

Traverse Wall® Climbing

Overview & Benefits



What is a Traverse Wall®?

- A horizontal climbing wall that is 6-, 8- or 10-feet high
- Climber climb *horizontally*, versus up and down
- Climbers' feet stay at or below the red line (max 3-3.5 feet high)
- No ropes, harnesses or special equipment is required
- Safety Mats are attached at the base of climbing wall
- Mats fold up and lock the climbing wall when not in use to deter unsupervised climbing
- **Ages 3 years and up**



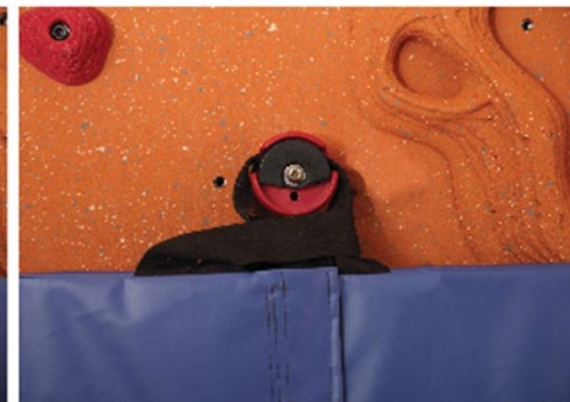
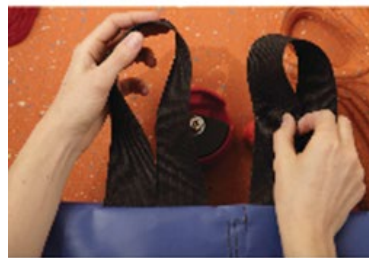
Safety Surfacing

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



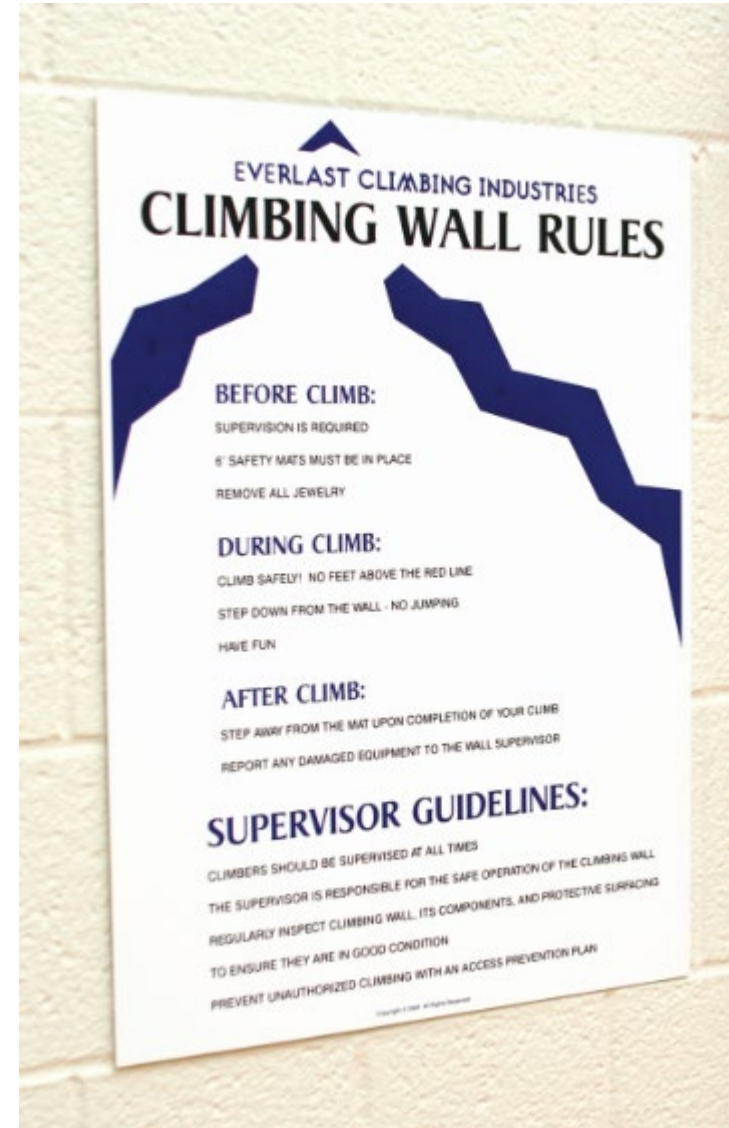
Wall Closure System

- Deter unauthorized and unsupervised use
- Notification
- Protrusion protection



Other Safety Features & Operation

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



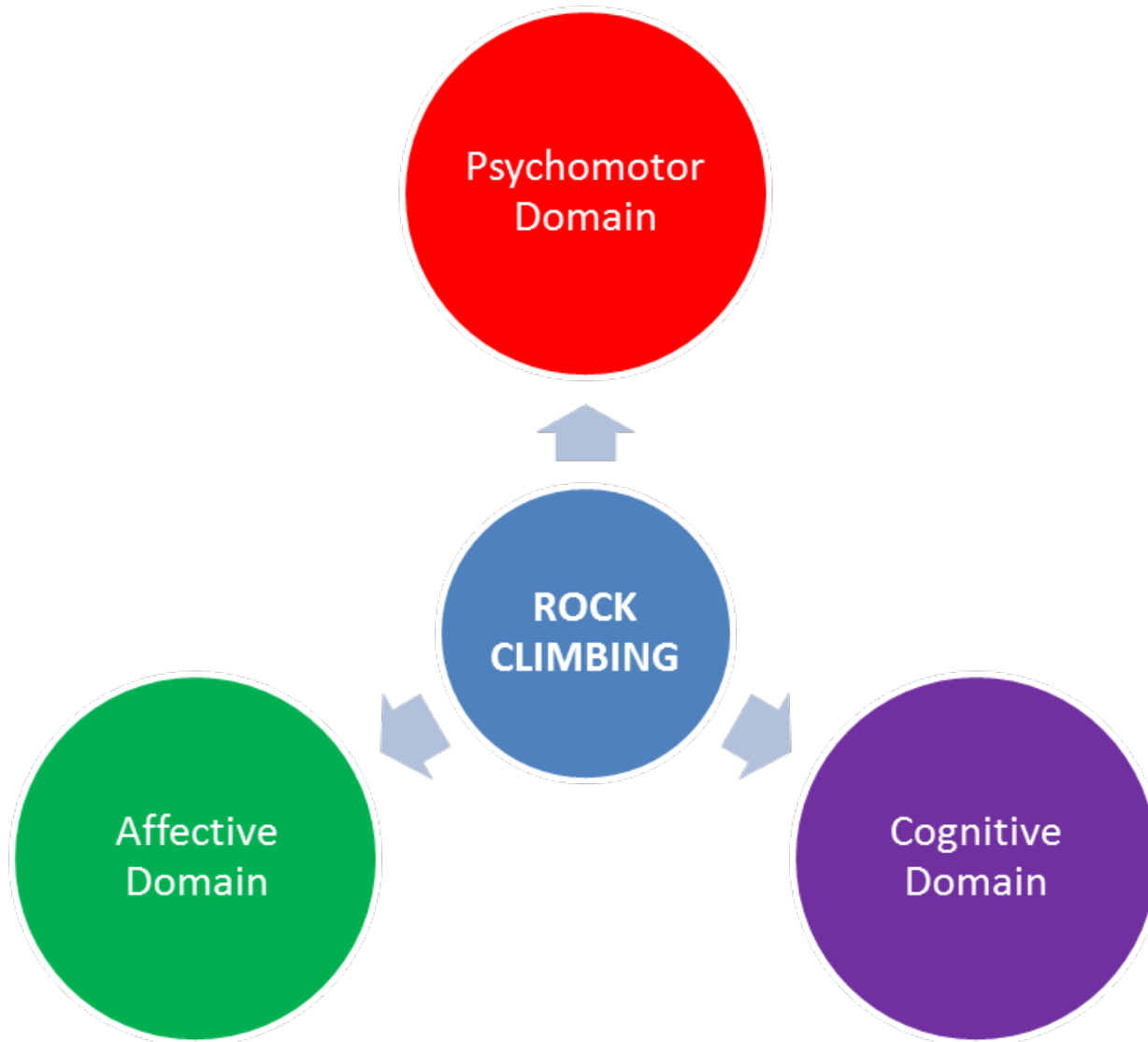
Why Climbing?

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



Why Climbing? Reason 1

Rock Climbing Impacts All Learning Domains



Why Climbing? Reason 1

Benefits the Psychomotor Domain

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



Why Climbing? Reason 1

Benefits the Affective Domain

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



Why Climbing? Reason 1

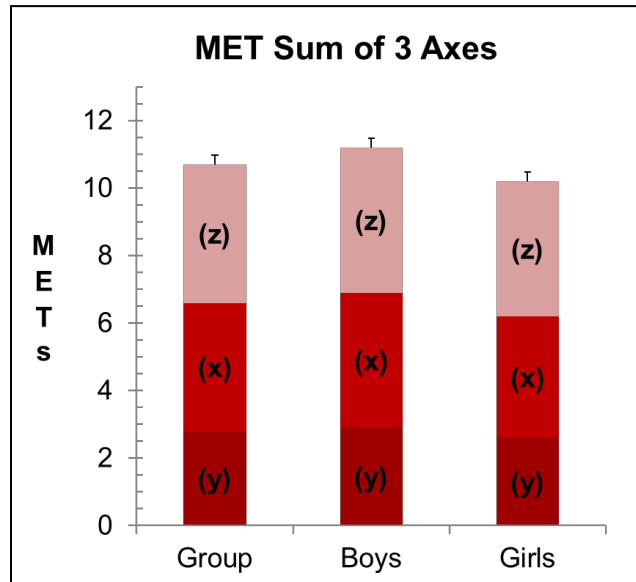
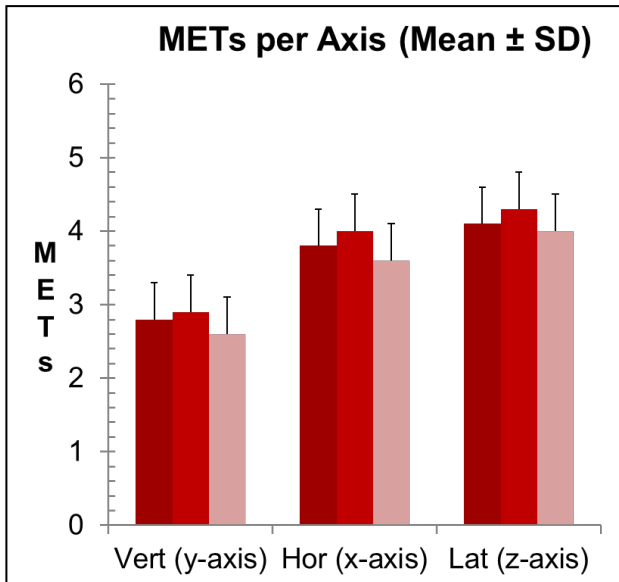
Benefits the Cognitive Domain

- Problem Solving
- Planning
- Spatial Awareness
- Communication
- Brain Benefits (crossing the midline)
- Focus & Concentration
- Cross-Curricular Opportunities via games on the climbing wall



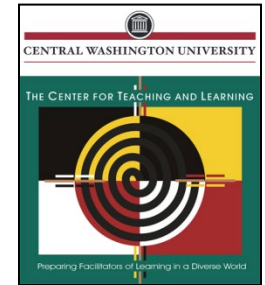
Why Climbing? Reason 2

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 Climbing? Reason 3

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



Why Climbing? Reason 3

Ages 3 and up



Why Climbing? Reason 3

Adaptive Climbing



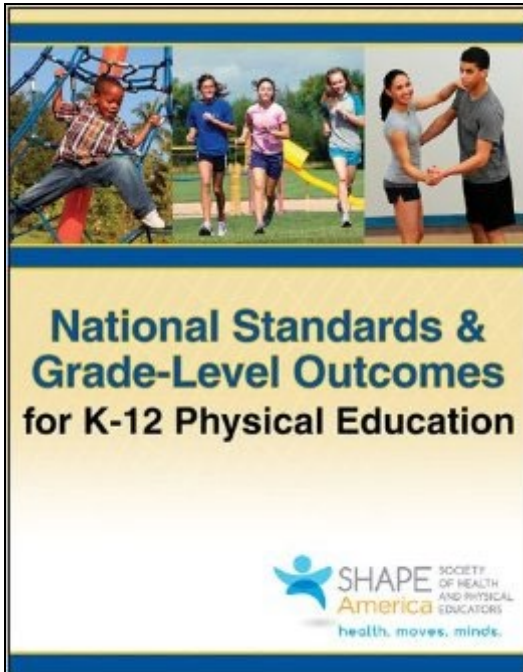
Why Climbing? Reason 3

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



Why Climbing? Reason 4

Aligns with National Standards & 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.

Why Climbing? Reason 5

- ✓ Alternative to traditional team sports
 - ✓ Lifetime sport



Testimonials

“Many students who aren’t athletic in other areas are successful on the rock wall!”

– Corey Scitutto, Physical Educator & Coach, Fremont Intermediate School, Mundelein, IL

“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

“We love our new rock wall! The kids love the varying levels of challenge it can present each of them and their abilities.”

-Luke Garringer, Bryant Elementary School, Kearney, NE

“Children are using all of their muscles, including their brains.”

–Gina Harrington, Pride & Joy Child Care, Henrietta, NY

“The best thing about our wall is that every child can feel good about their ability.”

-Kathy Bratcher, H.C. Storm School, Batavia, IL

“Our kids get a great workout without even knowing it.”

-Joey Downs, Bardstown Primary School, Bardstown, NY

“Cooperation, teamwork, trust and cardiovascular endurance are just a few of the benefits.”

–Paul Ackley, Royal Oaks Elementary School, Sun Prairie, WI