

This is a script to accompany the Association of British Climbing Walls' climbing wall induction video which you can watch on YouTube:
<https://www.youtube.com/watch?v=oJAow7D8DEU>. This script can be used by people with visual impairments who cannot watch the video.



Welcome to the ABC Boulder safety video

You will be asked two questions at the end so please listen carefully.

We will cover the key safety points for bouldering. There is lots more to learn but follow these basic rules for a safer experience.

- 1) Matting does not remove the risk of injury.
- 2) Warm up and start easy.
- 3) Climb down wherever possible.
- 4) Use any colour hold to climb down as far as possible.
- 5) Land on your feet and bend your knees.
- 6) Do not sit, climb, or walk under or behind people when they are climbing.
- 7) Take care when walking around corners or under overhangs.
- 8) Don't wear a harness when bouldering.
- 9) Ensure all pockets are empty and jewellery (excluding stud earrings) is removed.
- 10) Ensure you wear correctly fitted, appropriate footwear.
- 11) Children should be supervised at all times, and should follow the centre's rules.
- 12) No running, wrestling or acrobatics on the mats.
- 13) Holds may break or spin.
- 14) Check or fall/landing zone.

- 15) Always check in at reception.
- 16) Ask staff about the grading system in each centre.
- 17) Don't leave items on the mat.
- 18) Only 'top-out' in designated areas – please ask a member of staff should you wish to have these areas highlighted to you.
- 19) When there is no 'top-out', downclimb. Do not climb over the top of the wall.
- 20) Centres will have information available on good practice, including policies for training areas – please ask a member of staff to inform you of these on your first visit.
- 21) Always check in at reception.
- 22) Warning: there is an increased risk associated when climbing whilst pregnant.
- 23) Do not wear loose fitting clothing.
- 24) Please now go to reception.