



# Bouldering Program

## Camp Counsellor Instructions

### Camper Instructions:

1. Gather all campers in a semi circle facing away from the wall
2. Explain to camper the following:
  - Fitting your helmet
  - Staying Safe while Bouldering (Below)
  - Spotting (Knees bent, Arms Up)
3. Get all campers to shake their helmets (If applicable), and show you their spotting position
4. Face the wall and explain to camper the following, with a visual demonstration:
  - Spotting commands
  - **TWO SPOTTERS PER CLIMBER**
  - Spotter are there to protect the neck, spine and head
  - Mounting the wall
  - Dismounting the wall
5. Get campers into groups of 3-5
6. When Instructed, get campers to choose a side of the wall and begin (Make sure their following all rules, or else you can close the activity)

### Summary:

**The Program:** Introductory Bouldering

**Section Specific?:** Cubs and Up

**Program Time:** 1.5 Hours

**Location:** Bouldering Wall

**Equipment:**

1. Instruction Sheet
2. Climbing Helmets
3. Mats

### Set Up Instructions:

1. Set up mats around the wall
2. Place helmets in a semi circle facing away from the wall, fit helmets.
3. Explain to campers all the safety tips for bouldering
4. Visually demonstrate to campers how to get onto the wall
  - Spotter Ready (Yes)
  - Can I Climb (Climb On)
5. Demonstrate appropriate dismount

### Staying Safe:

1. Always listen to **THE COUNSELLOR** – They will maintain safety throughout the activity
2. **KNOW THE SPOTTING COMMANDS**
  - Spotter Ready (Yes)
  - Can I Climb (Climb On)
  - Spotter Ready to Dismount (Yes)
3. Always have **TWO** spotter to a climber
4. **SPOTTERS: Always be vigilant of the climber**
5. If you ever feel uncomfortable, yell for a counsellor

**Note:** Look at Safety Notes for additional insights

***Be Safe, Have Fun!***

### Safety Notes:

- All participants must have closed toed and supportive heel shoes with socks
- Participants must have a trained Camp Woods staff instructor present
- All participants climbing must have two spotters at all times, spotters must have participated in spotting training
- The top of the wall should not be climbed onto or sat on
- Any loose holds should be reported to the camp staff and not used for climbing
- Please check the ground before climbing, and remove any debris/obstacles that could be in the way of the spotter or the climber