

OUTDOOR LEARNING CARDS



BOULDERING B1

SPOTTING and CLIMB ON DEMAND



△ Introduction to spotting

▽ Climb on demand: warm-up game

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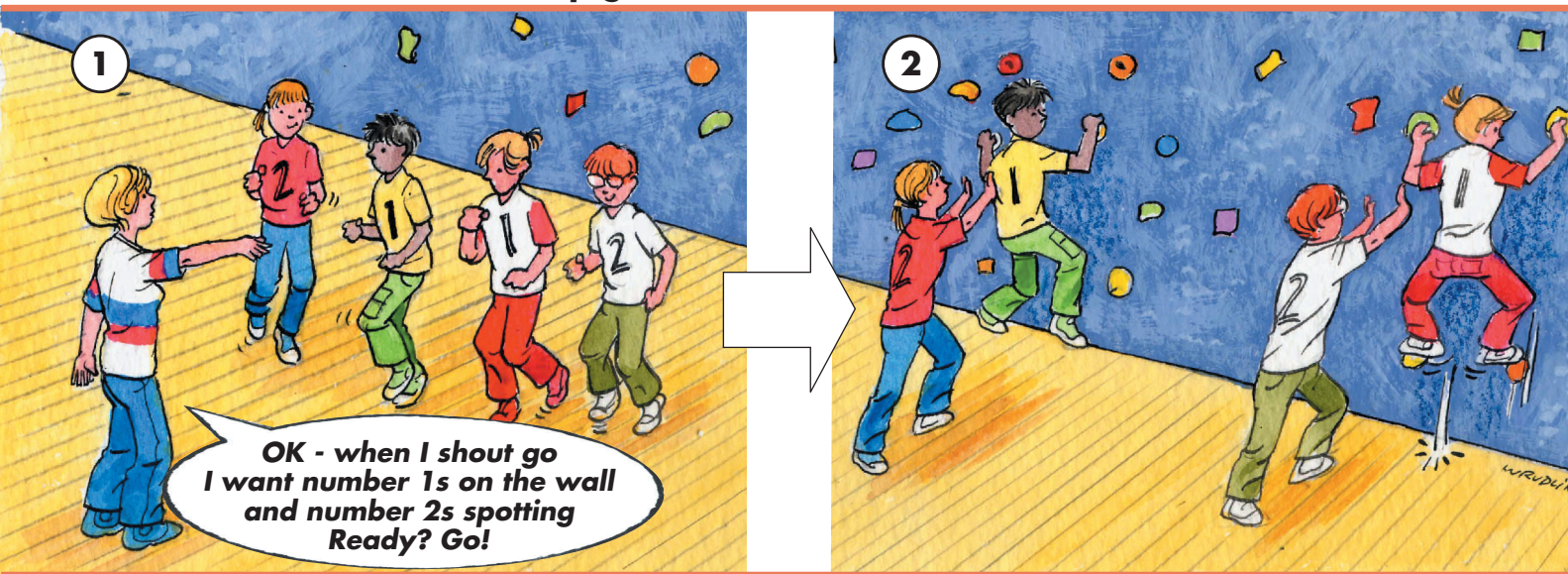
Activity

Introduction to spotting

- Find a partner who is roughly the same size/weight as you. Take turns being the spotter and the faller.
- The spotter stands in a braced position so that they can hold the faller and return them to a standing position.
- Always check that your spotter is ready for you before falling back.

Climb on demand: warm-up game

- Keeping the same pairs, number yourselves as person 1 and person 2.
- Jog on the spot together near the wall and get ready to follow the leader's instructions e.g. 'person 1 on the wall, person 2 spotting'.



Review & Evaluation

- Why do we need to spot other climbers?
- How should you stand when you spot someone?
- How did it feel as you fell backwards? and when your spotter stopped your fall?
- Why do we need to warm up before climbing?
- What are the main muscle groups that we need to warm up?

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Organisation & Resources

Context

- Spotting is an important safety measure for bouldering and helps to build trust and encouragement between climbers.
- The aim of spotting **isn't** to catch the falling climber – it is to keep them as upright as possible so that they are more likely to land on their feet.

Preparation

You will need an area with enough space for the group to spread out in pairs.

The number of climbers who can get off the ground at any time will depend on wall design and size. If there isn't much space then the exercise could be incorporated into a circuit of warm-up activities.

Safety Points

Important: leaders should familiarise themselves with section 11 of the handbook and the Bouldering CD materials before running any bouldering sessions.

General: all bouldering sessions

- Warm-up and cool-down are important for all bouldering sessions. See Bouldering 1 on CD for ideas about warm up and cool down.
- Climbers should remove rings and any other jewellery that could catch whilst climbing.
- Leaders should make climbers aware of any site-specific safety measures and supervise to make sure they follow these.
- If you are at a large or high wall you may need to set clear boundaries for the group to stay within so that you can maintain supervision.
- Don't rely too much on the ability of young people to spot when running bouldering sessions - choose an area with a good landing!
- Attentive spotting is a useful safety measure.

Skills & Knowledge

- Demonstrate a willingness to trust others and accept support
- Recognise when others need support
- Take responsibility

Differentiation & Progression

SPOTTING

Easier: Spotter stands facing their partner – their partner falls forward towards the spotter.

Harder: Practice 'real' spotting with climber falling from a position on the wall.

CLIMB ON DEMAND

Easier: Young people can stand on 'footholds' marked out on the ground at the base of the wall instead of footholds on the wall.

Harder: Climbers have to stay off the ground for a specified period of time (e.g. 5 seconds). Leader shouts out a specific type of hold and climbers are only allowed to use this e.g. 'green holds' or 'undercut'

- Encourage others to achieve
- Recognise and applaud achievements of others
- Manage risk effectively

Activity skills

- Spotting
- Importance of warm-up and cool-down