtain motor. Before operating, be sure that: everyone is clear of the area, all clips are unattached & no objects are in the motor or cable spool area. Push the "Raise" button once. Be near the "Stop" button in case of problems. Keep hands away from all moving parts. Once raised, remove keys and turn off power.
4. Remove pads from Wall and set down on floor as a cushion for bouldering and rope stretch falls.
5. Set bolts for anchoring into the floor and girth hitch daisy chains into eye bolts. Starting left to right, set eyebolts (#1-#6). **Using two washers angle, each eyebolt spine appropriately towards belay bars so that NOT the face of the bolt but the thin side of bolt, is facing belay bar for that particular climb.**
6. Set up tables, chairs and boundary barriers/fences to mark off area. Organize informational flyers/handouts on table. Set up easels with posters. Set out sign-in sheet and card box.
7. Individually and hands-on, inspect each rope and record the results in the daily equipment log. Organize the ends of ropes by looping through daisy chains. Inform the Assistant Director for Programs of any unusual rope wear or damage.
8. Inventory & inspect equipment and log in book. Inspect the contents of the 1<sup>st</sup> Aid kit and restock with supplies if needed. Inform Assistant Director for Programs if anything is used other than Band Aids for minor scrapes.
9. The first staff member at the Wall will do a cursory inspection before participants begin to climb. Staff must assess the following potential problems and not hesitate to address the problems, or adjust, or discontinue the activity if necessary:
  - use of the adjoining basketball or volleyball court
  - ropes appear tampered with or worn, holds appear loose
  - time constraints- do not rush through because of tight scheduling  
**Time pressure is a leading cause of accidents**
  - participants not prepared mentally or physically

## Climbing Wall Take Down

1. Loop the ropes, tuck behind the pads as pads are standing up for tie down.
2. Insert key into curtain motor. Before operating, be sure that: everyone is clear of the area and that no objects are in the motor or cable spool area. Push the “Lower” button once. Be near the “Stop” button in case of problems. Remove key and turn off the two power sources. Attach the green ropes to eyebolts in the cinder block wall. Clip/lock the metal cables from the curtain to the cinder block wall.
3. Inventory the equipment and store in appropriate boxes. If any equipment is missing, leave a message for the Climbing Director as soon as possible. Log unusual rope wear on the rope log form. Organize climbing equipment and place in the operations box. Store in closet and lock door.
4. Take down the table, chairs and fences and put away in the corner.
5. Once a week, the assistant director will collect the money, receipts and # of climbers count. If large amount is collected of \$50 or more please inform the Assistant Director for Programs.
6. Using your ID card and personal pin number, return key ring #38 to the key box.
7. Report any issues, changes or needs to the Venture Director or Climbing Wall Director.

**Phone near Wall, located by women’s restroom: x 76970**

**Venture Assistant Director for Programs: x 73288**

**SAC building manager, radio: x 72950**

**UNC Charlotte Police: x 72200**

## Climbing Wall Access

To have access to climb the Venture Climbing Wall, all participants must be an Approved Climber and must have access to the SAC. In order to access the SAC participants must be either a UNC Charlotte student, a faculty or staff at UNC Charlotte who has the Basic Fitness Membership, an escorted guest of an UNC Charlotte student, or be a participant in a scheduled Venture Program with their name on a Venture roster.

The first time an individual comes to the wall to experience climbing, they must sign the waiver forms but there is no cost for equipment rental. A Venture staff or an approved climber may belay them. If the individual returns another night they will need to pay for the rental and should be suggested to sign up for the Intro to Climbing Workshop.

To become an Approved Climber, a participant:

- Must have either successfully completed a Wall Intro Workshop on class and passing the Belay Test
- Just take the Belay Test within the current semester or
- Participated in the EXER 1233 Introduction to Rock Climbing academic course that included a Belay Test during the current semester.

**This will include signing a Venture Climbing Wall Hold Harmless and User Agreement each semester.**

**All “approved climbers” have an updated card in the card box at the Wall. (See sample Approved Climbers Card.)**

**\*Staff have the right to deny access to the wall for any individuals whom they consider a safety risk to themselves or others.**

## Contraindications for Participation

Before the first time they use the wall, each participant should be asked whether they have any of the following conditions. If appropriate, limit access to the Wall for those who have contraindications for participation. Physician approval is required for participation for participants with any of these conditions:

### Contraindications for Participation

- High Blood Pressure (>145/90)
- Unstable cardiovascular or respiratory conditions
- Active back or joint problems (recent or recurring injuries)
- Post-partum (< 6 weeks since giving birth)
- Uncontrolled diabetes, epilepsy, or seizures

Staff should be aware that preliminary research indicates that psychological fear (i.e. fear of height) can accelerate an individual's heart rate as high as 180 beats per minute; this could strain a weak heart.

## Climbing Wall Monitoring

Monitor the Wall users; keeping the area safe and providing encouragement and support. If someone gets hurt or stuck, assist as necessary.

Staff should discuss with each new participant their ***climbing experience***, to judge whether to give them a Belay Test ***or*** refer them to take a Wall Intro Workshop. You might ask the following types of questions:

- Number of years of climbing experience & how recently they have climbed
- Level of climbing & type of climbing experience (indoor, traditional lead, sport, etc.)
- Proficiency in belay skills
- Experience in a climbing gym vs. outdoor climbing

**Check participants'** names on the sign in sheet, get signed Waivers and Agreement Form for current semester, and check the date of their last Belay Test on their Climber Approval Cards from the card box. Collect any money. Record the data, with participant numbers, in the log and file waivers. Have all participants register on the sign in sheet. Approved climbers should move their card to the front of the box. All new approved climbers need a card filled out on them and stored in the card file box. (See sample below)

<b>Climber Approval Cards</b>				
Name _____	ID Number _____			
Email _____	Emergency Contact _____			
Phone _____	Em. Contact Phone _____			
<b>Intro Class</b> Date _____ (first Prof. Test free after Intro. Class & belay practice time with a back-up)	<b>Proficiency Test:</b> (you <b>MUST</b> re-test each semester)			
	Trad w/	Trad w/o	pass / fail	date _____
<b>EXER Rock Class</b> Semester _____				
Venture Rock Trip      Date _____ Date _____	Trad w/	Trad w/o	pass / fail	date _____
<b>Venture Staff</b> Date _____	Trad w/	Trad w/o	pass / fail	date _____
<b>Venture Wall Staff</b> Date _____	Trad w/	Trad w/o	pass / fail	date _____
<b>Equipment Rentals:</b>				
Semester harness rental semester _____				
Semester harness rental semester _____	Trad w/	Trad w/o	pass / fail	date _____
Semester harness rental semester _____				
	Trad w/	Trad w/o	pass / fail	date _____

(if you fail 3 Prof. Tests, \$ applied to an Intro. Course in that semester)

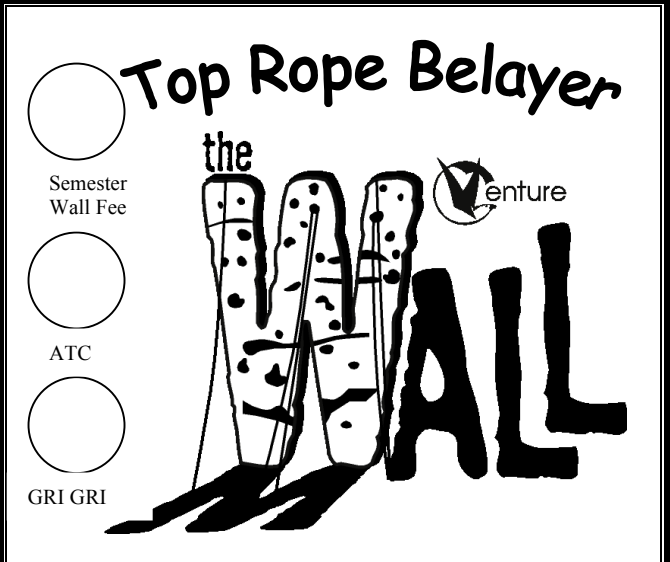
Have students **remove objects** from body that could lead to injury: specifically rings, loose bracelets, dangling necklaces and dangling ear rings. Encourage participants to remove hard or sharp objects from their pockets that could cause injury such as pens, pencils, keys, etc. Participants may want to remove watches.

If climber needs to **rent equipment**, record in the receipt book collect payment, and provide gear. When climber is ready to leave, collect gear, and spray the shoes.

At each climbing session, **each climber/belayer must be observed** by the Wall monitor. This is to insure that even if a person knew how to belay a month ago or a year ago, he/she hasn't forgotten the basics. The Wall monitor can approve a belayer for whom they have a high level of confidence, based on previous contact. If a person is seen with a **faulty belay** they should be corrected and the proper method briefly reviewed with them. If they are seen making another mistake, their belaying privileges will be suspended until they successfully complete another Belay Test.

### Belay Tag

Belay Tags are issued to participants who have paid the semester wall fee. Those who have passed the Belay Test, to provide a quick and easy visual identification of who can belay solo will have the appropriate color sticker on the tag. If a person does NOT have the appropriate color sticker on their belay tag they may NOT belay solo until they pass the Belay Test. Instruct that the belay tags get worn on the right side gear loop of their harness. Only the Senior and Instructor staff monitoring the wall may issue the belay tags. (See Sample Below)

<p>Climbing commands always initiated by the climber:</p> <p><b>ON BELAY?</b> -climber</p> <p><b>BELAY ON.</b> -belayer</p> <p><b>CLIMBING?</b> -climber</p> <p><b>CLIMB ON.</b> -belayer</p> <p>Once climber is on ground, finished climbing, the belayer states "<b>belay off</b>"</p> <p>Name:</p> <p>Instructor:</p> <p>Semester:</p>	 <p>The image shows a sample of a belay tag. It is a rectangular card with a black border. On the left side, there are three circles stacked vertically. The top circle is labeled 'Semester Wall Fee', the middle one 'ATC', and the bottom one 'GRI GRI'. To the right of these circles, the text 'Top Rope Belayer' is written in a large, bold, sans-serif font. Below this, the words 'the WALL' are written in a stylized, hand-drawn font. The word 'the' is small and positioned above the first 'W'. The word 'WALL' is large and bold. To the right of 'WALL', there is a logo for 'Venture' which consists of a stylized 'V' inside a circle with the word 'Venture' written next to it. The background of the tag is white with some faint, sketchy lines suggesting a climbing wall or ropes.</p>
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## Wall Intro Workshop / Tests

Participants of the **Wall Intro Workshop** must pre-register with the Assistant Director for Programs. The cost for this training is \$15.00. The workshop will last approximately 3 hours and will include instruction, practice belaying & knots, basic climbing techniques, climbing wall etiquette, climbing philosophy and information on the limits of this training., (see Course Outline.) Participants fill out an evaluation form afterwards. Participants must practice belaying and come back to the Wall another time to take a Belay Test (cost of Test is included). Participant **may not** take the belay test the same day they take the Wall Intro Workshop.

**\*\***Warning: Please warn participants again that no matter how long a lesson they've taken, that they are just at the beginning of the learning curve for rock climbing and should exercise caution and get as much instruction as they can. Indoor climbing is extremely different from outdoor climbing. The **Belay Test** will be offered when staff is able to both monitor the Wall and conduct these tests. The test takes around 10 minutes and consists of both a physical demonstration of competence and verbal explanation of belaying issues. (see Belay Test Requirements). There is no cost for the Belay Test but must be retaken each semester. If the individual does not pass the Belay Test, they may retake the test at no cost only one extra time. If they do not pass it a second time suggest that they take the Wall Intro Workshop or talk to the Assistant Director for Programs.

## Belay Test Requirements

All users must demonstrate the following skills before being allowed to use the Wall during open climbing sessions as an Approved Climber:

- Properly fit and wear a sit harness (tight enough, above hip bones, buckles double-backed)
- Tie into the harness with a figure eight follow through knot (must be properly dressed and backed up with half of a double fisherman's knot).
- The Figure eight needs to be approximately two inches of the harness and the keeper knot "back up knot" *must sit on top of the Figure eight knot*.
- When handed the rope, carabiners and belay device as separate pieces, participant is able to correctly set up to belay a climber. User should **attach belay device into harness into the belay loop** and belay a climber.
- The user **clips into ground anchor into belay loop** so there is no slack in the daisy chain.
- correctly feed rope through belay device and attach to harness with locked carabiner
- Performs climber-check-belayer communication system
- Uses correct verbal signals and can perform safe, effective belay without ever letting go of brake hand. Tested on the ground with staff holding onto the rope as if a climber is on it, by catching at least 3 test falls (once announced, one unannounced, with eye closed or averted, catch another fall) and tested with a live climber and staff as back-up to catch 3 falls mentioned above.
- Properly controls lowering of climber
- Demonstrate proper spotting technique for bouldering

## Safety Checks of the Wall

The first staff member at the Wall will do a visual inspection before participants begin to climb. (see Climbing Wall Set-Up)

- **daily:** check equipment storage area and report any missing gear to Assistant Director for Programs hands on and visual inspection of each of the ropes, visual impaction of hand holds, check wall, curtain, courts and surrounding area
- **weekly:** Brief the Assistant Director of Programs how the week went.
- **twice per semester:** check holds and tighten any loose ones (see below) and organize the equipment storage area
- **once per year:** wall inspection form

## Wall Inspection Form

Completed once per year by the Assistant Director for Programs with the help of the SAC staff. This form is kept on file in the Venture office.

1. Visually inspect the entire wall for cracks 1/8” or larger, which may indicate shifting of the wall. Visually inspect wall for stains (blood, dirt, etc.) and clean as appropriate.
2. Visually and by touch inspect the exposed portions of the belay bars, especially the welds. Inspect the wall near the belay bars, including the top of the wall above the bars.
3. Manually check with hands every hold and tighten loose ones. Brush holds and cracks free of concrete and chalk dust.
4. Inventory and inspect all equipment.
5. Visually inspect ground anchors & curtain equipment.
6. Check pads for any damage and clean.
7. Check that nuts are secure on belay bar bolts on back side of the wall.

## Equipment Requirements

Please help participants **take care of the equipment**. Do not allow anyone to step on, drag or rub liquids into any equipment. Inspect for thin, flat or soft spots, excessive wear, nicks or burrs. Report any excessive damage. Protect from abrasion points, sunlight, heat and petroleum-based or nylon-damaging substances. Use all equipment “lightly”.

\*Participants will use a provided **harness** or a harness that has been examined by the wall staff to determine its suitability.

### Identifying an acceptable harness:

- Harness is NOT older than 5 years.
  - Most year of harness tags can be found either stitched in leg loops or waist band.
- There is no fraying of webbing or stitching.
- Inspect the belay loop for any fraying and if in question deny the use of the harness.
- Clean and looks as if cared for.
- If questionable, provide Venture harness, and request it to be inspected by CORE staff with signature if approved for use.

Make sure the harness is locked by bringing the waist strap back through the front side of the buckle. **If using a harness with two loops for tying into, it is imperative that the climbing rope be tied into both loops.** Never tie the figure 8 knot directly into a belay loop. Personal harnesses must have leg loops, be tied according to manufacturer's directions and have no frayed or broken stitching.

Staff should be familiar with multiple designs.

- Harnesses should not be placed over bulky clothing that could pull out during the climb and result in a loosened harness
- Proper Adjustment: First tighten waist belt while leg loops are loose, then tighten leg loops
- Waist loop then needs to be double backed
- Leg loops should be back-threaded through buckle

A **chest harness** should be added to a participant whose body may not allow a sit harness to protect him/her properly. If a chest harness is used, the climbing rope will be run through a carabiner on the chest harness or be connected by a carabiner and a prusik to the chest harness.

Participants are encouraged to use a mechanical belay device (ATC) provided by Venture. Participants may use their own **mechanical belay devices** once it is approved by climbing wall staff. Other approved belay devices include: ATC, Tuber, Pyramid, Stitch Plate, Gri-Gri. Carabiner brake bars may not be used for belaying at the Venture Wall. **Use locking carabiners only.** The carabiner on all belay devices must go through the belay loop unless specified by the harness manufacture or belay device manufacture.

**Climbing shoes** or sneakers or light hiking boots are all appropriate footwear. Shoes that are dirty and trash up the floor or that leave tread prints on the rock can be banned from use. Bare foot climbing is not allowed. Open-toed sandals are not allowed and neither are heavy mountaineering boots or other hard soled shoes.

**Helmets** do not need to be worn however a helmet can be provided upon request at no charge.

Closed **chalk bags** are the only acceptable chalk allowed. Participants can bring their own chalk bags but these must be free of loose chalk. The rationale for this is that since our wall will not be cleaned by the occasional rain storm, it is our responsibility to keep the wall clean and to keep loose dust from the air (which can adversely affect other users of the facility).

## **Equipment Rental Fees**

Participants renting Venture gear must leave their ID card in exchange for the gear. The card will be returned upon return of equipment- or if equipment is not returned, upon payment. All equipment can be shared with other wall users. Participants can pay for rentals at the wall or at the Venture office. Wall staff should accept Venture receipts for payment.

- **Harness:** \$3.00 per session or \$10.00 per semester
- **Shoes:** \$2.00 per session or \$20 for the semester
- **Chalk bag:** no charge
- **Carabiners:** no charge
- **Helmet:** no charge

## Equipment Strengths

Knowing the strengths of the different types of equipment used at the wall is useful for your own comfort as a staff person and to be able to assure participants of the soundness of the safety systems. Memorizing exact numbers is not important, but it is helpful to have a ball park estimate of how strong materials are. By way of comparison, 2000 Lbs. roughly equals a ton. \*Lbf. is pounds of force. SWL is Safe Working Load.

ABC Harnesses	3500 - 4000 lbs.	
Aluminum locking carabiners	5500 lbs.	
Wall ropes	2113 lbs.*	(The figures provided are the
Floor anchors	4400 lbs.	minimum breaking strength or
Daisy chains	5000 lbs.	tensile strength. <b>SWL</b> is 20% of the
Belay bars <b>SWL</b>	4400 lbs.	strength.)

Climbing wall ropes are currently retired each year, at the beginning of each fall semester or more often as needed.

## Belaying and Climbing Procedures

### **Ratio Standards:**

For the indoor climbing wall, the standard ratio will be 1:12 for open climbing assuming the participants have all passed belay tests. The more common ratio in this situation will be 1:10 with the potential for 1:15 when conditions warrant (ex. in the credit rock climbing class after students have developed strong belaying skills). For climbing wall-training courses the ratio will be no greater than 1:7. If ratio continues to exceed staff to participant ratio inform the Assistant Director for Programs.

**Belay Check:** We use a belayer-check-climber and climber-check-belayer system before each climb. This includes checking each others':

- harnesses (that it is fitted correctly and buckle is backed-up correctly)
- figure eight knot (tied & dressed correctly in correct place with approved back-up knot)
- The Figure eight needs to be within two inches of the harness and the keeper knot must sit on top of the Figure eight knot.
- **\* belay device (threaded correctly, that the belay device is hooked into the harness into the belay loop and carabiner squeeze checks)**
- **\*anchor (standing tight against anchor, carabiner locked in front - on the harness's belay loop below the carabiner for the belay device.**

**An instructor monitoring the wall should check that these mutual checks are happening consistently.** If a participant seems confused by the system, the staff should monitor this team more closely. Generally monitor the belayers in action and if you see incorrect techniques, correct the problem and briefly review the proper method with them. If an individual is seen making another mistake, then their belaying privileges will be suspended until they successfully complete another Belay Test.

All **belayers will clip directly into the ground anchors** with daisy chain provided into the belay loop and will attach their belay device directly into their harness. **\*Belay devices and Anchor Carabiners are to be clipped into the harness belay loop.** Belaying in a sitting or laying down position is not permitted.

All **beginning belayers will have a Venture staff back up** for their first belay and whenever they lower the climber. For the second belay, the belayer may have a person who is belayed approved & who understands the backup technique, to “back up” the belayer. Participants will be taught how to second and the purpose of seconding (to hold the rope in the friction device in the event of an uncaught fall). More experienced climbers can be "checked-out" or approved to belay and lower without a second (note Belay Tags). If staff is not confident in belayer for solo, do not hesitate to deny them a Venture Belay Tag.

At the Wall Intro Workshop, before actually belaying a climb, belayers must "catch" at least three "falls". At least one of these practice catches should be done unannounced and with eyes closed or averted. The practice fallers should not attempt to put major stress on the belayer, especially for the first few "falls".

Climbers will not climb faster than their belayers ability to keep the belay rope secure. Though this is the climbers responsibility, the belayer should let them know when they need to slow down. A **climber's speed** should reflect good climbing technique.

Climbers should only start up a route such that will not interfere with other climbers on the wall. This may require waiting until the person on an adjacent route gets high enough to be out of the way. Climbers waiting **at the bottom of the wall** routes should be aware of climbers falling from above.

**Climbers will stay in line** with their chosen route. They will also stay below and in-line with their belay anchor to avoid a pendulum swing in a fall. **Climbers will not climb above or below others on the Wall.** Encourage belayers to communicate with their climbers.

Climbers **will not climb above their belay anchors** at the top. They should stay below and in-line with their anchor to avoid pendulum swing. They should not use or touch other belay anchors. Staff needs to make sure climbers follow these policies.

**Bouldering** on the wall can be done if the following procedures are followed: The boulderer must be spotted by someone who is using proper spotting technique.

**\*The boulderer's feet can not go above their spotter's shoulders.** The boulderer can not use sections of the wall where others are already climbing. This includes not climbing below someone else. **Roped climbers have first priority for using the wall.** Due to previous accidents, participants who boulder may not make horizontal dynamic moves. Staff should be aware of the floor mats placement during bouldering. (See bouldering curriculum)

**Spotting** is an active and dynamic process of protecting a person's upper torso (neck, head, and shoulders) should the person fall from a low height without a belay system. (See spotting techniques)

The structure of the wall is not capable of holding protection safely in place under force (the wall will chip away under point loading). **“Mock lead”** climbing is allowed with permission of the Assistant Director for Programs or Venture Director. The variety of cracks on the wall make excellent locations for teaching the placement of passive and active protection. Set the piece very carefully and **do not load**.

## Climbing Signals

Communication is a fundamental safety concern (verbal contract). The following are specific calls used in climbing and belaying. They should be called out clearly and loudly, as it is often hard to hear at the wall. Please use names to help identify climber/belayer partners.

"Up Rope": Called by the climber after he/she is tied in.

"That's Me": Called by the climber after rope is pulled tight by the belayer.

"On Belay?": Asked by climber.

"Belay's On": Response by belayer when belay is ready.

"Climbing?": Called by climber when he/she is ready to start climbing.

"Climb On": Answered by belayer when ready.

"Up Rope": Called by climber if slack develops; climber may need to slow down.

"Slack": Requested by climber, if needed. Belayer gives out 1 arms length per request.

"Falling!": Called by climber if he/she falls. Helpful to belayer, but not mandatory.

"Take me" or "Got me?": Requested by climber, when ready to be lowered.

"Off Belay?": Called by climber; terminates contract.

"Belay Off": Response from belayer.

"Rock!!": Used by anyone, as appropriate if anything falls from above.

## Glossary of Terms

**Belay:** French word meaning to secure on a rope. We use a sling-shot belay. A person is attached to one end of a rope which passes up through a top anchor and down to the belayer. The belayer secures the other end using a friction device while anchored to a ground anchor. This is the commonly used system in rock climbing.

**Kernmantle:** Refers to a type of rope construction consisting of two parts: the **kern** is an inner core made of synthetic fibers (most commonly perlon) which provides 85% of the rope's strength, and the **mantle** is an outer sheath that provides protection of the kern as well as 15% of the rope's strength. All the ropes used at the wall are of kernmantle construction.

**Carabiner:** Come in a wide variety of shapes colors, and materials. We use locking aluminum carabiners in most places around the wall. We use "D" shaped or Pear shaped carabiners.

**Bouldering:** Traversing the wall at a safe height (low to the ground). Bouldering is often used for skill building. The policy at the Venture climbing wall is that participants can boulder such that their feet go NO HIGHER than their spotter's shoulders.

**Spotting:** An active and dynamic process of protecting a person's upper torso (neck, head, and shoulders) should the person fall from a low height without a belay system.

## Information Sources

A great many rock climbing books are available in the Venture library. The most recommended are:

***Climbing: From Gym to Crag***, by Lewis & Cauthorn, ***Learning to Rock Climb***, by Michael Loughman, ***How to Rock Climb***, by John Long and ***How to Rock Climb Series- Knots for Climbers***, by Craig Luebben.

Climbing magazine are also available at the Venture office. Venture also has a collection of recreational and instructional climbing videos. Internet sites that can lead you to more information are:

GORP- <http://www.gorp.com/gorp/activity/climb.html>

The Climbing Archive- <http://www.dtek.chalmers.se/climbing/index.html>

American Mountain Guides Association- <http://www.amga.com>

More information about rock climbing can be obtained by taking the **academic EXER 1233 Rock Climbing class**. The class is available during Spring and Fall semesters.

## **Staff Qualifications**

A minimum of one staff meeting the following the Senior staff qualifications will be present when the wall is in operation. We will hire more staff as conditions warrant.

### **Apprentice Staff Qualifications**

- maintain an ongoing relationship with Venture (attended Voltage training and meetings or worked regularly as a Volt or at least stayed in touch during the previous semester.)
- participated as a student in Wall Intro Workshop and Belay Test
- posses basic competence for self sufficiency in rock climbing
- act as a positive role model participant at the Wall
- has read Wall staff manual
- current, standard First Aid and CPR certifications, or in the process of certifying
- solid belaying skills and knowledge with ability to monitor and test other belayers
- ability to introduce equipment and check that participants are properly suited-up
- ability to brief participants on safety procedures, policies and rules
- empathic, accepting, and supportive of participant's emotions - fears and doubts
- knowledge of routes and levels of difficulty on wall
- attended the Venture Climbing Wall Staff Training for this current semester.
- is able to be “on-call” and assist the Supervising staff with belaying if needed.

### **Responsibilities**

- talk and interact with each participant
- work as a team player with other staff
- help with set up and take down procedures
- checking that participants are following safety rules

### **Instructor Staff Qualifications** (in addition to all those listed for apprentice staff)

- at least 1 semester previous climbing experience with Venture or with other program
- at least 1 year previous, personal climbing experience, indoors and outside
- at least 1 semester previous work experience at Venture Wall, as an Apprentice staff
- ability to test belayers to ensure they know and can follow safe belaying procedures
- climbing skills to be able to assist with any type of crisis or rescue that might arise
- exceptional belay skills to be able to teach and monitor others and provide the safest belay to customers
- able to supervise and coach participants
- effective teaching skills and demonstrated ability to teach climbing
- knowledge of how to set up wall prior to use and secure wall after use
- participated in at least one Wall rescue simulation
- recommend that attend the Voltage Group Dynamics training, a TC Training weekend, the Wilderness experience class or other opportunities focusing on increasing people skills
- attended the Venture Climbing Wall Staff Training for this current semester

### **Responsibilities**

- teaching Wall Introductory Classes
- teach and/or belay customers during custom Wall programs
- assist first staff with the overall management of the total group situation and help provide for the welfare of the entire group

- work towards level of first staff

**Senior Staff (Wall Monitor) Qualifications** (in addition to all those listed for instructor & apprentice staff)

- at least 1 semester previous experience as Venture Wall Instructor
- at least 1 year previous, personal climbing experience, indoors and outside
- strong climbing experience to be able to explain why our policies are appropriate even though they may differ from common practices by other climbers
- solid working knowledge of rope systems: belays, rappels, rescues and prusik
- comfortable ascending the wall at any point quickly, while on belay
- demonstrated ability to safely initiate and conduct a technical lower
- solid leadership skills - able to manage groups effectively
- good observation skills - able to focus on entire wall
- exceptional belay skills – error free belaying, teach belaying, anticipate problems in other’s belaying, monitor many belayers at one time
- demonstrated leadership and judgment
- assertiveness - able to enforce policies
- able to supervise and coach other staff in the performance of their duties
- understanding of our climbing philosophy and ability to coach participants appropriately
- participated as staff in several simulations each semester
- demonstrated ability to manage the total group situation and provide for the welfare of the entire group
- demonstrated good judgment and maturity consistent with responsibilities

**Responsibilities**

- As the only staff at the wall, open, monitor, administer tests, and close the wall

**Examples of appropriate level of skills:**

Ability to tie all appropriate knots, choose appropriate routes, perfect belay using mechanical and body belay techniques, set up belays and other safety systems, can respond to various client problems/situations, perform rescues, confidence in moving over wall while using a safety system, knowledge of climbing techniques, terminology and equipment, etc.

We try to hire staff members that in addition to having the above skills and qualities, can also serve as positive role models for our students. This includes a commitment to hiring a **diverse staff** including women and members of minority groups.

**Staff Conduct**

It is expected that staff will not be under the influence of drugs or alcohol while working at the wall. This includes not having the smell of drugs or alcohol on their person.

Staff may not open the wall for personal use.

Staff are expected to **arrive at least 20 minutes early** to set up the wall and **stay 20 minutes after** wall operating hours to close the wall. Staff may climb on the wall while they are working, as time and number of participants allow. At least one staff person should be on the ground during operating hours to effectively manage the area and handle any emergencies.

## Wall Staff Competencies

Students working at the wall are expected to complete the Venture Indoor Climbing Wall Competencies to verify they are checked off and trained in the responsibilities of each of the positions at the wall in order to qualify for the Senior Staff position. A sample of the competencies is below, for the full version, please ask any of the Venture Professional Staff.

<b>Apprentice Qualifications</b>	Volt Initials & Date	Senior Staff Initials & Date	CORE Initials & Date
Has received and read the Climbing Wall Manual			
Maintain an ongoing relationship with Venture (Attends Voltage trainings / meetings or works regularly as a Volt)			
Participated as a student in Venture Climbing Wall Intro Workshop			
Act as an active positive role model participant at the wall, engages and encourages bystanders to try the wall			
Is able to assist a new participant with risk management forms and rental fees			
Has basic understanding of climbing equipment: ropes, cordage, carabiners, harnesses, belay devices and helmets, can inspect these for appropriateness of use.			

<b>Instructor Qualifications</b> (in addition to all those listed for apprentice staff)	Volt Initials & Date	Senior Staff Initials & Date	CORE Initials & Date
Has significant experience as an apprentice at our indoor wall or experience working as Climbing staff elsewhere. If other programs, where?: _____.			
Has solid belaying skills and knowledge with ability to monitor participants whose style of belaying may differ from Ventures.			
Can teach the appropriate usage of climbing equipment : ropes, cordage, carabiners, harnesses, belay devices and helmets.			
Able to <u>test</u> belayers using traditional device to ensure they know and can follow safe belaying procedures.			
Able to <u>test</u> participants' knots needed at the wall and ensure they are properly dressed knots.			
Is able to effectively & comfortably teach the 3 hour Intro to Climbing Wall Workshop.			

<b>Senior Qualifications</b> (in addition to all those listed for instructor and apprentice staff)	Volt Initials & Date	Senior Staff Initials & Date	CORE Initials & Date
Standard First Aid and CPR Certification. (copies in VOLT notebook)			
Able to explain why our climbing wall policies are appropriate even though they may differ from common practices by other climbers or climbing places.			
Is able to enforce all policies of Venture and SAC that are related to the wall.			
Has good observation skills - able to focus on entire wall as well as details needed for responsibilities as first staff. i.e. risk management paper work, rental fee / receipt keeping etc.			
Able to supervise and coach fellow WALL staff in the performance of their duties,			
Demonstrated ability to safely initiate and conduct a technical lower.			

## Route Setting Manual

Routes on the wall may be marked by tape or by the color of the holds.

It is important that the overall positioning of holds provides opportunities for success on some part of the wall for people of all climbing ability. Each rope should have an easy route, as well as a harder route. Named and rated routes can be logged in the route guidebook. Interested climbers can request placement of specific holds in specific locations. **Only wall staff can change holds- improper technique can damage climbing holds, as well as permanently damage the wall itself.**

\*\* Please cut tape into strips that are 3 inches or smaller, and consider the point of view of the climber as they travel the route when placing tape.

### **The Route Log Book:**

In order to name a route/climb, you must have climbed it. Ratings are subjective and based on the judgment of the route setter. Staff can set any route they want, but keep in mind that we have two distinct user populations: experienced climbers and novice climbers. Be sure that the wall represents opportunities for both groups of climbers.

At the beginning of each semester, during Wall Inspection, all tape may be removed and a majority of the holds taken down, rotated or reset. Staff can set new routes at any time during the semester during normal Wall operating hours. Routes could be updated/retired at any time during the semester, with the staff that set the route's permission.

The ideal method is to set a route while climbing, with a belayer. This will give you a better understanding of the movements and techniques required by the climber. During Wall Inspection, the scissors lift may be used to remove and replace holds. Only in situations where no belayer is available is it suggested to self belay with a prusik.

It is very important to fit bolts to holds correctly. THERE ARE TWO DIFFERENT TYPES OF BOLTS. Further training on this topic will be covered in the Wall Staff Training. All holds should be inspected while setting a route. Any hold with a crack that bisects the entire hold should be discarded to the Assistant Director for Programs. Any other cracks in a hold should be cause to consider replacing it with another hold. Holds with small or partial cracks could be placed near the floor, in a bouldering route.

**Spinners or loose holds:** If a loose hold is detected while a participant is climbing, staff should attempt to retighten immediately when climber finishes that climb IF able to do so. If unable to immediately, attempt to do it before closing curtain. If still unable to tighten or remove the hold, "X" it with tape and notify the Assistant Director for Programs the next day.

Bouldering routes must follow the rules for bouldering and should not exceed 12 feet in height. Bouldering routes, in general, traverse the Wall. Remember, the person bouldering, feet may not exceed that of the spotter so consideration should be made when setting up a route.

**Supplies** that you will need from the maintenance box may include: WD-40, toothbrush, wrenches, tape, a variety of bolts, a tray of holds, Route Log Book, etc.

# Venture Climbing Wall User Agreement

Climbing is inherently dangerous. **Climbing on an indoor wall is very different from climbing outside** on real rock and you need additional training and experience to safely make the transition to climbing outdoors. You are responsible for your own actions.

To have **access** to the Venture climbing wall, participants must get on the list of approved climbers by:

- 1) successfully completing a Wall introductory course within the current semester.
- 2) successfully completing a Wall belay test during the current semester.

This will include signing a Venture Climbing Wall Waiver and this User Agreement form.

## User Policies

At each climbing session, each climber must be **approved** to climb/belay by the climbing staff monitor. Climbers are encouraged to **stretch** and loosen/warm up prior to climbing.

**Harness:** Participants will use an approved harness that must be approved by the climbing wall staff.

**Belay device:** Participants are encouraged to use Venture provided ATC. Other mechanical belay devices can be used if approved by climbing wall staff.

**Shoes:** Climbing shoes or sneakers or light hiking boots are all appropriate footwear. Shoes that are dirty and trash up the floor or that leave tread prints on the rock can be banned from use. Bare foot climbing, open-toed sandals and heavy mountaineering boots or other hard soled shoes are all prohibited.

**Helmets** do not need to be worn, but can be provided at no additional charge.

**Chalk:** Bison balls are the only acceptable chalk allowed. Chalk bags with loose chalk in them are prohibited because the chalk will interfere with other users of the SAC facility.

**Shirts** must be worn at all times.

Remove **objects from body and pockets** that could lead to injury (especially rings and large earrings.)

Participants will be **responsible for equipment** signed-out to them. **Don't step on the ropes.**

**Belay Check:** All climbers must use a belayer-check-climber and climber-check-belayer system before each climb. This includes checking each others':

- harnesses (that it is fitted correctly and buckle is backed-up correctly),
- figure eight knot (tied & dressed correctly to correct place with approved back-up knot),
- belay device (threaded correctly - including a hands on test by pulling on climber's end of the rope),
- and anchor (standing tight against it and carabiner locked to appropriately place on harness).

## Use approved Climbing Calls

"On belay?, Belay on, Climbing?, Climb, Up rope, Tension, Slack, Falling, Take!" or "Got Me

**Climber speed:** Climbers will not climb faster than their belayers ability to keep the belay rope secure. Though this is the climber's responsibility, the belayer should let them know if they need to slow down.

**Stay on line:** Climbers will stay below and in-line with their belay anchor to avoid a pendulum swing in a fall. Climbers will not climb directly above or below others on the wall.

**The top:** Climbers will not climb above their belay anchors.

**Lowering:** Belayers will need a belay second when lowering until approved to lower on their own.

**Bouldering** on the wall can be done if spotted by another person. Non-rope climbers should not go above their spotters shoulders and not use sections of the wall where others are already climbing. This includes not climbing below someone else. Roped climbers have first priority for using the wall.

**Lead Climbing** is not allowed since the structure of the wall is not capable of holding protection safely.

**Food and drink** are not allowed within the designated climbing area (roped boundary area).

There are a **limited number** of people that can safely be monitored at the wall. You may need to wait outside the wall area until a space opens up.

Climbing Wall Staff have right to **deny access** to the wall for any individuals whom they consider a safety risk to themselves or others. Climbing Wall Staff have the authority to set and enforce policies they deem necessary at the wall.

I have read and agree to the preceding policies and procedures.

---

Signature

Printed Name

Date

University of North Carolina at Charlotte-Venture Climbing Wall  
**VENTURE PROGRAM RELEASE AND HOLD HARMLESS AGREEMENT**

THIS IS A LEGAL DOCUMENT WHICH INCLUDES A RELEASE OF LIABILITY.  
READ IT CAREFULLY BEFORE SIGNING.

**200\_\_ (Fall or Spring) Semester**

1. I understand and accept that the Venture Climbing Wall exposes me to many risks. Some of the risks which may be present or occur include, but are not limited to:
  - the hazards of ascending or descending steep terrain, including the potential of falling and hitting rocks, walls, holds, the ground or other people;
  - using harnesses, ropes, carabiners, and other climbing equipment;
  - rope burn and abrasions from contact with rough climbing surfaces;
  - injuries and strain to joints or extremities from insertion in cracks or around holds;
  - man-made objects falling from above including but not limited to ropes, carabiners, other climbing gear, climbing holds, bolts, personal gear;
  - other people falling upon or against you;
  - the physical exertion associated with this activity.
2. This Venture Activity is not a university requirement. I have freely chosen to participate. I hereby assume the risks associated with this Venture Activity.
3. I understand that this activity may subject me to rigorous physical exertion. I hereby state that I am in sufficient physical condition to accept a rigorous level of physical activity. If my health condition changes, such that at a later time at the Venture Climbing Wall I am not sure if I am in sufficient physical condition to accept the rigorous level of physical activity that the wall demands, I will so inform the staff at the climbing wall of this.

**Contraindications for Participation**

Physician approval is required for participation for participants with any of these contraindications:

- High Blood Pressure (>145/90)
- Unstable cardiovascular or respiratory condition
- Active back or joint problems (recent or recurring injuries)
- Post-partum (<6 weeks since giving birth)
- Uncontrolled diabetes, epilepsy or seizures

4. IN CONSIDERATION OF AND AS PART PAYMENT FOR THE OPPORTUNITY TO PARTICIPATE IN THIS ACTIVITY, I HAVE AND DO HEREBY RELEASE AND WILL HOLD HARMLESS THE UNIVERSITY OF NORTH CAROLINA AT CHARLOTTE AND ALL ITS OFFICERS, EMPLOYEES AND AGENTS, FROM ANY AND ALL LIABILITY, ACTIONS, CAUSES OF ACTION, DEBTS, CLAIMS AND DEMANDS OF EVERY KIND AND NATURE WHATSOEVER, AND SPECIFICALLY INCLUDING ANY CLAIM FOR NEGLIGENCE OR NEGLIGENT ACTS, WHICH I NOW HAVE OR WHICH MAY ARISE OUT OF OR IN CONNECTION WITH MY TRIP OR PARTICIPATION IN THIS ACTIVITY. THE TERMS HEREOF SHALL SERVE AS A RELEASE, INDEMNIFICATION, AND ASSUMPTION OF RISK FOR MY HEIRS, EXECUTORS, AND ADMINISTRATORS AND FOR ALL MEMBERS OF MY FAMILY, INCLUDING ANY MINORS ACCOMPANYING ME.
5. Prior to signing this document, I have had an adequate opportunity to read and understand it, have had an opportunity to ask questions about it, and my questions have been answered to my satisfaction.

Participant:

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Date

**Photo Release:**

I give permission to be photographed and permission for the photograph to be published by the Venture Program at UNC Charlotte for promotional purposes only.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## CLIMBING WALL EMERGENCY PROTOCOL

In the event of a serious accident or emergency at the Wall, the **Senior Wall Monitor** will take charge of the situation and direct others to ensure that the following steps are implemented:

1. Staff nearest the victim: assess the condition of the victim immediately.
  - a. In all cases, lower immediately
  - b. If back injury cannot be ruled out, put hands on stable on the head ASAP and do as little movement of the spine as possible
2. **STOP EVERYONE** where they are; demand total attention; ask everyone to come down from the wall and no one should start a climb until given the okay.
3. Wall staff:
  - a. Send someone to call campus police - **dial 911 for emergency** or 72200 for non emergency. The location of the phone is around the corner on the left side of the wall by the women's restroom. Tell dispatcher there has been an accident at Venture Climbing Wall in the Student Activity Center, if appropriate: tell them an ambulance is needed and why (advanced or basic life support). Have them contact the SAC Building Manager.
  - b. Assist with lower and then render necessary first aid: have someone record information on Field Accident Information form continue attending to victim until relieved by a more qualified person
4. Once victim is stable, manage the other participants keeping them occupied and calm - remove them from the accident area.
5. A university employee should accompany the victim to the hospital.
6. ASAP, staff should record details of the incident on an Accident Report form. In the case of a serious accident, notify the SAC Building Manager and the Assistant Director for Programs immediately.

### Accident/Incident Reporting

An accident/incident report will be filed any time an injury or "near miss" occurs at the wall. Near miss is any situation that could have potentially caused a serious injury.

It is crucial that staff **report any accident or incident** to the Senior staff person of the day, so that the situation can be recorded and learned from by all staff members. The Senior staff will write up the situation within 48 hours and turn it in to the Assistant Director for Programs or other full-time Venture CORE staff.

These are kept on file in the Venture office and reported the Wilderness Risk Managers Database.

### First Aid

The wall **first aid kit** is kept in the operations box and should always be at hand during operating hours. Please report any use of supplies to the Venture office. Inspect its contents before each wall opening.

If someone bleeds on the wall, they need to come down and have the wound covered. The **blood on the wall** needs to be sprayed with bleach. If there is blood on a rope, the rope needs to be taken down, that portion with blood needs to be washed with soap and water and the rope removed from use for at least 12 hours. The person cleaning the rope needs to wear latex gloves.

## **Rescue Suggestions**

- Calm person down, get them comfortable/secure, help them to help themselves
- Vector pulls
- Belay takeovers- staff person takes over belayer's job
- Staff on belay climbs up and clips participant to themselves or into a new belay rope

If the **fire alarms** sound in the SAC, stop every person and get their attention. Safely bring each climber down off the wall. If appropriate, move all equipment to storage box. Staff and participants calmly proceed to the nearest exit.

## **Wall Training Notes:**

## **WALL INTRO WORKSHOP Outline**

Maximum Attendance: 4

Class Length: 3 hours

Fee: \$15

### **Introductions/Names (5 min.)**

Purpose of the night, to learn to belay.

### **History and Philosophy of Rock Climbing (10 min.)**

Purpose, why we climb

Brief history, evolution of indoor climbing

Indoor vs. outdoor, Indoor climbing is *extremely* different from outdoor climbing. Pro's Con's of each.

Limitations of instruction time

### **Preparation (2 min.)**

Remove jewelry, objects in pockets

Contraindications for participation

- High Blood Pressure (>145/90)
- Unstable cardiovascular or respiratory conditions
- Active back or joint problems (recent or recurring injuries)
- Post-partum (< 6 weeks since giving birth)
- Uncontrolled diabetes, epilepsy, or seizures

Forms and paperwork

### **Equipment Overview (5 min.)**

Terminology, use, care (harness, belay device, carabiners, ropes, anchors)

### **Putting on Harness (10 min.)**

Waist belt, logo right side up

Doubling back buckles

### **Knot Tying (20 min.)**

Figure 8, figure 8 follow through, 1/2 double fisherman's as back-up

Why tie these knots?

Figure 8 knot to be tied 2 inches from harness with backup knot right not top of it.

### **Belay Demonstration (10 min.)**

Includes having a belay second, doing belay-check-climber checks, signals

### **Belay Instruction and Practice (30 min.)**

On ground using a mock climber

Required to catch at least 3 falls, one unexpected & one eyes closed

Instructions on frequent belay errors, how to avoid them

### **Stretching techniques -Warm Up / warm down (5 min.)**

### **Spotting Techniques/Bouldering (5 min.)**

Demonstrate bouldering and proper spotting on the wall

## **Bouldering Curriculum:**

Bouldering is explained and demonstrated at the climbing wall for the purpose of improving technique and working on different types of moves. Bouldering may also be used as form of warm up before climbing on a roped climb.

### **Purpose**

To work on new techniques and to warm up before climbing on a roped climb

### **Spotting**

Breaking the fall, it is preventing the skull and spine of the climber from hitting the ground: protecting and stabilizing the head, neck and shoulders, rather than catching the climber

- Legs spread one in front of the other
- Torso facing the rock with arms up, elbows bent, and thumbs in
- 100% focus on protecting the climbers head, neck, and back
- Two spotters per climber
- 

### **Bouldering Height**

There is no climbing allowed above the spotters shoulders!!

### **Stretching**

Brief demonstration of proper stretching techniques

### **Safety Considerations**

Rings and other jewelry off, having a spotter, making sure the crash mats are in place, awareness of spotter to climber ratio, clearing area of debris or equipment.

### **Basic Climbing Techniques (5 min.)**

Elements of balance- weight over feet, 3 points of contact, smooth movements

Elements of physiology- use skeleton, use legs over arms, relax grip

Elements of psychology- breathe, plan your route, visualize success

### **Belay & Climbing Practice (30 min.)**

Participants climb, belay and belay second, staff monitor and advise

### **Wall User Policies (5 min.)**

Review wall rules, ask for questions

### **More Belay & Climbing Practice (25 min.)**

Catch practice falls, using a real climber and staff as a back-up

Catch at least 3 falls, one unexpected & one eyes closed

### **Individual Belay Tests (20 min.)**

They must practice belaying and return another day to test, no charge

**Evaluation Form** of instructor teaching the course (5 min.) (See sample on next page)

