

Safety
First
#1



Supervising Minors at the Hub™

Supervising minors at the Hub comes with quite a bit of responsibility. As their parent or guardian, their safety is solely your responsibility and although we will provide you with a thorough orientation, we ask that you stay alert and attentive to ensure you are giving your little climbers the proper support.



This orientation sheet is designed to help you guide minors through a safe and fun climbing experience. If you still have questions or concerns after reading this document, please don't hesitate to contact one of our friendly staff!

Here are a few important things to keep in mind while supervising:

- A parent cannot supervise more than 2 children at any one time
- Parents are directly responsible for the safety and well-being of the children they are supervising
- Parents should not allow children out of eyesight (unless they are topping out of course)
- Bouldering is a sport that involves risk and danger and it is your responsibility to look out for your child's safety
- Bouldering is a sport done without safety ropes and involves a high amount of falling
- Matting under the walls does not guarantee the safety of (your) children.
- The floors we have are new and will be firm. Make sure to test out the padding from various heights before allowing your children to climb over their head height
- Always down climb whenever possible
- Make sure that your children are aware of their surroundings and other climbers before they begin climbing anywhere
- Make sure to remove all hazards from landing area
- Climber on the wall first has right of way
- Always be careful walking through archways. If you see someone climbing on the arch above you, wait till it is safe to pass through
- Carefully monitor minors and take caution when they climb beyond their capabilities: this can be dangerous
- NO RUNNING, SCREAMING or HORSEPLAY
- Make sure children exit top outs immediately
- Remind your children to take rest and hydration breaks. Bouldering can be intense so we do recommend moderation

Key tips for spotting:

- Never try to catch a falling climber: direct them into the mats to avoid hazards or obstacles
- Protect a climber's most vulnerable spots: back and neck
- Keep legs and arms bent, thumbs in
- Stay alert and loose in order to help "neutralize the body position of the falling climber"
- Keep size and weight ratio in mind: don't spot anyone significantly larger than you
- Identify dangerous/risky moves to be aware of potential falls
- Clear landing area and make sure to usher people away from fall zone (areas climber may potentially land)
- Don't stand directly underneath climber or intended fall zone: think arches
- Never spot someone if you don't feel comfortable doing so. Likewise, always ask for their permission or at least let them know you are there



A few ideas to get everyone having fun!

- If you are finding your climbers are having a hard time with even some of the easiest climbs, suggest they "Rainbow" and try and using any colour to get to the top
- Remind frustrated climbers that getting to the top isn't everything! Challenge them to traverse the wall. You can even pick a start and finish hold to make the challenge feel more complete.
- Make up your own climbs! Choose nice big holds that look fun to you and make up your own route, start to finish. Please try to your use your memory instead of marking holds with chalk, we want to keep our walls as clean as possible.
- Add on! Choose a start hold and take turns adding a move. If someone can't complete the move added the turn before them, they are disqualified. So it goes until only one is left victorious. Hint: this can be done in the opposite fashion, often called "Elimination" where the goal is to keep removing holds from a problem to complete it with the least amount possible.

Still have questions?

Please don't hesitate to talk with one of our friendly staff members and remember, if you have a question or a concern, ask before you or your child start climbing.

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