

ROCK CLIMBING



WHAT TO EXPECT:

Reach new heights with rock climbing!

Rock climbing is a thrilling, beginner friendly experience sure to leave you feeling empowered! We'll teach you everything you need to know with customized support and equipment to reach new heights. Come meet welcoming peers of all abilities, learn a new skill, and build a community!



JOIN THE FUN:

Our athletes participate in adaptive climbing with a wide range of diagnoses including, but not limited to:

- Amputation
- Multiple Sclerosis
- Spinal Cord Injury
- Cerebral Palsy
- Visual Impairments
- Post CVA (Stroke)
- Traumatic Brain Injury

EQUIPMENT

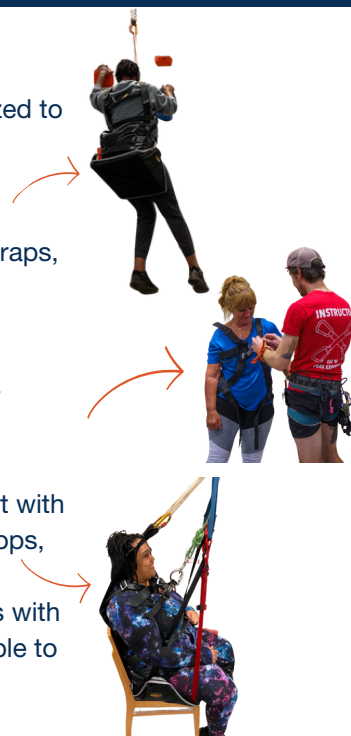
- Sportable alongside partners at Beyond Boundaries and Peak Experiences will provide all equipment necessary to get you climbing right away, including:

- A Climbing Harness fit to your body
- Helmet if desired
- Climbing shoes
 - You may also wear your own athletic shoes, but make sure they are snug fitting and close toed!



COMMON ADAPTATIONS*

- A variety of adaptive harnesses can be utilized to meet your individual needs
 - Easy Seat Harness
 - This harness allows you to sit on a padded seat with leg loops, waist straps, and chest straps for added support
 - Full Body Harness
 - This harness goes around your shoulders, chest, waist, and legs for additional support
 - Arc Harness
 - This harness offers the most support with a padded seat, neck support, leg loops, waist straps, and chest straps
- Laser Pointers can be utilized for individuals with visual impairments to highlight rocks available to step on or grab while climbing



HOW IT WORKS

- Upon arrival you will get fitted into a harness and paired with a certified Belay partner
 - Your partner will stay on the ground to take up the rope slack, catch you if you fall, and lower you safely to the ground
- Someone can climb alongside you for additional support and guidance!
- You choose where you climb!
 - Routes range in skill from beginner to advanced so there is something for everyone!

*This is not an exhaustive list – Sportable can adapt and modify equipment to meet your individual needs and find what works for you!

OUR PARTNERS:



BEYOND BOUNDARIES
ADAPTATION & THE CLIMBING

