



Traverse Wall – Instructions for Adult Supervisors

- ✓ Use of this Activity must be booked. When payment has been confirmed, the Booking Secretary will notify the Booking Contact of the current padlock code.
- ✓ A generic Risk Assessment has been prepared but users must compile their own Risk Assessment to reflect the age and capabilities of their Group.
- ✓ Maximum of 12 Young People in the area at any one time; maximum of 6 young people traversing at any time (allow a good space between climbers).
- ✓ Footwear – suitable clean footwear should be worn, walking boots / wellington boots are not acceptable. Footwear may need to be changed once within the area to minimise transferring mud onto the holds.
- ✓ Must be supervised by at least two Responsible Adults
- ✓ Climbers must only use the holds affixed to the panels. On no account should anyone hold on to the top of the wall.
- ✓ When not actually on the wall, those waiting to climb must be seated on the Bench – well away from the landing area (the area where a climber might fall).
- ✓ After use, the area should be left clean and tidy with all rubbish removed, and the gate closed and padlocked. Any faults or damages should be reported by email to the Service Crew.

Running the Activity – Some Hints and Tips

- ✓ The fun and challenge of a Traverse Wall is to make it from one side to the other, so the objective is to start on the left-hand side and climb as far as possible, moving to the last panel on the right. Participants are never very far off the ground as they climb horizontally across the wall, so no ropes or harnesses are needed.
- ✓ It might be helpful to work in pairs with one person climbing and the other person 'Spotting'. Spotting is the primary way that participants protect each other while on the bouldering wall. A spotter is a partner who moves behind the boulderer in a position ready to protect them if they fall off. It is important that everyone can spot and know what it feels like if someone falls back.
- ✓ The Spotting Position: Feet shoulder width apart and turned 90° from each other. Knees slightly bent to act as a spring. Hands up at chest height with elbows bent to support their partner if required. The Spotters job is to gently guide the boulderer down off the wall if they slip – not to catch or grab them. Having a good spotter will increase the boulderer's confidence to try new and challenging moves!
- ✓ The challenge can be made more difficult by using only Holds of the same colour.