



Rockclimbing

www.rockclimbing.com

The history of rockclimbing

About ten years ago a group of initiative teachers from Imst/Tyrol began to train their highschool pupils in rockclimbing. Meanwhile their activities have started a veritable boom in our country. So far about 60 schools provide artificial rockwalls. Hundreds of teachers have participated in courses to be able to train their children properly. School championships are organized. A sportsclimber assoziation was founded. One school has become a centre of competence. Worldcup events were organized. Numerous rockclimbing areas are buzzing with activity. No wonder, that some young Tyrolean climbers already belong to the world elite.

It all started with relatively simple, home-made boulderwalls in small rooms. In "bouldering" climbers climb along traverses, but never too high up, so that it's always possible for them to jump down safely. Usually the hand- and footholds were simply screwed onto solid boards or concrete walls.

By and by higher climbing walls were built – some of them by teacher with the help of local climbers, others were constructed by professional firms. The two biggest rockwalls in Tyrol can now be found in Innsbruck and in Imst.



Equipment

Rope

Helmet	A helmet is only necessary when climbing „outdoors“.
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Harnes



Climbing shoes



For beginners rockclimbing can also be practised with normal sport shoes or mountain boots. For more difficult terrain, however, it is highly advisable to use special climbing boots.

Carabiner



necessary climbing device

HMS-Carabiner



used to belay the partner

Quickdraws



two carabiners, connected by a strong webbing are frequently used to fix the rope to points of belay.

Different kinds of climbing

Bouldering:



Sport climbing at lower heights without ropes, since you can always jump to the ground. Mattresses placed on the ground can provide further safety.

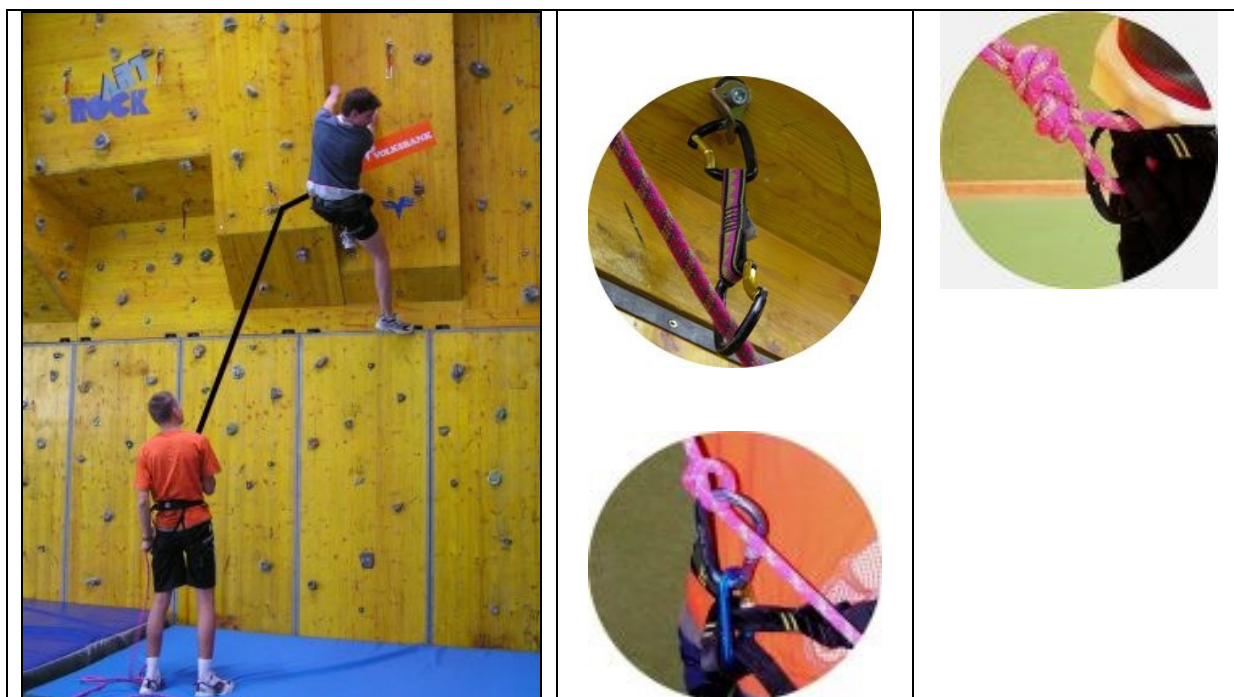
Top rope:

In this case the climber starts from the bottom, but he is protected by the rope that leads up to the top of the route and – via a pulley – back down to his partner who belays him. Whenever the climber moves up, his partner pulls in the rope. The rope is kept relatively tight, so that, in case he should fall, the climber is quickly stopped.



Front up climbing:

The climber moves up the wall, but this time the rope drops down to his partner. Whenever the climber reaches a point of belay he attaches a carabiner or quickdraw. The partner on the ground should feed the rope smoothly – never too tight – so that the climber is always free to move up. In case the climber should fall, he will drop down until the nearest point of belay will stop his fall. When the climber has reached the top of the route



Safety

If you go bouldering, don't jump, but try to climb down. Mattresses on the ground will further help to prevent injuries.

Make it clear to your students that they are not allowed to climb above a certain height. The height usually depends on their age.

If you allow your kids to climb top rope, the group should always consist of three persons: the climber and two belayers. The second belayer stands next to the first and feeds him the rope.

Important: Partner-check before you start! Is the equipment sufficient? Are the knots correct and the carabiners locked?

Never stick a finger through a piton's hole! A wrong move and your finger is gone.

All the kids on a wall must be under constant control of the teacher.

Two pupils must never climb above each other!

These rules must be followed by every climbers. Violaters will be excluded from further trainings!

Climbing technique – basic rules

Scherer Reinhold

1. Never start climbing before you've made the partner-check.
2. Stand on footholds with the tip of your shoes. Don't use the sides. You'll be much more flexible in your knees!
3. Always look ahead and check where your next hand- or footholds are before you make a move.
4. First step higher with your feet and then move up your body.
5. Don't try to use handholds that are too high up. An overstretched position of your body is always risky.

Fun and games on a climbing wall

Knabl Helmut

Safety and fun on climbing walls:

The safety rules as mentioned above also apply for indoor training!
Speed games should only be practised in vertical or overhanging walls, in order to prevent injuries.

Wall bars

Simultaneous use of right hand-left foot or the other way round.

Use vertical bars only

Always take a step with your foot before going for the next hold

Climbing with one hand

Climbing with your back to the wall

Climbing sideways (right hand and right foot on the same height)



Following indicated routes (the allowed hand- and footholds are marked with differently coloured tapes)

Climbing parcours



Artificial rockwalls

Relay competition – hunt for quickdraws/ribbons

Pull the donkey's tail – knockout-competition



Climbing with one hand

Step on one foothold and try to touch as many handholds as possible

Blind-man's buff



Who uses the fewest holds in a tour

Climbing hand in hand

climbing within indicated limits (which holds are allowed)

Take off – put on



Plumb-line – first move your centre of gravity, then try to find the appropriate holds

Statues – present yourself in the form of a statue on the wall.

Synchronized climbing

Climb up as a mirror image of your partner

Who can do the widest move?

Silent climbing – kicking back is not allowed

Find appropriate resting positions