



SKILLZBOARD

Getting Started GUIDE

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| Table of Contents |

1. **Skillzboard**

Board Legend

Included Hardware

Recommended Accessories

2. **Chockboard**

Board Legend

Suggested Uses

Pinch Block

Hangboard

3. **Setup Methods**

Over the Door + Chockboard

Setting the Fast Straps

Inside

Vehicle door**

The Tree Hugger

Pull-Up Bar + Misc

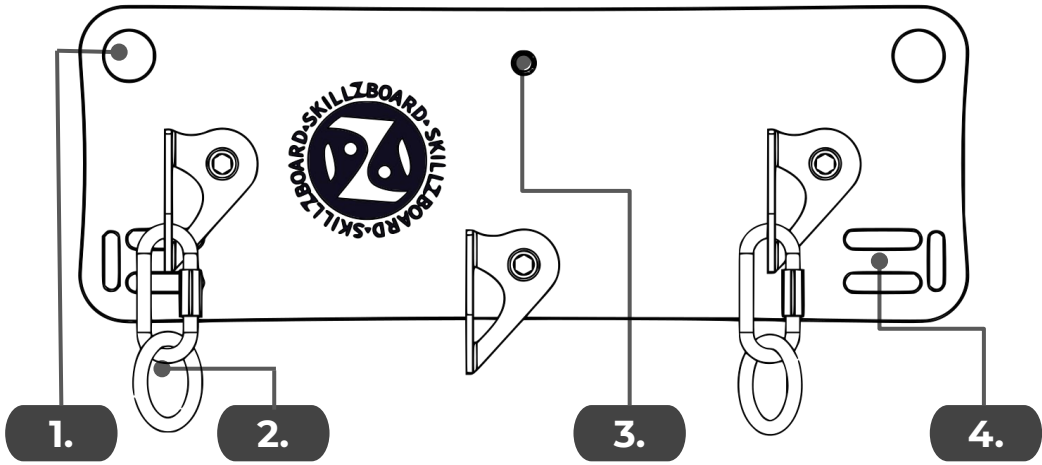
General Setup

Vertical Setup

Suggested uses

4. Climbing Skills + Recommended Reading

| Getting Started | the SKILLZBOARD



1. Hanging Attachment Points

Use the Tree Hugger, Fast Straps, cordelette, or webbing to hang the Skillzboard using your method of choice

2. Bolt-Hanger Assembly (see next page)

3. Bolt Holes

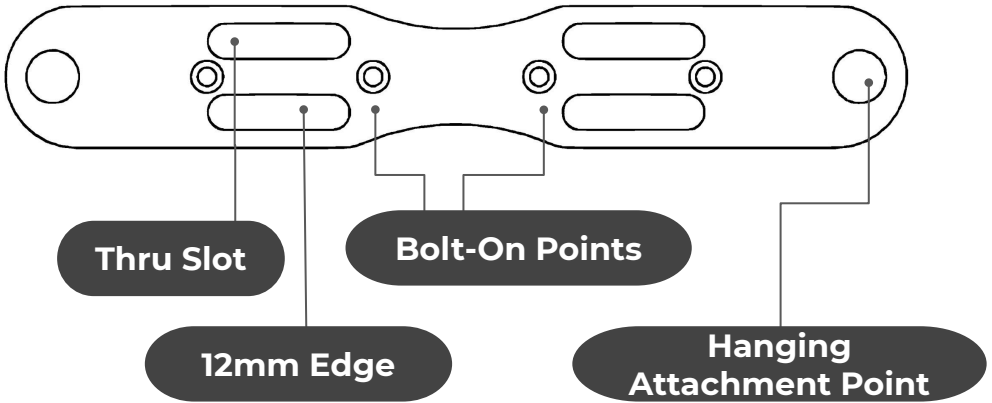
The $\frac{3}{8}$ " t-nuts act as the mounting point for the bolt-hanger assembly. To change the orientation of the hangars, unscrew the bolt and move the hanger assembly

4. Webbing Slots

Thread a bight of webbing through these slots to use the Skillzboard in the Over-The-Door configuration- either with the Fast Straps or Tree Hugger

*****Skillzboard is tested to safely hold 425lbs, or two people*****

| Getting Started | the CHOCKBOARD



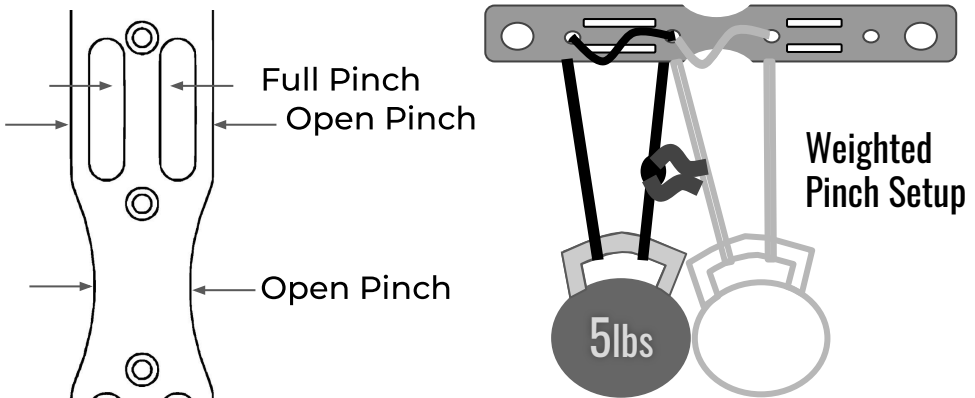
Configurations:

The Chockboard can be used for the following:

- Over-The-Door Mounting
- Bolt-On Fingerboard
- Standalone Fingerboard
- Pinch Block

Pinch Block

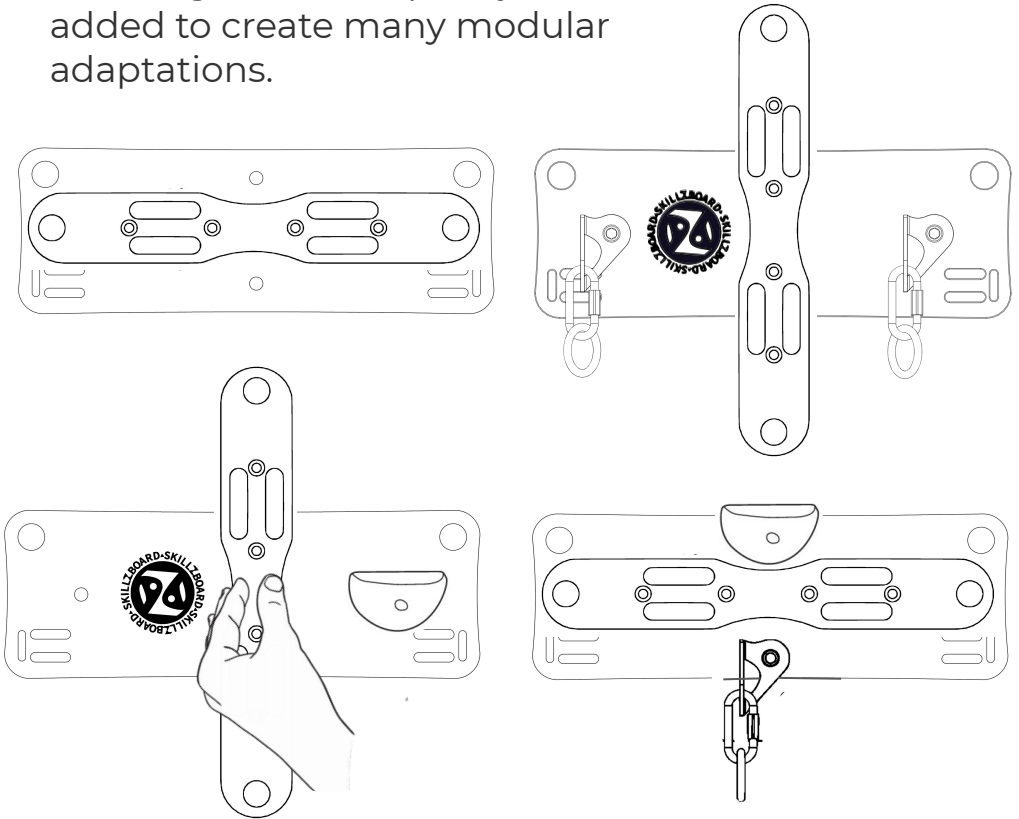
A little cordelette and some weights, and you've got three pinches designed to train open and closed grips, either one or two handed.



| Getting Started | the CHOCKBOARD

Bolt-On Fingerboard

Use $\frac{3}{8}$ bolts to attach the Chockboard directly onto the Skillboard in two orientations. Additionally, climbing holds and pulleys can be added to create many modular adaptations.

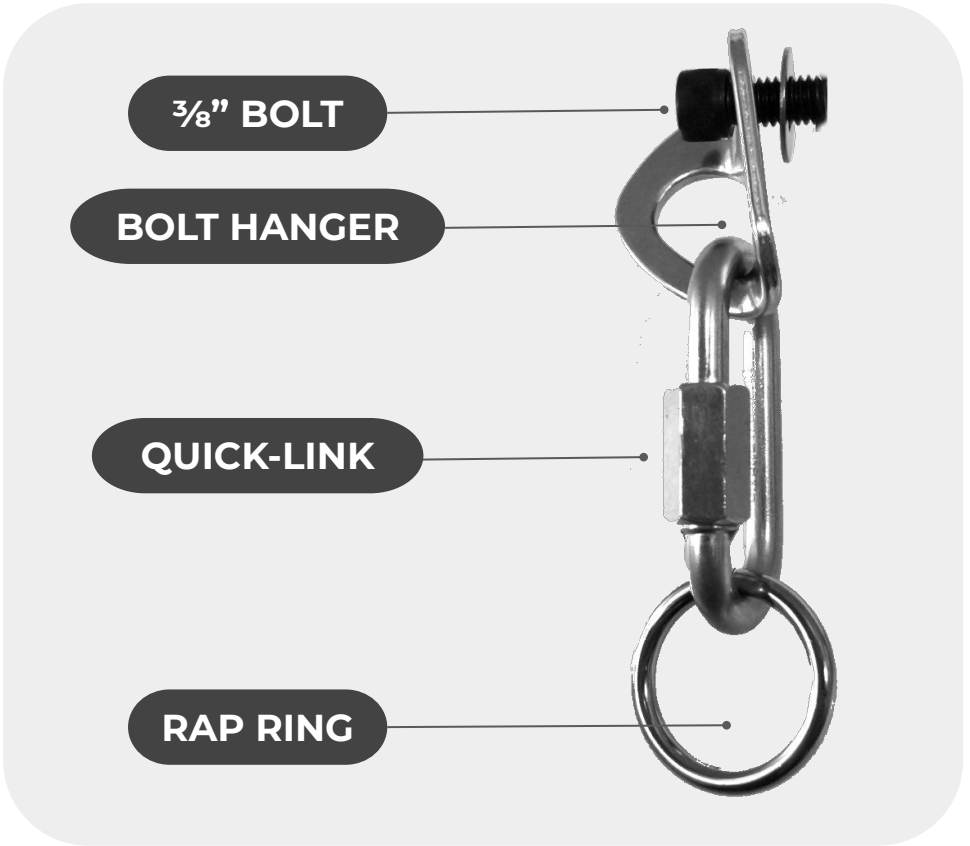


Pulley Kit

Hang a pulley kit off the bottom hangar to reduce the resistance, or weight, that you exert on each grip during your *CHOCKBOARD* workout. You can train difficult grip positions even if you can't hang your full body weight from them. Adjusting resistance is an excellent way to manage and measure progression, and correct choice of resistance reduces the chance of injury while maximizing gains.

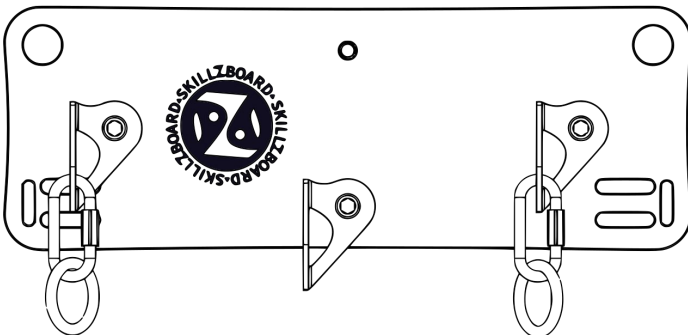
| Getting Started |

FIXED PROTECTION



BOLTS

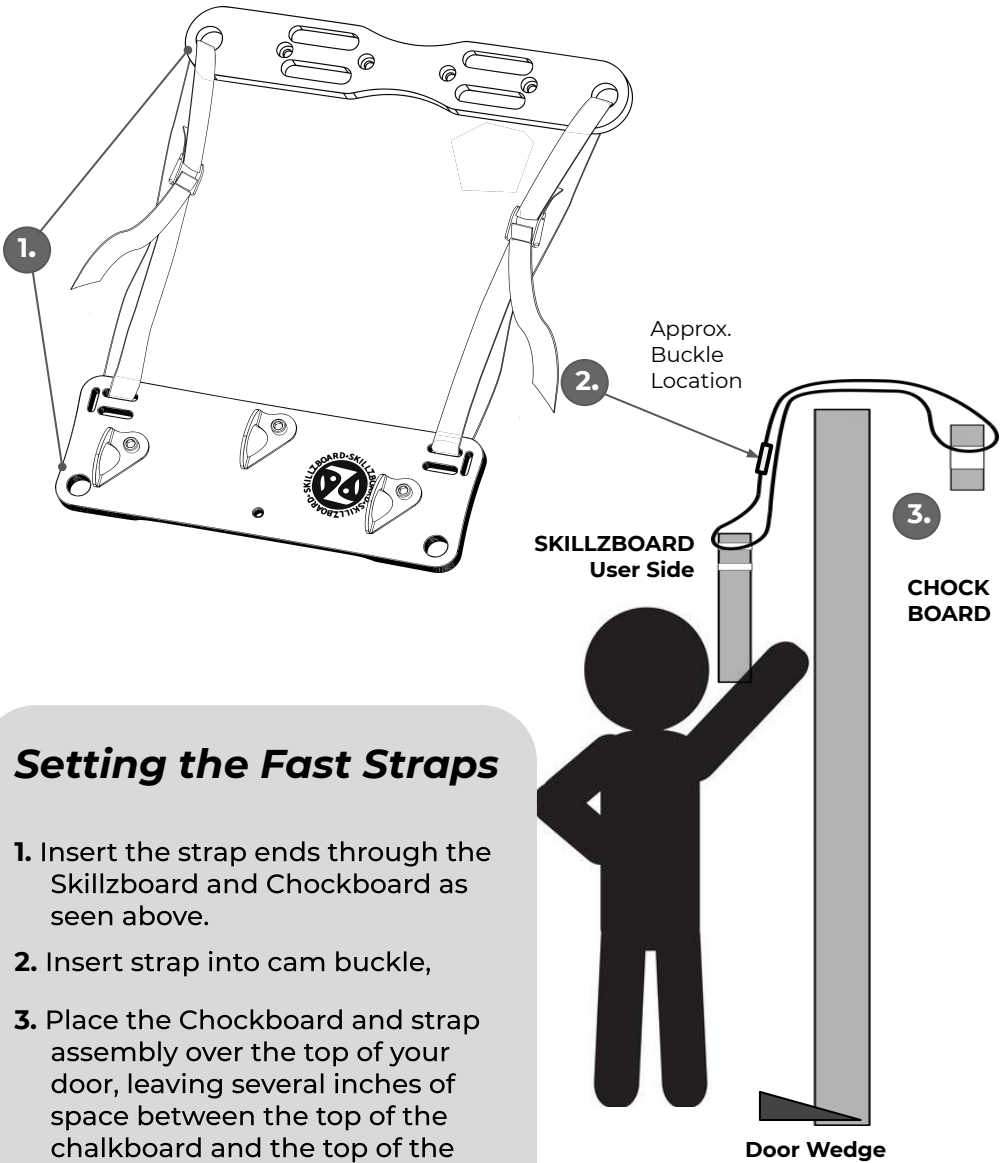
The Skillboard includes a set of bolts that replicate the standard form of protection on sport climbing routes. These are permanently “fixed” in rock by the route developer, and are easily removable on the Skillboard. Below is a standard setup



Standard Bolt Arrangement

| Setup Methods |

OVER-THE DOOR

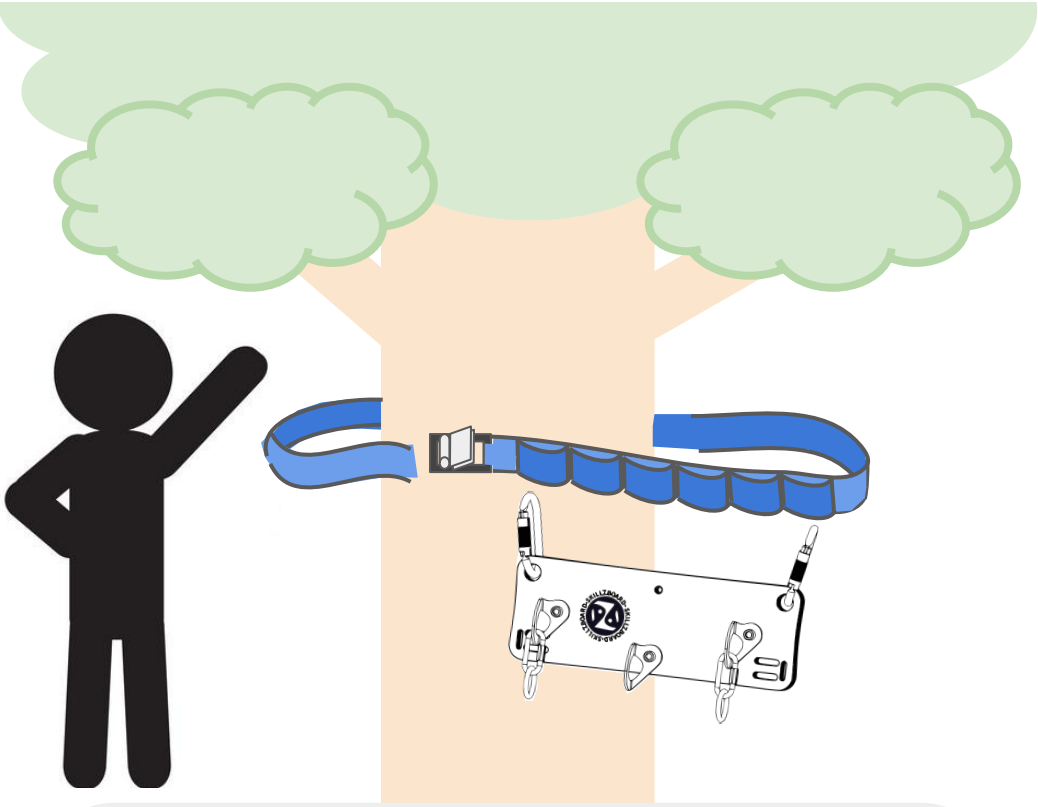


Setting the Fast Straps

1. Insert the strap ends through the Skillzboard and Chockboard as seen above.
2. Insert strap into cam buckle,
3. Place the Chockboard and strap assembly over the top of your door, leaving several inches of space between the top of the chalkboard and the top of the door.
4. Close door. Pull down on Skillzboard until Chockboard is firmly nested at the top of the door & door frame.
5. Place wedge under door to prevent unintended opening during use.

| Setup Methods |

THE TREE HUGGER



Tethering to Trees

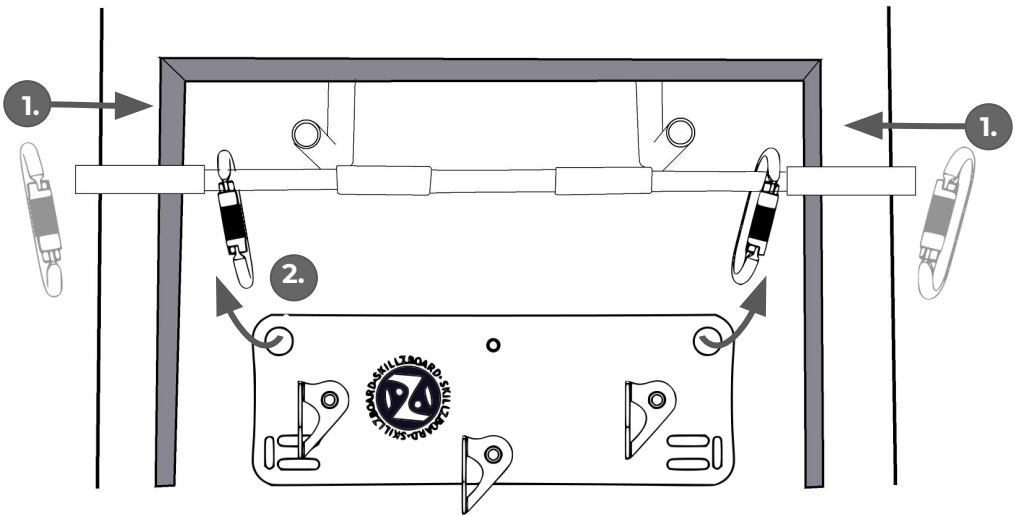
- 1.** Find a sturdy tree or post of at least 1.5 ft diameter
- 2.** Wrap the strap at the desired height (typically 6-8 feet off the ground), with the daisy loops facing out and centered in front of the user.
- 3.** Insert the end of the strap into the cam buckle and cinch until completely tight against tree
- 4.** Clip a large, UIAA rated carabiner to each of the outermost daisy loops
- 5.** Affix the Skillzboard to the carabiners through the hanging attachment points. Pull down on the board to check for slippage down the tree.

| Setup Methods |

PULL-UP BAR

For Very Large Carabiners

1. Individually clip or slide your UIAA-rated carabiners onto the ends of the pull up bar, as seen.
2. Clip the Skillboard



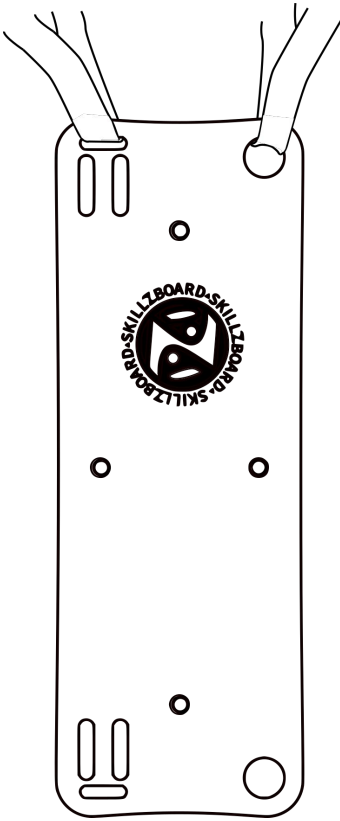
Alternatively

If the pull-up bar is constructed of tubing that is too large to fit a carabiner, or you do not have a UIAA rated carabiner:

With the Fast Straps: Set up the fast strap assembly in lieu of carabiners, in a similar configuration as above using the webbing slots.

| Setup Methods |

VERTICAL ANCHORS

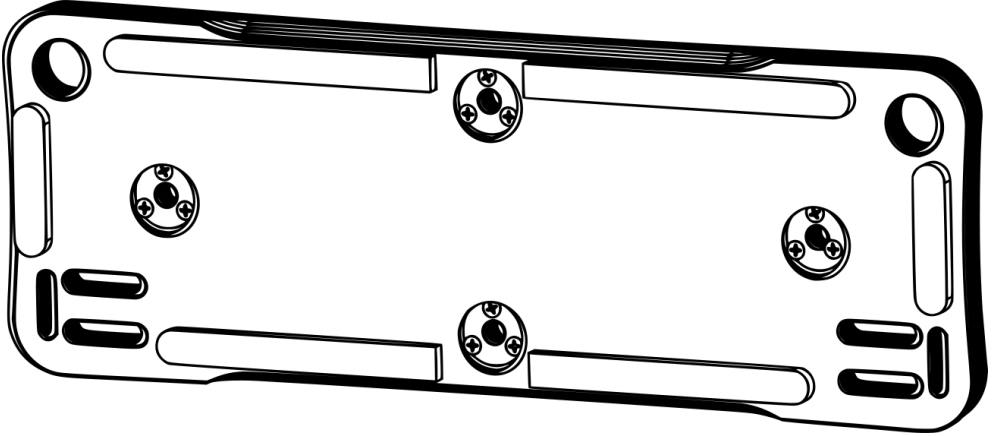


Vertically Staggered Anchors

The Skillzboard's third webbing slot is used for vertically orienting the board to allow for demonstrations of vertically organized anchors, such as the anchor above. .

| Additional Setup |

Backing Pads



Protective Backing Pads

The Skillzboard includes a set of backing pads that can be installed as depicted above. These backing pads help to eliminate damage on any surface one might use a Skillzboard on. The figure depicts suggested locations, but pads can be placed to best protect a specific surface.

| Suggested Uses |

While there are many ways to use and learn on the *SKILLZBOARD*, here are some additional ideas to expand your *SKILLZBOARD*'s potential.

- Use the over-the-door mounting method to create a bottom anchor point to simulate ground anchors - useful to demonstrate off-anchor belaying and belay escapes
- Attach a pulley system to the lower hanger to add or remove weights while hangboarding
- Attach climbing holds

Some Educational Topics Appropriate for the *SKILLZBOARD*

- Knots and Hitches: Useful knots and when to use them
- Rappelling: Basics, Multipitch Rappels, Extensions, Double Ropes, Tag Lines, Simul-rappels, Self-Rescue, Pick-offs, Tandem Rappels
- Belaying: Slingshot Belay, Lead Belay, Top Belay, Off-harness vs Off-anchor, Belay Devices, Improvisations
- Sport Climbing: Clipping Dos & Don'ts, Building & Cleaning Anchors, Stick Clipping, Bailing, Cleaning Overhangs
- Anchors: Equalization, Redundancy, Extension, Example Systems (BFK, Quad, Equalette, Sliding X variants, Clove Hitch and Girth Hitch Masterpoints, etc.)
- Top Managed Systems: Anchor Building, Lowering Systems, Top-Belayed Rappels
- Multipitch Systems: Transitions, Rope Management, Rappels
- Big Wall Techniques: Aid Basics – leading and following C0, Setting up a Portaledge, Hauling, Ascending

IMPORTANT INFORMATION

LIMITED PRODUCT WARRANTY

Skillzboard, LLC warrants the product will meet specifications and performance stated in instructions and other information for a period of one year from purchase date to the original purchaser. In consideration of this warranty, the buyer agrees to and accepts: 1) This warranty is in lieu of all other warranties; 2) All warranties of merchantability or of fitness for a particular purpose are excluded and/or waived; 3) The buyer's remedy will be to replace the product free of charge.

Skillzboard, LLC shall have no liability for any loss or injury caused, in whole or in part, by its actions, omissions, or negligence or for contingencies beyond its control.

Skillzboard, LLC will warranty the product for 1 year from purchase provided there is no abuse, neglect or other induced damage to the product. Modification of the product, other than modifications recommended in the instructions, voids the warranty.

PRODUCT USE PRECAUTIONS

Skillzboard users must understand and follow the instructions when using the equipment. Skillzboard, LLC is not liable for injury incurred from any activity when using the product. Use at your own risk. There is no substitute for instruction by a trained and competent person. Users should be healthy enough to exercise. If you are not sure, please consult your physician. Skillzboard over-the-door mounting straps can come off if not installed properly or if the door hinge is not in good working condition. Improper use could result in injury. Ensure that the user will not fall on objects such as furniture. Do not use the Skillzboard if any part of the product is loose, missing, worn or broken.

WARNING!

Warning! Working at height, rock climbing, mountaineering, and related activities are inherently dangerous. It is the responsibility of any person using this equipment to learn and practice the proper techniques for use of the equipment for its' designated purposes safely and to for see and take appropriate action in situations where rescue may be required. Medical conditions can affect the safety of equipment user in normal use. Any person using this equipment assumes all risks and full responsibility for all damages and injury which may result from the use of it. It is impossible to cover all methods of use. Included instructions and pictograms show some of the common correct and incorrect methods of use; it is impossible to predict them all. There is no substitute for instruction by a trained and competent person.

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