

Climb On! Everything You Need to Know to Bring Climbing to Your Facility
Presented by Everlast Climbing

CLIMB ON!

Everything you need to know to bring a climbing wall to your facility




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Presentation Overview

- Why Climbing?
- Benefits of Climbing
- Choosing the Right Wall
- Types of Climbing Walls
- Installation
- Safety & Risk Management
- Planning Steps
- Climbing Wall Activities
- Assessment
- Questions?



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Learning Objectives

- Learn why climbing is a great addition to any physical education program.
- Discover how rock climbing builds physical, social and emotional skills.
- Receive guidance for acquiring a climbing wall, including an overview of wall types, planning steps and safety protocols.
- Be introduced to a variety of dynamic climbing wall activities.

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Warm-Up Questions

- What grade level(s) do you teach?
- What is your level of understanding about climbing?
- What key learnings do you hope to achieve?



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Why Climbing?


- Benefits all learning domains
- Moderate-to-vigorous physical activity
- Differentiated for youth of varying ages, abilities & fitness levels
- Aligns with National Standards and Grade-Level Outcomes for K-12 Physical Education
- Alternative to traditional team sports



"The best thing about our wall is that every child can feel good about their ability."
-Kathy Bratcher, H.C. Storm School, Batavia, IL

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Rock Climbing Impacts All Learning Domains



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graph TD; A((Psychomotor Domain)) <--> B((ROCK CLIMBING)); B <--> C((Affective Domain)); B <--> D((Cognitive Domain));
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Benefits: Psychomotor Domain

- Muscle Endurance
- Strength
- Flexibility
- Body Awareness
- Motor Skill Development
- Coordination and Balance
- Cardiovascular Endurance

"Our kids get a great workout without even knowing it."
-Joey Downs, Bardstow Primary School, Bardstow, NY



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Benefits: Affective Domain

- Virtue Development
 - Courage
 - Confidence
 - Patience
 - Perseverance
 - Awareness of Others
- Positive Risk Taking
- Following Rules
- Cooperation & Teamwork
- Trust Building
- Leadership

"Cooperation, teamwork, trust and cardiovascular endurance are just a few of the benefits."
-Paul Ackley, Royal Oaks Elementary School, Sun Prairie, WI

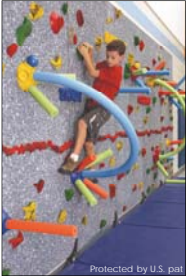


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Benefits: Cognitive Domain

- Problem Solving
- Planning
- Spatial Awareness
- Communication
- Brain Benefits
- Focus & Concentration
- Cross-Curricular Opportunities

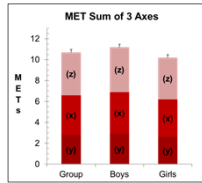
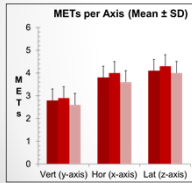
"Children are using all of their muscles, including their brains."
-Gina Harrington, Pride & Joy Child Care, Henrietta, NY



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Why Rock Climbing?

- Research supports rock climbing as a moderate-to-vigorous physical activity



Light = 1-3 METs
Moderate = 3-6 METs
Vigorous = 6-9 METs
Very Vigorous = ≥ 9 METs

Group
Boys
Girls

Why Rock Climbing?

- It can be differentiated for youth of varying ages, abilities and fitness levels



Why Rock Climbing?

- Ages 3 and up



Why Rock Climbing?

- Adaptive Climbing



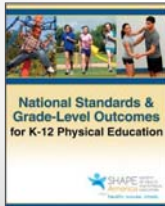
Why Rock Climbing?

- Different activities keep the climbing wall interesting and challenging for all levels



Why Rock Climbing?

- Aligns with National Standards and Grade-Level Outcomes



- Standard 1:** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
- Standard 2:** The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
- Standard 3:** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
- Standard 4:** The physically literate individual exhibits responsible personal and social behavior that respects self and others.
- Standard 5:** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

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Why Rock Climbing?

- Alternative to traditional team sports
- Lifetime sport

THE GOAL

The goal of physical education is to develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity.

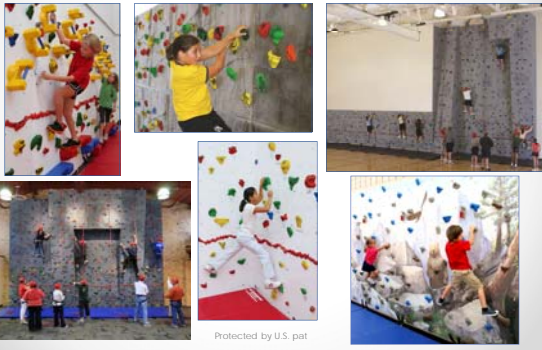
To pursue a lifetime of healthful physical activity, a physically literate individual:

- Has learned the skills necessary to participate in a variety of physical activities.
- Knows the implications and the benefits of involvement in various types of physical activities.
- Participates regularly in physical activity.
- Is physically fit.
- Values physical activity and its contributions to a healthful lifestyle.

"Many students who aren't athletic in other areas are successful on the rock wall!"

- Corey Sciutto, Physical Educator & Coach
Fremont Intermediate School, Mundelein, IL

Choosing the Right Wall



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Traverse Walls

- Climb horizontally, versus up and down
- 6-10 feet high
- No ropes or harnesses required
- Less technical
- Ages 3 years and up
- Variety of panel surfaces and panel styles

"My students can't get enough of the rock wall; they want to use it every day."

-Amy Bertrand, Laura Wilder Elementary School, Sioux Falls, SD




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Anatomy of a Traverse Wall

- Wall surface
- Hand Hold
- Red-Relief Line®
- Safety Surfacing
- Accessories & Resources



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Traverse Walls



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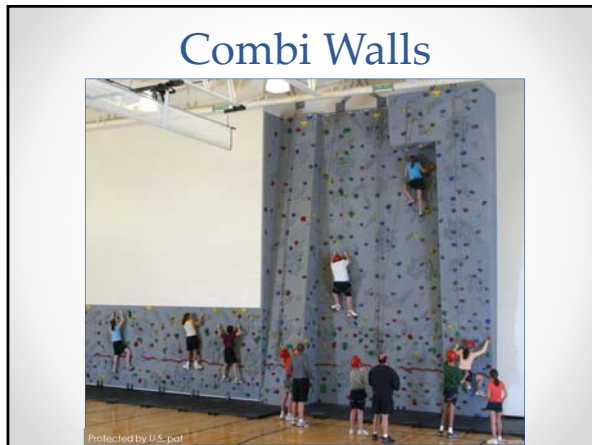
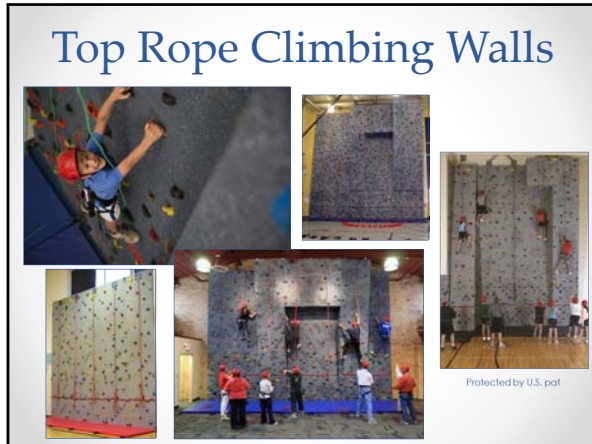
Top Rope Climbing Walls

- Climb vertically
- 20-45 feet high
- Belay safety system
- Required training
- Equipment
- Increased supervision
- For climbers ages 10 years and up



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"Another amazing benefit of climbing is the amount of teamwork that takes place on the wall."
-Tim McCord, Titusville Area School District, Titusville, PA



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Climbing Wall Installation

- Traverse Walls built to CWA standards
- Top Rope Walls built with stamped engineering plans
- Customized to meet needs, budget and space




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CWA CLIMBING WALL ASSOCIATION

Safety Surfacing

- 6-foot fall zone
- 2- or 3-inch mats
- Attach to base of climbing wall



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Wall Closure

- Deter unauthorized and unsupervised use
- Protrusion Protection



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Training

- On-Site Staff Training
- Training Required for Top Rope Walls
- Train the trainer model available
- Student training



Other Safety Features & Operation

- Climbing Wall Rules
- Signage - Duty to Notify
- Climbing Zone Designation
- Classroom Management



Ongoing Maintenance

- Safety, Care & Maintenance Manual
- Inspection of panels, mats, hand holds, equipment
- Ongoing staff training




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Planning Steps

1. Administrative "Buy In"
2. Insurance Approval
3. Installation
4. Site Considerations
5. Budget and Quotes
6. Develop Funding Plan
7. Work Funding Plan
8. Achieve Success
9. Order
10. Staff training
11. Programming

The best activity I have implemented in our Physical Education program.
Randall ZBley, Lisbon Community School, Lisbon, ME



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Traverse Wall Activities









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"The kids love the wall and the different activities that can be done makes it very justifiable to the program."
- Steve Wendell, Gibbon Elementary School, Gibbon, NE

Climbing Wall Twister.


The outcome of a spinner determines where climbers go in this climbing wall version of the classic game.

Materials needed: 2 spinners (assembly required)
Grouping: Up to 12 students

Activity: Divide the climbing wall in half using tape. Divide the group in half and have them spread out on their half of the climbing wall. Two people are needed to spin the spinner. As they spin, they call out the action that should be done by the climbers. For example, "Left foot on green hold" or "right hand on red hold." If a hand or foot is already on the color indicated by the spinner, the climber should still move it.

Note: If a move is unsafe, it should not be completed. Also, do not allow climbers to come into contact with one another or get twisted, as in the original game.

Requires great problem solving skills!



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Climbing Wall Scrabble

Climbers traverse to find letters to spell words.

Materials needed: Letters and words

Grouping: Partners

Activity: Prepare a list of words, preferably related to a current course of study. Also prepare letters and write or place them on the climbing wall, depending on the wall surface. As climbers climb, they point to the required letters from the wall to spell their word. Once the word is spelled, the partners switch roles.



Combines movement and learning!

Climber's Spider Web

Climbers create interesting patterns as they traverse while unraveling a ball of yarn.

Materials needed: Ball of yarn

Grouping: Partners

Activity: One partner holds the ball of yarn while the other climbs the wall with the loose end of yarn. The non-climber follows the climber as he/she moves around on the climbing wall, letting out needed yarn. The climber creates interesting shapes with the yarn by wrapping it around hand holds and connecting to other holds. Creative, but safe, movement is encouraged.



Bring some creativity to climbing!

Hula-Hoop Haven

Teams of climbers traverse the wall with arms linked through hula-hoops

Materials needed: Hula-hoops

Grouping: Teams of 2-4 people

Activity: A team of climbers must use problem solving skills and teamwork to make their way across the climbing wall with one arm linked to a hula-hoop that is also linked to one or more partners. Fun variations of this activity include limiting the time or challenging them to complete it without talking!



Involves teamwork and problem solving!

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Assessment

- Many options: Goal-setting & tracking, journaling, rubrics, observations, self-assessment, etc.
- Cross-curricular activities provide opportunities to link to Common Core Standards





Questions?



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Blog & Social Media



Learn
Educational Climbing Blog
Specialties and Instructional Resources
Self Training
Climbing Wall Activities
Climbing Wall Funding
Traverse Wall Route Plans

Educational Climbing Blog
Everlast Climbing Partners with Creator of Dynamic Fun to Expand Learning Opportunities on Climbing Walls

The Power of Physical Education & Fitness Challenges by Luke Gerninger

Rock Climbing Brings Fun and Fitness to PE Program by Matt Barrows

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