

# CLIMBING DAY IN BC

## October 25<sup>th</sup>, 2019

### Teacher Professional Development

#### OPENING SCRIPT FOR GYMS

**\*\*Have waivers ready to sign in the morning**

9:00 – Welcome to the gym and Welcome to Climbing Day in BC. We here at **(YOUR GYM)** became involved with this Provincial initiative early last year as a way of celebrating the rich history of climbing in this province and initiating new people into the fold. The idea was that we, along with Sport Climbing BC, want to expose as many people to climbing as possible in a single day across the province so we blatantly stole from from “Hockey Day in Canada” to create “Climbing Day in BC.” Today, there are over 30 private, public, school and recreational climbing gyms taking place in this event across the province to highlight sport climbing and this morning is dedicated to you the teachers and administrators of our schools. In turn we hope you will carry our message back to the kids at your school – climbing is a safe, super fun, cool and incredibly healthy lifestyle choice.

#### Orientation

- Give a typical Orientation to your gym as you always do for new clients (15 min)
- Highlight locations -washrooms, training areas, etc.
- Safety
- Equipment
- Give a tour of the facility as needed. Allow teachers to touch and hold items to a greater extent than you would a regular client. Ask them to come up and touch things. A lot of teachers will be working with special education students and the tactile aspects of climbing will really appeal to them along with the bright colours of holds.



Supplemental: If you have access to a video projector or Apple TV show one of the two videos below (Please preview and see which one suits your needs best).

[Cowichan Climbing Academy](#) – School based climbing program that runs bouldering and rope classes as part of the school program. All students are required to take a climbing class as part of their elective rotations in Grade 8. Students in Grades 9 through 12 can take Climbing as their PE class. The Video was made as a part of the international program recruitment initiative but does emphasize the positive things that surrounding climbing for youth in the high school environment. (8 minutes)

[The Insiders](#) – Highlights the different types of climbing (not speed) and shows the diversity of climbing regarding ages, gender and diversity. Greater “wow” factor in this video but this can be both a good and bad thing with teachers, so each individual gym should cater the video to their gym and types of climbing that is offered at each facility. (12 minutes)

[CBC Olympics](#) - Here's what it takes to be a champion in sport climbing, a new Olympic event in 2020. A CBC Sports synopsis of the three climbing disciplines that make up Sport Climbing as it exists in the 2020 Olympics in Tokyo. (2 minutes)

Bring all teachers back to a central area and explain the outline for the day:

- **WHY are** we having this day (see below) and what IS climbing
- Goal of the Day – To get you to experience climbing first hand and see the benefits for you but your students.
- Potential opportunities for you as schools (see below)
- Shape of the Entire Day (Afternoon and Climb-a-thon in the evening. (see below)

**WHY are we having this day**

- Want to debunk some of the myths surrounding climbing that “It is dangerous and high risk.”

- Climbing, when done correctly and with the proper training is safer than most other sports presently offered in your school. It is safer than badminton! Note – article attached at end.
- Indoor climbing is NOT alpine climbing (Everest), it is NOT what you saw in Free Solo, it is NOT Stallone in Cliffhanger, it is not inherently dangerous and it is one of the fastest growing sports in the world. With the inclusion of all three disciplines in the Olympics (Bouldering, Speed and Lead) climbing is entering the mainstream from the fringes and is becoming incredibly popular. While we can sit here and tell you about climbing, the best thing is to get you to climbing to and see how safe, engaging and fun it is. And that will be happening very shortly.
- If you have not shown the CBC Olympic video, explain a bit about the three climbing disciplines (even demonstrate a bit) and which are available at your specific gym.

## EXPLAIN THE DIFFERENT TYPES OF CLIMBING

**Bouldering** – done without a rope or harness. Complex problems on a short wall. Falls land are cushioned by pads on the ground. This is climbing that can be done alone with minimal gear – shoes and chalk. [Video](#) is of Canadian climber Alannah Yip competing for Team BC. Alannah is the first Canadian female to qualify as a finalist in a World Cup event. She is a six-time national champion and is working to qualify for the 2020 Olympic games.

### **Difficulty Climbing (2 types)**

**Top Rope Climbing** – Climbing done with a rope anchored at the top of a route (wall) Requires a minimum of two people one to act as a belayer and the other as a climber. Falls are generally very limited due to the rope attached at the top of the wall.

**Lead Climbing** - Climbing done with a rope that is “clipped” as the climber moves up the wall. Requires a minimum of two people one to act as a belayer and

the other as a climber. Falls are more exciting as the climber falls to the last clipped bolt on the wall.

[Video](#) is of Canadian Climber Sean McColl competing for Canada at the World Cup in Villars France. Sean was the Canadian Youth Champion in his age group every year from 1999-2005 having won every National Championships he attended. During his youth career, **Sean claimed 5 world titles**; since no other youth competitor has won more titles; this achievement is unsurpassed in youth climbing history to this day.

Since Sean started competing **on the World Cup circuit, he has won 5 events** (2 in bouldering, 3 in lead) and been on the podium another 23 times. Sean has won the Overall Combined Rankings and has been 2nd and 3rd in the Lead and Boulder Overall rankings respectively. This summer, Sean qualified to compete in Sport Climbing at the 2020 Tokyo Olympics for Canada. You may also have seen him as a member of Team Europe on America Ninja Warrior.

**Speed Climbing** – The equivalent of the 100m in Track. Two climbers on exactly the same route race to the top of the wall. Fastest climber wins. As most gyms do not have a speed wall below is a video that you can show. The [video](#) is of Libor Hroza at the Speed Wall in Victoria setting an unofficial world record. Libor is presently the coach of the Boulders Climbing team in Victoria.

## **GOAL OF THE DAY – SCRIPT**

We and SCBC (Sport Climbing BC) want you to experience climbing. Sport Climbing BC is the governing body of Sport Climbing in BC and they felt that the best way to expose kids to climbing is to expose it to their teachers and administrators in a safe and fun environment. Thus, Climbing Day in BC. So, what we want you to do is climb. We have staff here to assist you, guide you and teach you. We are not going to run you through any “official lessons” but give you the opportunity for the next hour to climb. Shoes are here \_\_\_\_\_, chalk is here \_\_\_\_\_. If you want to try ropes, we have belayers here to help you with the harness and get you safety up the wall. Today is about trying new things, laughing with your colleagues and having some fun. Any Questions?

At about 11:30 I am going to call you all back together to share with you some of the potential opportunities for you to interact with this gym either as an individual or with your classes, I'll provide some literature on safety issues in the gym for you to read at your leisure and some general information about Sport Climbing BC. Further I'll share with you what else is happening across the province for Climbing Day in BC. But for now, Go Climb!

### [Injuries rare for indoor climbers: study](#)

Anne Harding – August 30, 2013

NEW YORK (Reuters Health) - Injuries are extremely rare at indoor climbing walls, a new study of more than a half-million visits to a gym in Germany suggests.

Over a five-year period, 30 injuries occurred, most minor and none fatal, which translates to a rate of 0.02 injuries per 1,000 climbing hours - lower than the rate seen among surfers, skiers and Nordic walkers.

“Rock climbing, especially indoor climbing is a very safe sport,” Dr. Volker Schoffl, an associate professor of orthopedic surgery at the Klinikum Bamberg in Bamberg, Germany, and lead author of the new study, told Reuters Health.

“It’s a sport that we can have all ages of people perform together, kids and grandpas can go do the sport together.”

Schoffl, who is also the team doctor for the German national climbing team, said he hopes the findings, which are published in the journal *Wilderness Environmental Medicine*, will help dispel the perception of rock climbing as a sport for “adrenaline junkies.”

The researchers collected data on 515,337 visits from 2007 to 2011 at an indoor climbing wall, in which the climber’s age, sex and time spent climbing were recorded electronically.

About two-thirds of the climbers were male, and ages in the entire group ranged from 8 to 80 years old.

During the five-year observation period, there were 22 injuries among male climbers and eight among female climbers. Most commonly the injuries were due to mistakes made in “belaying,” or the use of various techniques to exert friction on climbing ropes to ensure the climber does not fall, or only falls for a short distance.

More than half of the injuries were among intermediate climbers, about 17 percent were among beginners, 20 percent were among experts and 10 percent among professional climbers.

Half of the injuries were moderately severe, 13 were severe but not life-threatening, and two - which included multiple fractures and abdominal injuries - were life-threatening.

“We are safer than badminton and other indoor sports, we are also much safer than contact sports,” Schoffl said in an interview. However, he added, the risk of a fatality is always present.

“You might think that inherently rock climbing is going to be very dangerous, because after all, all it takes is one little slip and you can fall quite a distance,” Dr. Jonathan Chang, a clinical associate professor of orthopedic surgery at the University of Southern California in Los Angeles, told Reuters Health. Chang, a fellow of the American College of Sports Medicine, did not participate in the German study.

“If you pay attention to safety issues, it can be a rather safe type of recreation,” he added. And given liability concerns, Chang added, gyms in the United States with indoor climbing walls are likely to be fairly scrupulous about safety. “You can never say never of course, but as this study is showing when done properly the injury rate is relatively low,” he said.

But outdoor rock climbing is another story as far as safety goes, Chang said. “When you’re dealing with Mother Nature, everything is unpredictable.”

Casper Granado, the climbing wall supervisor at Life Time Fitness in Centennial, Colorado, said the new findings are in line with what he sees on the job.

“The average weekend climber that comes in maybe two, maybe three, days a week, they’re not really the ones that are getting hurt, they might twist an ankle because they landed wrong for bouldering, but that’s very rare,” Granado said. More commonly, he added, advanced climbers may pull tendons because they haven’t warmed up adequately.

Indoor climbing, like swimming, is a great workout for the whole body, according to Granado, and it can also be a powerful confidence booster.