

# Instructions for Using a Traverse Wall

A Traverse Wall is designed for climbing practice, enhancing strength, and improving technique without the need for vertical falls.

## Safety Precautions:

- ✓ Inspect the Wall: Before climbing, check for any loose holds or damage.
- ✓ Use Proper Footwear - Climbing shoes provide better grip but if you're using regular trainers, ensure they have a good grip.
- ✓ Warm Up - Perform a proper warm-up to prevent injuries.

## Steps to Use the Traverse Wall:

1. Choose Your Route:
  - Start at an easy route that matches your skill level.
  - Look for color-coded holds that indicate difficulty.
2. Get Positioned:
  - Approach the wall and find your starting holds.
  - Position your feet on the ground and reach for your starting handholds.
3. Start Climbing:
  - Use a combination of hands and feet to climb horizontally across the wall.
  - Focus on keeping your body close to the wall to maintain balance.
4. Footwork:
  - Place your feet carefully on holds, shifting your weight as needed.
  - Keep your movements controlled to maintain balance.
5. Handholds:
  - Use a variety of holds to practice different techniques.
  - Always be aware of where your next handhold will be.
6. Resting and Bailing:
  - If you need to rest, find stable holds where you can hang comfortably.
  - If you feel unsafe or need to stop, step down or jump onto the soft landing area.
7. End of Session:
  - Cool down and stretch after your climbing session.
  - Discuss any techniques or routes with fellow climbers for improvement.

## Tips for Improvement:

- ✓ - Try different routes to challenge yourself.
- ✓ - Practice falling techniques if you're comfortable.
- ✓ - Focus on specific skills like foot placement or body positioning.

***Enjoy your time on the traverse wall! Remember to challenge yourself, but always prioritize safety.***