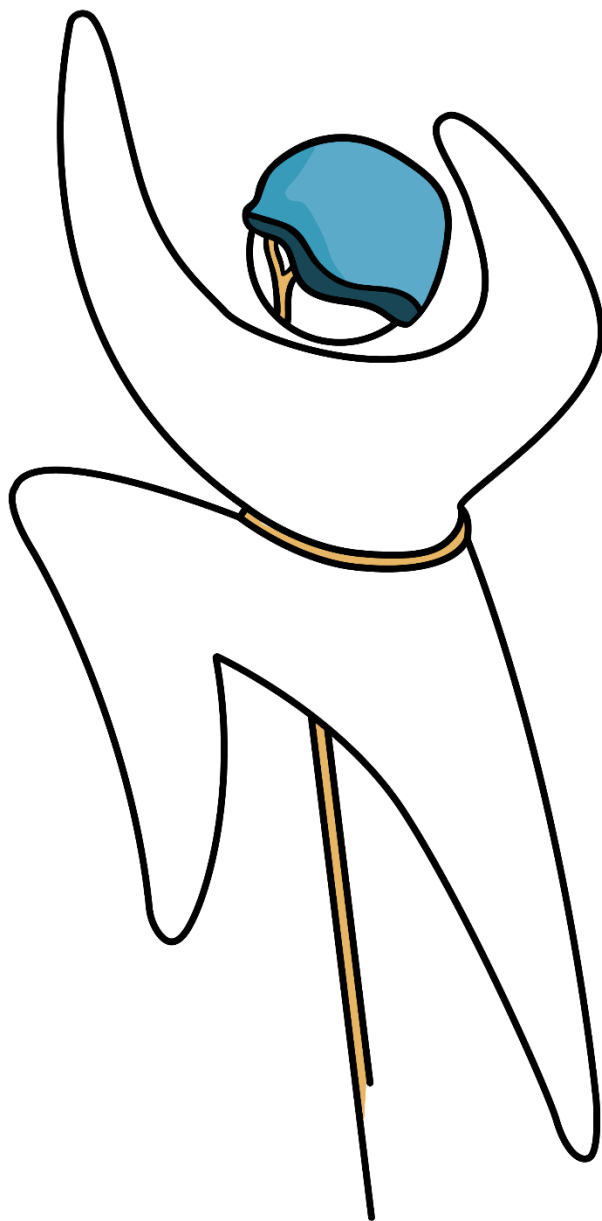


Climbing



I am going climbing.

I will go to the climbing wall in the Kinross building.



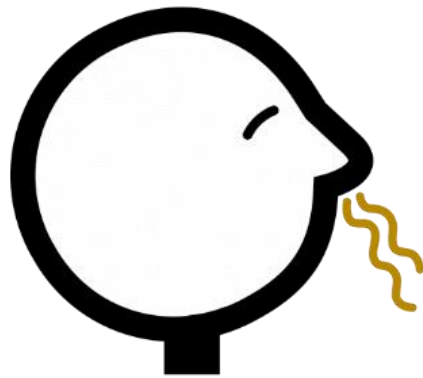
This is the Climbing wall.



This is the storeroom where the equipment is kept.



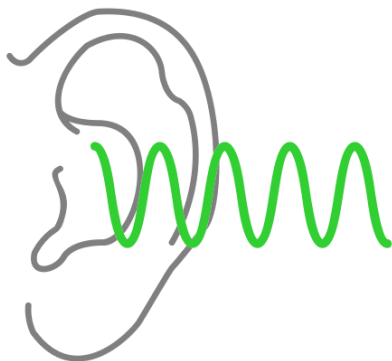
When I go inside it may smell different.



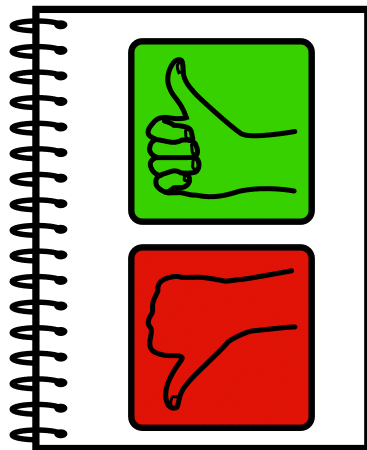
The floor is made from rubber and is bouncy.



The climbing wall room can be loud and have new sounds.



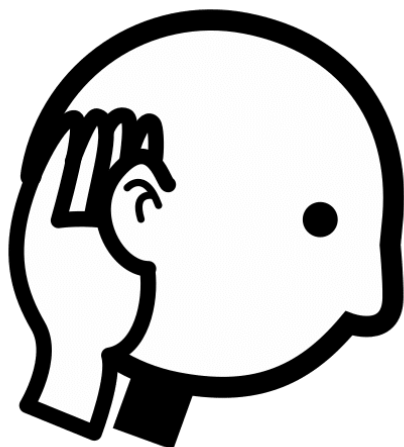
I will meet the Bendrigg tutor and other people. They will talk to me about the rules.



This is to keep me safe.



I need to listen carefully.



The Bendrigg tutor will show me how to put on my harness



and my helmet.



I will put on my harness and helmet.



I can ask for help if I need it.

The Bendrigg tutor will check I have put it on correctly.



I will wait until it is my turn to climb.



I will need to use ropes and a karabiner to keep me safe.



When the Bendrigg tutor says I am safe to climb I can have a go.



I will climb the wall using the coloured holds and the wall to put my hands and feet on.



The Bendrigg tutor or my team of friends will hold the rope and keep me safe. I may be asked to help.



If I slip, I can't fall off.



To get down I can either climb over the top and walk down the stairs...



Or I can hold my rope, place both feet on the wall, keep my legs straight and walk down the wall.



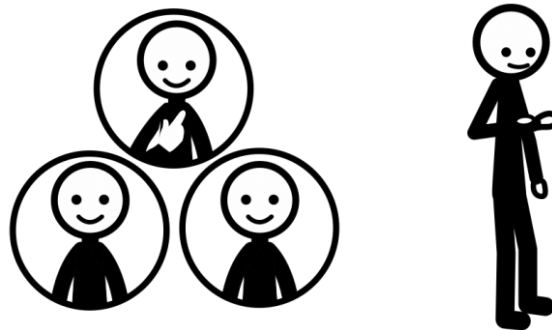
When I have finished my turn, I will sit and wait.

I may feel excited.



I may be able to have another go.

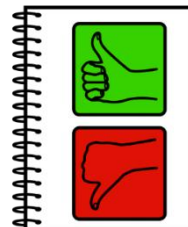
I will need to wait my turn.



I may feel worried, this is okay.



I need to remember I am safe if we all listen carefully and follow the rules. I can ask to stop.



When I have finished everyone will say well done.



Climbing is fun.



Written by Kate McCallum with support from

