



PADDING SAFETY GUIDE

ESCAPE CLIMBING



FOR BOULDERING ONLY. CLIMBING IS AN INHERENTLY DANGEROUS ACTIVITY!

Padding is never a guarantee of your safety! Understand and accept the risks involved before participating. Minors and others not able to assume this responsibility must be under the direct control of an experienced and responsible person. You are responsible for your own actions and decisions. Before using this product, read and understand all instructions and warnings that accompany it and familiarize yourself with its proper use, capabilities, and limitations. This manual explains the installation for your climbing holds and some common hazards. Other possible misuses and hazards exist.

Use good judgment, common sense, and seek proper instruction. Failure to heed any and all instructions, warnings and cautions for the correct installation, operation, care and maintenance of climbing padding may result in serious injury or death. Keep this manual in a convenient location readily available for reference.

ADDITIONAL SAFETY NOTES



PLEASE NOTE indoor climbing is a different sport than outdoor climbing, each requiring individual techniques and safety procedures. While similarities exist between the two sports, the objective dangers are quite different. Seemingly small and insignificant mistakes may have catastrophic results that could result in serious bodily injury and/or death.

Individuals and organizations using product(s) produced or distributed by Escape bear the responsibility for learning the proper techniques and safety procedures required for their safe use.

We will often refer to climbing padding and or crash pads simply as “pad(s) or padding” throughout this manual



KEEP PACKAGING/BAGS AWAY FROM CHILDREN. THE PACKAGING/BAGS MAY CLING TO NOSE AND MOUTH AND PREVENT BREATHING.

KNOW WHAT YOU ARE GETTING INTO

Before Installation:



Please read all safety documentations and applicable standards wherever you are installing safety padding. Many countries have differing regulations on padding. It is your responsibility to be aware of any local rules and regulations when choosing padding.

1. Different countries fall under different standards that bouldering walls must be regulated under. As of the writing of this document here are the different standards and what countries they are applicable to:
 - a. Europe: EN 12572-2:2017.
 - b. France Specifically: NF P90-311:2009.
 - c. Australia: AS 2316.1-2009.
 - d. The US and Canada have no standards for climbing wall padding. Best practice is to meet EN 12572-2:2017 standards.



CLIMBING IS AN INHERENTLY DANGEROUS ACTIVITY and bouldering is one of the most dangerous forms of climbing. BE AWARE, every fall in bouldering is a ground fall. It is important to teach climbers proper falling technique and safety procedures when bouldering.

NOTICE

If you are not willing or unable to implement the various components/aspects associated with safe climbing pad use then we ask that you promptly return your pads to Escape Climbing within 15 days for a refund of the product purchase price. Customer is responsible for the return cost of shipping.

Visit <https://escapeclimbing.com/pages/returns-exchanges> or email orders@escapeclimbng.com to process this refund.

Installation:

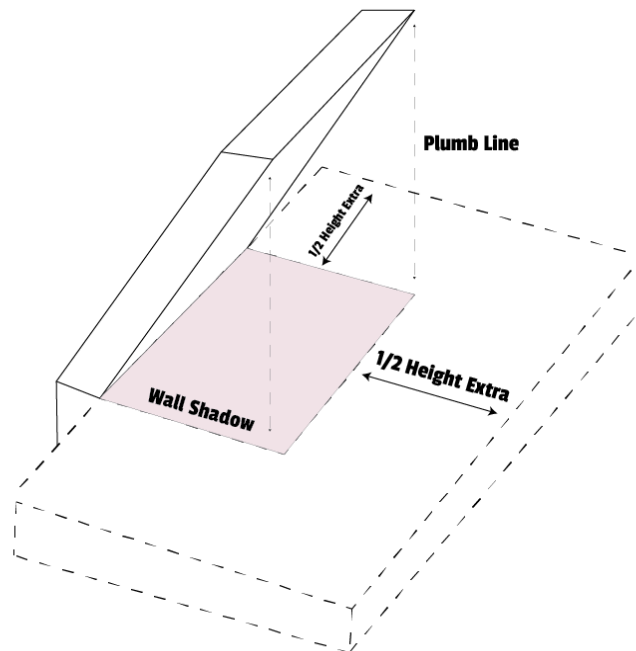
When choosing and installing padding there are two main considerations to take into account.

1. The Critical Fall Height
 - e. The Critical Fall Height is the maximum Free Height of Fall (FHF), for which a surface will provide an adequate level of impact. This is the definition defined by the UIAA and EN:1177(2018). Never place climbing padding in a space where a climber could fall onto the padding from over the Critical

Fall Height. If you have any questions about critical fall height for any Escape Climbing padding options please contact us at orders@escapeclimbing.com

2. Landing Zone

- a. When planning your climbing wall, you need to carefully consider the fall zone. Whether you're a dynamic or static climber, uncontrolled falls can happen, and depending on the shape and size of your climbing wall, you will need to design the padding accordingly. Here's some general guidelines to get you started.
 - i. First, start with the projection of your climbing wall onto your fall surface. The more overhung your wall is, the larger this area is.
 - ii. Next, consider how you swing outward from the wall before falling. For more overhung walls, your legs will carry a lot more energy as your feet leave the wall, so you'll swing much further. The taller your wall is, the more distance you can move away from the wall before you hit the pads. A good rule of thumb is this additional area should be 50% of the height of your wall. This should cover most swings and stumbles. This means you should have padding extend at least $\frac{1}{2}$ of the wall height from the plumb of the wall for every landing surface. For every 2 feet of vertical height on your wall, the padding should extend an extra 1 foot beyond the plumb of the wall at minimum.



- iii. Climbing walls must also be protected on each side. Boulders very rarely take a perfectly straight path to the top of the wall, and even when they do, your body weight is almost always positioned to one side or the other. In general the "50% of the wall height" rule

applies to this area as well, especially if a partial climbing surface exists on either side of the main wall.

- iv. Padding is designed to mitigate head injuries but not necessarily extremity injuries, although it may do so. A fall from any height can be dangerous and can range in severity of injury including death.



Other Safety Considerations:

1. Many injuries in bouldering come not from missing the pads, but landing on the seam between two pads resulting in rolled ankles, broken bones and various other injuries to the upper and lower extremities. Solutions for covering the gaps include accessory pads, often called blubbers or spotter pads, as well as cover-all sheets of canvas or tarp, and velcro strips to hold pads tightly together.
2. Take care while stepping up onto or off of the mat to ensure balance and prevent falls.
3. Ensure a clear landing area before descending. Climbers must be aware of surroundings and communicate to other climbers to avoid collisions. A clear landing zone beneath climbing routes is essential in preventing injuries. Ensure that the area is free of obstacles, personal items (water bottles, gear, etc) and other climbers or spectators.
4. Reducing the chances of falling is important for reducing injuries. Make sure to set routes and arrange holds to avoid awkward positions and potential falls. Climbers should only climb to a height they are comfortable falling from and climb within their ability level to help reduce the frequency and severity of falls.
5. Always use proper climbing techniques to minimize the likelihood of falls.
6. Never jump down from the top of a climb or boulder, but instead use downclimb jugs so you can more safely climb down after completing a climb.
7. Keep in mind holds can spin or break causing unexpected falls.
8. Poor fall technique can further increase the risk of injury. In bouldering every fall is a ground fall and no two falls are identical. Here are general principles to consider when falling.
 - a. Fall in a controlled manner and land in a dynamic position.
 - b. Do not try to stop your fall by putting your arms behind you, or fall on a single leg.
 - c. Look down and spot your landing (gauge the distance and timing of the impact).
 - d. Fall feet first. Widening your legs (shoulder width) and arm for balance, while bending your knees and elbows. Land on flat feet to avoid rolling your ankles.
 - e. At impact bend your knees, tuck your arms and chin to avoid whiplash and avoid landing on your arms (keeping to the side or in front). Absorb the impact of fall with your legs and roll to your back to further transfer the momentum and lessen the impact.
 - f. Spotting is a technique for controlling a climber's fall. This can be helpful to prevent a climber from falling inverted. Sporters should prioritize protecting the head and neck. However, spotting is generally not recommended because without adequate spotting techniques it is just as likely to be injured by a falling climber or injure the climbing falling while attempting to spot.

Inspection and Maintenance:

1. Padding should be inspected on a regular basis. Padding wears out just like any other climbing equipment. Here are some things to look for when inspecting your padding:
 - a. Soft spots in foam that could cause a climber to land unsteady or not enable the foam to absorb the full impact of the climber

- b. Tears or signs of wear in the fabric or top coat that could cause a climber to trip, or not enable the top coat to absorb the impact of a climber into the foam
- c. Signs of water damage or moisture. Moisture or water damage may be hard to see but can cause lasting damage to padding.

If you see any signs of damage seek assistance from the manufacturer on further steps to take to repair or retire your padding.

Cleaning:

Keep the padding as clean as possible with a consistent vacuuming schedule to insure that the pad stays clean. If a pad becomes clogged with excess chalk it may become slippery and cause injury to a climber falling. Never allow liquids onto your padding surface because spills may cause issues for the padding including breaking down the padding's ability to absorb impact which may lead to unintended injury.

WARRANTY

ESCAPE CLIMBING, LLC ("ESCAPE") WARRANTS THAT CLIMBING PADDING AND RELATED PARTS ("PRODUCT") ARE FREE FROM DEFECTS IN MATERIALS AND WORKMANSHIP FOR A PERIOD OF 1 YEAR FROM THE DATE OF PURCHASE AS SHOWN ON THE PURCHASE RECEIPT. THIS LIMITED WARRANTY APPLIES ONLY TO THE ORIGINAL PURCHASER AND IS NOT TRANSFERABLE OR ASSIGNABLE. THIS LIMITED WARRANTY IS CONTINGENT UPON THE PURCHASER MAINTAINING AND USING THE PRODUCT IN ACCORDANCE WITH THE INSTRUCTIONS PROVIDED BY ESCAPE. THIS LIMITED WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES, EXPRESS OR IMPLIED, INCLUDING BUT NOT LIMITED TO, THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE.

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NOTHING IN THIS LIMITED WARRANTY AFFECTS STATUTORY RIGHTS THAT CANNOT BE WAIVED OR LIMITED BY THIS LIMITED WARRANTY.

DISCLAIMER

*Order necessary replacement parts (holds, bolts, screws)
directly through our website www.escapeclimbing.com*

ASSUMPTION OF RISK/DISCLAIMER OF LIABILITY

Padding is not designed to prevent or reduce any of the inherent dangers of climbing, including personal injury and death. This user manual is not a substitute for proper instruction, common sense, or the services of other professionals such as structural engineers, builders, wall designers, flooring experts, consultants, routesetters, or climbing trainers.



CLIMBING, MOUNTAINEERING, BOULDERING, HIKING, RELATED ACTIVITIES AND TRAINING FOR SUCH ACTIVITIES ARE HAZARDOUS AND INHERENTLY DANGEROUS ACTIVITIES, THAT EVEN WHEN DONE PROPERLY, DUE TO THEIR PHYSICAL DEMANDS AND/OR FALLS SUSTAINED, MAY RESULT IN SERIOUS BODILY INJURY AND/OR DEATH. USE THE CLIMBING PADDING AND OTHER ESCAPE CLIMBING, LLC ("ESCAPE") PRODUCTS AT YOUR OWN RISK. ALWAYS USE COMMON SENSE AND GOOD JUDGMENT, INCLUDING BUT NOT LIMITED TO, USING APPROPRIATE SAFETY EQUIPMENT, CRASH PADS, AND SPOTTING. ADULTS SHOULD SUPERVISE CHILDREN OF ALL AGES IF YOU CHOSE TO ALLOW CHILDREN TO USE THE CLIMBING HOLDS. ENSURE THAT THE AREA UNDERNEATH AND ADJACENT TO THE CLIMBING WALL IS CLEAR OF OBSTACLES, PETS, PEOPLE, OR ANYTHING ELSE THAT COULD INJURE OR BE INJURED BY A FALLING CLIMBER.

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