



HOME CLIMBING WALL

PARENT PACKET

Dear Parent,

Congratulations on your purchase of a home climbing wall* from Everlast Climbing! As a company, we are inspired by the power of climbing. This far-reaching sport captures the bodies, minds and spirits of today's youth, including those not previously interested in physical activity. We are fueled by the belief that rock climbing can help reverse the current negative health trends seen in today's youth. We are proud to partner with organizations across the country dedicated to improving youth fitness. Our climbing walls can be found in schools and camps in all 50 of the United States. We are honored to now be a part of your home.

The Parent Packet is designed to help you make the most out of your climbing wall when using it with children. This packet includes:

- ✓ An overview of a traverse climbing wall
- ✓ Safety information
- ✓ Benefits of climbing
- ✓ Climbing wall activities and tips
- ✓ Care and Maintenance Guidelines

We are sure that you and your family will build memories AND muscles with this exciting addition to your home.

Best Regards,

The Team at Everlast Climbing

P.S.—We'd love to see pictures of your climbing wall and hear how you're using it! Send to: mmrvos@everlastclimbing.com

*Note: If you do not mount hand holds on climbing wall panels, parts of this guide may not apply to your climbing wall. Although, we still think you'll find most of it interesting and useful!

OVERVIEW OF A TRAVERSE CLIMBING WALL

Your climbing wall is a Traverse Wall. Traverse Walls are typically 8' high. The goal of this type of climbing wall is to climb across it, rather than up. Because of its lower height, a Traverse Wall doesn't require all the safety equipment and belay training necessary for a top-rope climbing wall. Traverse Walls are ideal for home use and for use with children and they provide all the same benefits of climbing. Here are the features of your climbing wall:

- Color-coded Groperz™ Hand Holds
 - Green hand holds are the largest and easiest to grasp.
 - Yellow hand holds are intermediate in difficulty level.
 - Red hand holds are the smallest and offer the most challenge.
 - The color-coded hand holds help climbers choose the appropriate challenge.
- Climbing Wall Panel Surface:
 - Home climbing walls can be built in a variety of panel styles. If you purchased panels from us, find and read about yours:
 - Standard: The slightly rough surface is similar to a real rock feel
 - Relief-Feature: The slightly rough surface also has rock-like features on the climbing wall panels. These features can be used along with the hand holds to climb. It's challenging to use only the relief features to climb!
 - Dry-Erase: The smooth, white surface is dry-erase and also accepts magnets. There are lots of learning opportunities beyond climbing with this wall surface.
 - Custom: The smooth surface features whatever image or artwork you requested.
 - Superior Rock: Our most rock-realistic climbing panel, molded from rocks along the North Shore of Lake Superior.
- Safety Mats
 - Mats are an important safety component. If you purchased our Mat-Locking® System it features:
 - A cushioned landing surface while climbing.
 - Mats that fold up and lock against the wall when it's not in use. This not only frees up floor space, but also allows you to "close" the climbing wall from use.
 - Mats should extend 6 feet from the climbing wall.

SAFETY CONSIDERATIONS

Please read the Parent Packet in its entirety before using your climbing wall. We recommend that children be supervised at all times when climbing and that there be only one climber on a 4'-wide panel at one time. It's important that the home climbing wall safety rules be communicated to climbers and supervisors and that the rules are followed by all climbers and supervisors. Post the rules in a visible area near your climbing wall.

HOME CLIMBING WALL RULES

Before climb:

- Supervision is required.
- 6' safety mats must be in place.
- Remove all jewelry.
- Wear athletic shoes.

During Climb:

- Climb safely!
- No climbing around, over or under anyone.
- Maintain three points of contact on the wall at all times.
- Step down from the wall - no jumping.
- Have fun!

After Climb:

- Step away from the mat upon completion of your climb.

Parent/Supervisor Guidelines:

- Regularly inspect climbing wall, its components and protective surfacing to ensure they are in good condition.
- Climbers should be supervised at all times.
- Parents are responsible for the safe operation of the climbing wall.
- Prevent unauthorized climbing by closing or locking the wall when it should not be used.

WARNING: Rock climbing indoors and outdoors is an inherently dangerous sport. The activity of climbing can lead to significant personal injury, disfigurement or death. Even though one may be climbing indoors, on an artificial wall, risks still exist. Artificial holds can spin, and on rare occasions break. Individual climbers and their parents/guardians have the sole responsibility for learning and using proper climbing technique and safety practices. The purchasers and users of our products accept full and complete responsibility for any and all damages or injury which may result from the use and/or misuse of any product purchased from Everlast Climbing.

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BENEFITS OF CLIMBING

There are many benefits that come from rock climbing. It helps develop the body, mind and spirit. Here's how!

HOW CLIMBING BUILDS PHYSICAL, COGNITIVE AND SOCIAL-EMOTIONAL SKILLS:

Physical Skills:

- Aerobic and anaerobic activity
- Increased cardiovascular fitness
- Enhanced balance, coordination and flexibility
- Increased muscle strength and endurance
- Improved motor planning
- Enhanced body awareness

Cognitive Skills:

- Problem solving, including the identification of multiple solutions for challenges
- Decision-making and judgment-making opportunities
- Increased focus and concentration
- Visualization and mental imaging
- Following directions and safety rules
- Goal setting exercises

Social-Emotional Skills:

- Positive risk taking
- Increased self-knowledge, self-confidence and self-reliance
- Enhanced patience, perseverance, courage, will power and self-control
- Meeting challenges
- Stress management
- Awareness of others (on the climbing wall)

HOME CLIMBING WALL ACTIVITIES

To help keep your children interested in your climbing wall, we recommend playing games and conducting activities. We also encourage you to climb right along with your children. There are SO many fun things you can do while climbing! You can even sneak in some academic learning here and there. This list will help get you started:

- 1) **Color-Coded Climbing Wall Routes.** Intentionally mount hand holds of one color in certain places to make a fun and interesting climbing “route” for climbers to follow. Set an easy Green Route. Make an intermediate Yellow Route. And set a hard Red Route. Have children climb using only the holds of the one color in the route. Have them start with the Green Route and work their way up to the Red Route. But remember that there’s always a Rainbow Route (a route where you can use any color you want to for hands and feet). Eventually, your kids will set routes that are too hard for you!
- 2) **Climbing Wall Scavenger Hunt.** Tape or place a variety of small objects and pictures on the climbing wall. Place them high and low across the entire wall. Have children climb to find things according to predetermined criteria. For example: Find things that start with the letter A. Find animals that live in the water. Find cities in the state of Florida. Find examples of fruits/vegetables, etc. Find facts about democracy. Find multiples of three.
- 3) **Simon Says.** Just like the game you know, but on the climbing wall. Be sure children are spaced one panel apart and maintain three points of contact on the wall at all times. Sample commands: Put your right/left hand/foot on a green/yellow/red hold; Make one move to your right/left; Take one hand/foot off the wall and maintain control/balance for a count of 3; Tell the person to your right/left, “Good job!”; Climb low and touch the mat with your right/left hand; Climb so that one hand and one foot are on the same color hold and then stop.
- 4) **Climbing Wall Bean Bag Toss.** Place bean bags on hand holds, high and low, across the climbing wall. Using tape, make targets on the mats of varying shapes/sizes and distances from the climbing wall. As children climb, have them stop and toss a bean bag into a target on the mat.
- 5) **Freeze Frame.** As children climb, say “freeze” at random times and for different intervals of length. Children start to climb again when you say “unfreeze.” If children cannot remain frozen for the entire time, then they need to start back at the beginning of the climbing wall. The goal is to make it across the entire traverse wall without having to start over.

- 6) **Quiet Feet.** Attach jingle bells to your children’s shoes/ankles. Challenge them to climb making as little noise as possible. This activity focuses on smooth and controlled climbing. Tip: Children should focus on using the part of the foot under the big toe or the outer edge of the foot.
- 7) **Time the Climb.** Use a stopwatch and see how quickly someone can climb across the climbing wall, while still climbing safely. Work for faster and faster times. You can also time some of the more challenging games like Poison holds and On Thin Ice.
- 8) **Poison Holds.** Mark certain holds with a ribbon or colored tape. Be sure to mark low and high holds. These marked holds are “poisonous” and off limits. The object of this activity is to make it across the entire climbing wall without using the marked holds. If you have to use a marked hold, then you need to step off the wall and start over. Note: When deciding what holds to mark, take into account how far your children can step and reach. You want to offer some challenge, but not make it impossible or dangerous.
- 9) **On Thin Ice.** This game is similar to Poison Holds, but instead of avoiding certain hand holds children have to avoid certain marked off areas of “thin ice.” Wrap ribbon or string around three hand holds to create a variety of patches of thin ice across the climbing wall. Children have to climb over or around these patches of thin ice without touching any of the holds. Again, keep safety in mind when creating the thin ice.
- 10) **Put the kids in charge!** Children have great ideas. Have them modify one of these activities. Or have them create their very own game/activity for the whole family to try. Have them be the facilitator in activities like Simon Says and Freeze Frame. (Just be sure they’re being safe at all times.)

TALK ABOUT IT!

Climbing with your children is a great way to bond as a family and get to know yourselves and each other better. Here are some conversation starters for after you climb:

- What was fun about this game/activity?
- What were some things that made this game/activity hard?
- What did you do to overcome these challenges?
- Did you learn anything new about yourself or someone else after this game/activity?
- Can you think of any way to change the game/activity to make it different the next time?
- What’s one of your favorite climbing games/activities and why?

- What's something that you want to work on when you're climbing? (Set a goal.)
- Name a feeling you experienced when climbing today.
- What could you do to improve your climbing?
- What are your strengths on the climbing wall?
- What's something you're proud about after climbing today?

TIPS FOR BEGINNER CLIMBERS

- Maintain at least three points of contact on the climbing wall at all times.
- Feet are an important part of climbing. Keep your weight over your feet as you climb. Don't just tightly grip the hand holds and use only your hands and arms to keep you on the climbing wall.
- Try to keep your heels lower than your toes to keep weight on your feet.
- Bring your hips close to the climbing wall.
- Move slowly, fluidly and in control.

CARE AND MAINTENANCE GUIDELINES

The proper care and maintenance of your climbing wall is essential and it is your responsibility. Inspect your climbing wall, its components and protective surfacing on a regular basis. These inspections should include, but are not limited to, the lists that follow.

CLIMBING WALL SURFACE

- ✓ Panels should be installed according to installation instructions.
- ✓ Check panels to make sure they are in good condition and show no signs of stress.
- ✓ Check each panel's adherence to the wall/mounting posts. Tighten only when they are loose. Do not over-tighten.
- ✓ Check for sharp points or edges.
- ✓ Remove or repair any damaged climbing wall areas.

HAND HOLDS

- ✓ Hand holds should be mounted according to installation instructions.
- ✓ Observe hand holds for signs of stress or breakage.
- ✓ Remove and replace any damaged holds.
- ✓ Check hand hold for looseness and tighten, but do not over-tighten!
- ✓ Inspect climbing routes for unsafe maneuvers. Make sure all routes are carefully reviewed before they are climbed.
- ✓ Wash hold periodically to remove oils, stains and other residue. First, remove them from the climbing wall. Use mild soap and water and a soft bristle brush. Never use a wire or brass bristle brush. You can also wash hand holds in the dishwasher. Towel dry washed holds and then air dry for 24 hours to ensure complete drying before remounting to the climbing wall.

MATS

- ✓ Mats should be used for traverse climbing activities only.
- ✓ Mats are not to be used as tumbling, crash or landing mats.
- ✓ Inspect mats for damage and proper positioning before climbing.
- ✓ Check mats for tears, soft spots, separation of foam and fatigue (failure to perform adequately).
- ✓ Remove defective mats immediately and discontinue climbing until they are replaced.
- ✓ Mats should extend 6 feet from all climbing surfaces.
- ✓ Never place objects on mats while people are climbing.
- ✓ Wash mats periodically by wiping them with a soft cloth and mild soap and water.