

Ben Cromer
Adventure Center
Climbing & Portable
Initiatives Guide



CLIMBING

General Climbing Policies

Everyone who uses the Ben Cromer Adventure Center must complete an Adventure Center Waiver Form. Those under age 18 must have their parent complete their waiver. Belaying is limited to those age 13 and older. There is no charge for the top rope belay test. To belay for top-rope, you must first pass the top-rope belay test while using a passive belay device such as an ATC. To climb or belay for sport leading, you must pass the lead test which requires climbing and belaying on lead. Only “lead instructors” are permitted to give a lead test and certify climbers for lead climbing. There is to be no barefoot climbing. Shirts are required at all times. Glass bottles and food are prohibited from the two climbing areas. Water bottles may be taken into the two climbing areas.

Discipline

We will not go into a full discourse on discipline, but a few words maybe helpful in your understanding of your role as a facilitator/instructor. The bottom line is, **you are responsible for the safety and well being of your group.** As a result of your responsibility, you have the right to stop any group or individual from any unsafe activity. If you have a group or individual that is totally uncooperative and is acting in a manner that could either be harmful to themselves or any other individual, you have the right (and responsibility) to stop the behavior and if necessary ban the person from the rest of the days activities or even stop the entire group and cut the scheduled time short. We would rather refund a group part of their payment for services we did not complete than have to deal with the results of an unnecessary accident and/or injury.

One other brief tidbit on discipline. **Don't say it if you are not willing (or able) to back it up.** The easiest way to lose credibility with a group is to make threats and then never follow up.

Instructor/Facilitator Checklist

Before Group Arrives

- A. Establish expectations and goals for the experience with the group leader.
- B. Formulate a tentative activity agenda sequence based on the expectations & goals.
- C. Review manual for details of planned activities.
- D. Review emergency response procedures.
- E. Secure first aid kit, necessary keys, on site activity report form and a clipboard and pen or pencil.
- F. Complete safety checks of the equipment and facility.
- G. If you are planning to use the DVD's as part of your instruction, make sure the equipment is working properly and that the needed DVD's are in the DVD player.
- H. If you are planning to use the back room for top rope climbing or rappelling make sure that the fans are turned on (to help with either heating or cooling) and adjust the thermostat on the wall for proper room temperature. It does not hurt for the fans to stay on even after your group leaves.
- I. If you are planning to use the back room for top rope climbing or rappelling, make sure the computer is turned on and that the database is open and ready to add or check for belay activity.
- J. If you are planning to use the bouldering room, make sure the area around the bouldering walls are cleared of any obstructions and that you have the materials ready to do any of your planned activities.



Time With the Group

- A. Reaffirm established expectations and goals with the group leader.
- B. Finalize decision for activities and sequences based on the following factors:
 - Time Constraints

26-50 hours - intermediate level
51-100 hours - journeyman level
101 hours or more - advanced level

Belay Check Policy

A belay test must be passed prior to use of any ropes or belay systems at the Ben Cromer Adventure Center. The minimum requirement to take the Belay Check is indicated below:

1. Minimum age 13
2. Previous belaying experience, or
3. Completion of a Level I Belay Certification Class or other professional instruction or

To pass the belay certification test, you must demonstrate proficiency and competency with the following skills:

1. Tying the rope to your harness correctly with a figure-8 follow through knot.
2. Setting up a passive belay system (using ATC or similar device) from your harness.
3. Demonstrate proficient rope handling with the belay.
4. Use proper verbal belay signals.

Once the Belay Check is passed, the belayer shall have their digital picture taken for the adventure center database unless a digital picture is already available. The database will then indicate the date the belay check was passed and the name of the instructor issuing the certification. ***You are personally liable when you sign off on a belayer so make sure they know their stuff.*** A wrist band will be given to the certified belayer and he/she will be issued a locking carabiner and an ATC belay device for use during that climbing period.

When a previously "certified belayer" requests to be able to belay during a climbing session, the database should be checked to verify that the photo matches the belayer and that they are still certified. If it has been more than a year since their certification, the facilitator in charge of that climbing session shall do a quick belay check and, if satisfied, "reinstate" the belayers certification status. Make sure to log in the belayer's usage on the database and again give them a wristband that will help serve as a visual verification of who is belay certified. Belay certification is valid for one year at the Adventure Center.

An Introduction

The new Ben Cromer Adventure Center lends itself very well to teaching the basics of rock climbing and also is a great introduction to sport climbing. The inside of the Adventure Center is divided into three different and distinct areas. The first area is the front office area that contains the check-in area, bathrooms, adventure equipment storage, and the treadwall. The second area is the bouldering room. The bouldering room is 30' x 45' with 12' high side walls. This room has setups for "off the wall" activities, portable initiatives and bouldering (non-rope climbing). The final room is 30' x 45' with 24' high side walls. This room is designed for top roped climbing and also has the resources for teaching rappelling and lead climbing. Many groups will use the Adventure Center for bouldering and never even bother to do any top roped climbing. Plenty of challenge exists in the bouldering area to keep even the hard core climbers humble.

It is important to understand what your group wants from the climbing experience to help you to structure their time. This section of the manual will give you a wide variety of climbing and climbing related activities to choose from. Enjoy yourself! Remember, this is all supposed to be fun.

Types of Climbing

There are three basic types of rock climbing: 1) free-climbing, 2) artificial or aid climbing, and 3) soloing or free-soloing. Free climbing is what is primarily done in Jumonville's adventure programs.

Free-climbing is climbing without the use of technology to ascend the rock. Climbing is only done with our bodies; ropes and hardware are only for safety. In regular rock climbing, bouldering

different life experiences, different processing patterns, different comfort levels. To push someone beyond their comfort level or their limit, can cause as much harm as not challenging them at all. With this in mind, challenge must be viewed as a choice...Choose to Challenge, if you will, yourself. Encourage the participant to push themselves beyond their comfort level to the place of learning but still allow the freedom to set their own limits. Ask, "Is this your best effort?"

Misc. Things to know

1. Clothes should be loose fitting so they do not restrict movement.
2. If you do not have regular climbing shoes, tennis shoes are best for most types of climbing. Jumonville does provide some climbing shoes for use in the adventure center.
3. When climbing, always keep three points of contact. (ie. two feet and one hand or two hands and one foot.)
4. Do not put your knees on the rock or use your knees to climb with. It is very hard on the knees and also does not lend well to proper climbing. Put your foot there! This not normally an issue in indoor climbing but it can be in outdoor climbing because of the prevalence of rock ledges at outdoor crags.
5. Have another climber check your equipment to see that it is correctly attached before beginning a climb or rappel. Most accidents occur from careless mistakes.

CLIMBING - "Off the Wall" Activities With Blocks

Equipment:

The floor of the Adventure Center, several dozen square wolmanized blocks 6" or 4" square) with through bolts.

Activities with Blocks in Rows Configuration

- **ROWS** (row configuration)

Walk from block to block with right foot on right row and left foot on left row.

- **ROWS BEND DOWN** (row configuration)

Take two steps, then squat and bend down to touch the floor. Move two more spaces then bend down to touch the floor again. Continue through the traverse this way.

- **SQUAT ROWS** (row configuration)

Walk from block to block with right foot on right row and left foot on left row while in the squat position.

- **ROWS CROSSING** (row configuration)

Walk with the right foot on the holds of the left row and the left foot on the holds of the right row. For each step the leg must cross in front of the body. It is best to pivot, turning the feet and hips before stepping. Have climbers move through this exercise slowly to experience weight shifting throughout the entire body.

- **BACKWARDS ROWS** (row configuration)

Walk from block to block backwards keeping each foot in its respective row.

- **ROW SKIPPER** (row configuration)

Climbers will line up as in the regular Row activity, but each time they step they will try to skip one block. The second time through skip two blocks and so on until they you get to a point that is not reasonable to skip.

- **BLINDFOLD ROWS** (row configuration)

Climbers will walk from block to block with right foot on right row and left foot on left row



Variation: Play the game using foot holds only. The climber has to follow only the foot hold commands and any hand hold is fair game. Another variation is to point to hand holds only and any foot hold is fair game.

Add On

Purpose: Traverse the wall by repeating and adding onto each other's moves.

Activity: Divide your group into groups of three. Have each group decide who will be the first climber on the wall, who will be second and who will be third.

- The first climber gets on the wall and does three moves (three distinct new hand and foot variations.) After the third move, the first climber steps off the wall and the second climber gets on the wall.
- The second climber repeats the moves of the first climber, plus adds one additional move after which he/she steps off the wall.
- The third climber gets on the wall, repeats the moves of the climbers one and two, and then also adds one additional move.

This routine continues until the entire length of the wall has been traversed. If a climber at any point in time cannot complete the series, simply have that climber step down and have the next climber in line try. Encourage the climber who missed on his/her original attempt to try again when it is his/her turn. Climbers who are not climbing can help the climber on the wall remember what the previous moves have been.

Twister

Purpose: To have the climbers follow specific climbing directions.

Activity: Start by having all the climbers mount the climbing wall with adequate intervals of space between them. The facilitator will give the commands. The facilitator uses the "twister board" and spins to determine the climber's next move. Climbers follow the moves until they can no longer stay on the wall. Last climber on the wall is the winner.

Simon Sez...

Purpose: To have the climbers listen intently while following the climbing directions.

Activity: Start by having three climbers mount the climbing wall with adequate intervals of space between them. The instructor will give the commands.

Rules: Movement on the wall is only permissible when the words "Simon Sez" precede the command. (ie. "Simon sez move one hand hold to the left.") With this appropriate lead, the climbers collectively move one hand hold to the left.

If a command is given without the lead statement of "Simon Sez" and a person moves (hand or foot), he/she is asked to step down from the wall.

This is an excellent activity to teach listening and thinking skills. Climbers must listen critically to avoid the tendency to move without permission. Additionally, this game helps develop skills in "space awareness" and "change of direction" when climbing.

Climb by the Number/Letter

Materials Needed: Sets of numbers or letters on the wall set to make climbing routes

Purpose: Each climber will be asked to complete a climb that follows a number sequence. The numbers are for the hands and the feet may go anywhere on the wall. Each hold needs to be touched for successful completion of the movement.

Variation: Use letters rather than numbers