



Climbing at

Wallnuts

Climbing

Centre





I'm going climbing at Wallnuts!

Wallnuts is located at 57 Old Pennywell Road in St. John's. When I go climbing at Wallnuts, I'll learn new ways to move my body and I'll get really strong while having lots of fun climbing on the walls!



There will be rules to follow and forms to fill out.

When I arrive at Wallnuts, I will be encouraged to wear my mask and clean my hands. The staff may also check our VaxPasses. I might have to wait while forms are filled out too, but it won't take too long. I will be patient!





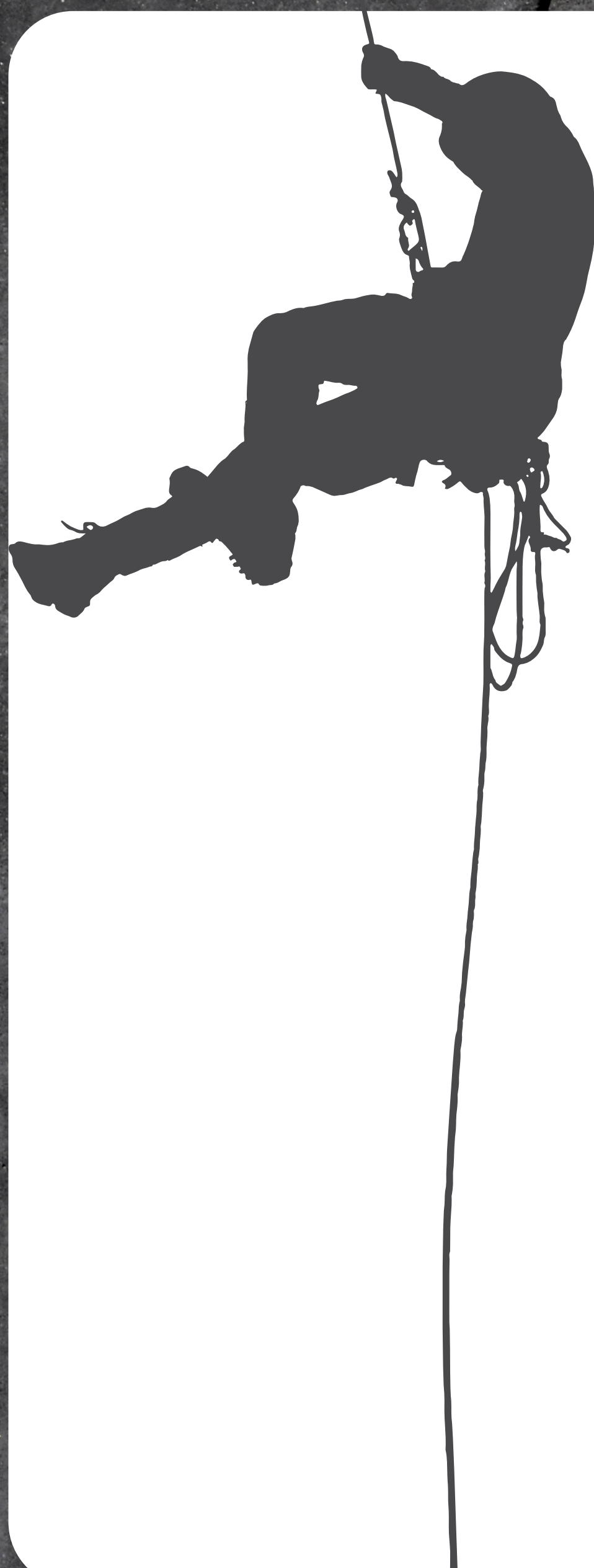
While I wait, there will be lots of things to look at in the store. At Wallnuts, climbers can buy clothing and equipment that is used for climbing. There are lots of interesting things in the store! When I look at all of the interesting things, I will try my hardest not to touch anything.



These are my instructors. Their names are Michelle and Michael

Michelle and Michael are kind and patient, and they want to help me learn! I will try my best to follow their instructions because they want to keep me safe while I try new things.





Before I go into the climbing gym, I need to check in at the front desk to get a harness, and special shoes to wear to keep me safe while climbing. My instructor will help me put on my harness, and will make sure my shoes fit properly before I begin climbing.

Here are some other special things I might see or use at Wallnuts



Hold A climbing hold is a shaped grip that is usually attached to a climbing wall so climbers can grab or step on it in order to ascend the wall



Chalk Climbers use chalk to dry sweat and moisture on their hands, increasing friction and improving their grip on the holds



Bouldering Cave A unique place in the gym where people climb without ropes. There are special safety rules to follow for bouldering. I will ask my instructor before climbing here.



Rope A climbing rope is a special rope that is attached to a climber's harness by a knot or belay system to help prevent fall-related accidents.



Carabiner & Grigri A carabiner is a coupling link with a safety closure, used to connect different parts of a safety system. A grigri is an assisted belay device that acts as a brake to help slow a climber's descent.



Belayer A belayer uses a belay device to create friction within a climbing system, so that a falling climber does not fall very far



Inside the climbing gym, there are many unique things I might see and use! How many things do I recognize in this photo?

- **Rope**
- **Mat**
- **Climbing wall**
- **Bouldering cave**
- **Caribiner & Grigi**
- **Hold**



Before I am allowed to climb, I will need to wear a harness and special shoes.

My instructor will help me put on my shoes and buckle my harness to make sure it fits tightly to keep me safe. My shoes and harness may feel a bit strange at first, but I need to wear them if I want to climb.





If I need a place to leave my outdoor shoes and coat, bags, or water, I can use the cubbies inside the gym. No food or drink (other than water) are allowed in the climbing area, and any loose belongings/gear not in use must be kept in the cubby area, never on the gym floor, so that it doesn't become a safety hazard.

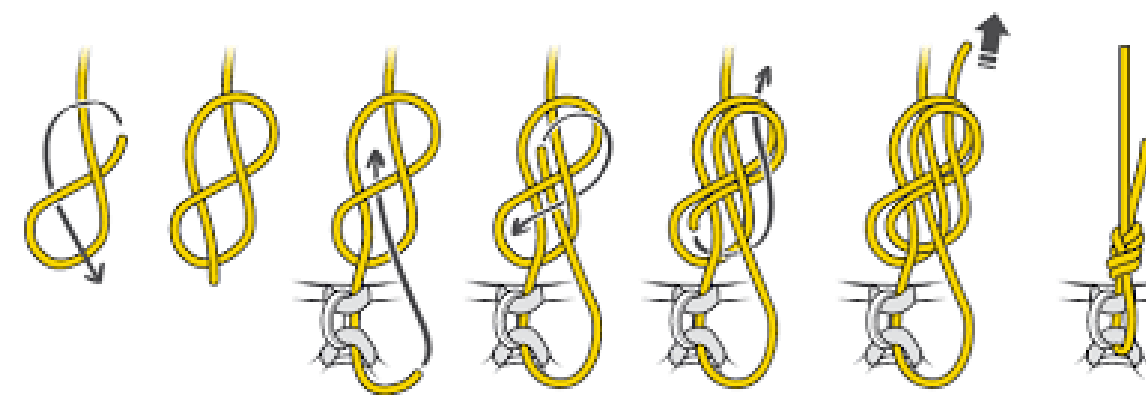


Some other rules for making sure everyone can have a good experience climbing are:

- Wash hands thoroughly before climbing
- No running!
- No unroped climbing without a bouldering orientation.
- Be mindful of your surroundings - Do not walk underneath or directly behind climbers, or otherwise obstruct potential fall zones.
- No gum/food in mouth while climbing or belaying.
- No barefoot climbing (includes wearing socks, sandals, or “toe shoes”) permitted.
- Follow any direction given by staff on duty.
- No sitting/standing/kneeling/lying on the pads.
- Everyone needs to remain clothed in the public areas of the gym; Wallnuts does not allow climbing without a shirt on.
- Everyone should use change rooms when undressing.
- Avoid wearing climbing shoes in the washrooms.
- A chalk ball should only be used if it is in a chalk bag (worn on the body like a belt).
- Boulder buckets (bags of chalk not worn on the body) need to be closed when not in use.
- Everyone should make reasonable effort to reduce the amount of chalk in the air.
- Don't tell other climbers how to climb (unless you are hired as an instructor by Wallnuts)
- Harassment or discrimination of any type will not be tolerated (verbal, physical, or sexual harassment and hostile, threatening, offensive behaviour, etc).



Before I begin climbing on the walls, I need to tie a "Figure 8" knot to connect the climbing rope to my harness. My instructors will help me while I learn!





Once I am wearing my climbing shoes and harness, and my knot is safely tied, I will wait for my instructor or belayer to click their caribiner and tell me it's safe to begin climbing.

I will begin by picking a coloured route on the wall. First, I will put my hands on the hold, and then I will step up off the mat, to put my feet on the holds too. It might be a little scary to be up off the ground, but I am strong, and so are the harness and ropes. I can trust my belayer to help keep me safe.





I can climb as high as I want to when I am at Wallnuts!

I can take one step or two, or I can climb to the yellow line! I can even try to climb all the way to the top if I feel confident! I can go as high as I'd like, and my instructors will encourage me to try, but nobody will make me go any further than I want to. I feel more confident knowing I can come down as soon as I'd like to too!



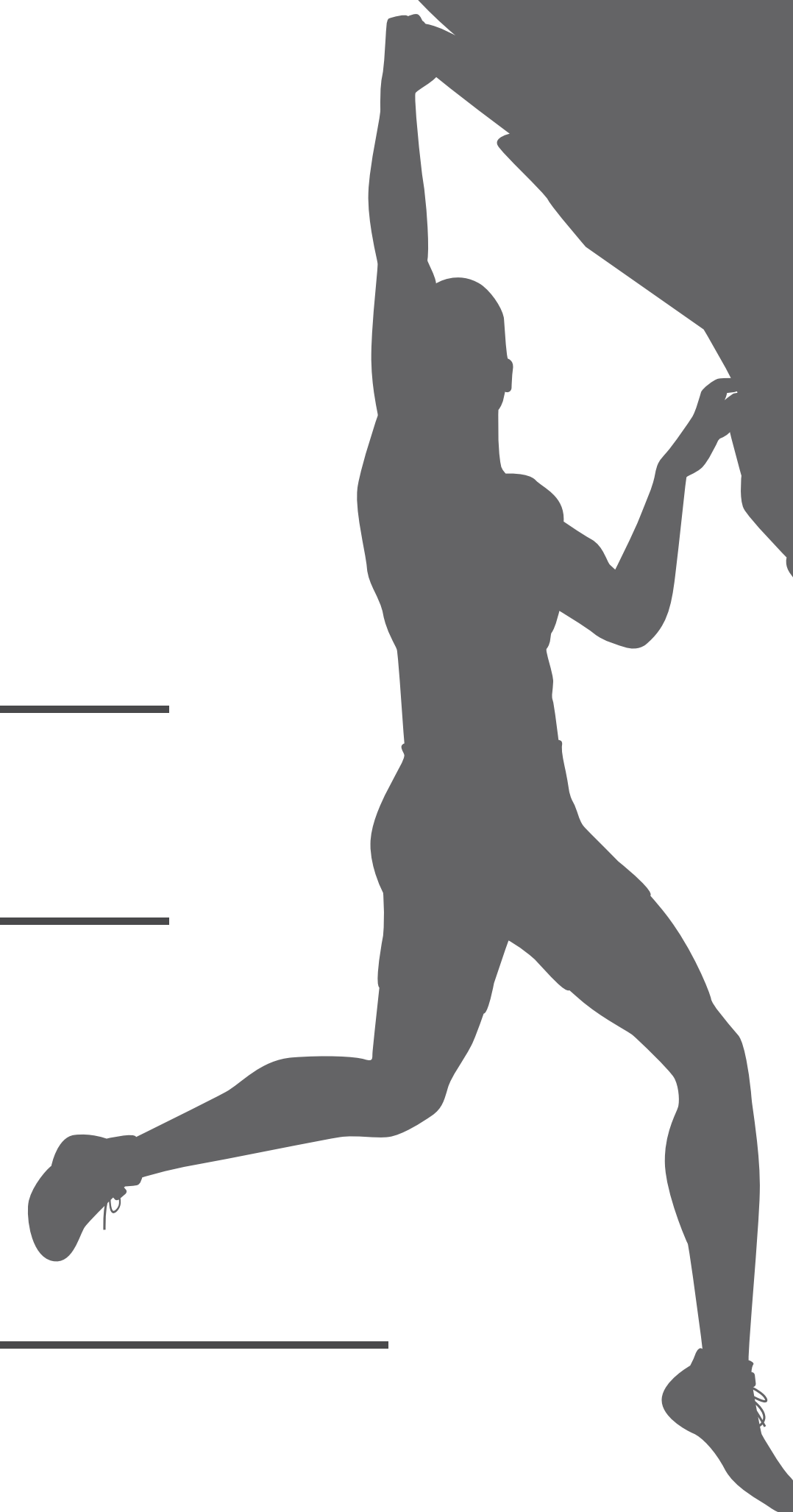
When I am ready to come down, I will sit back in my harness, and hold on to the rope with my hands.

When I lean back in my harness, I will use my feet to walk down the wall. The belayer will use the grigri or another belay device to control my speed as I come down to help keep me safe.

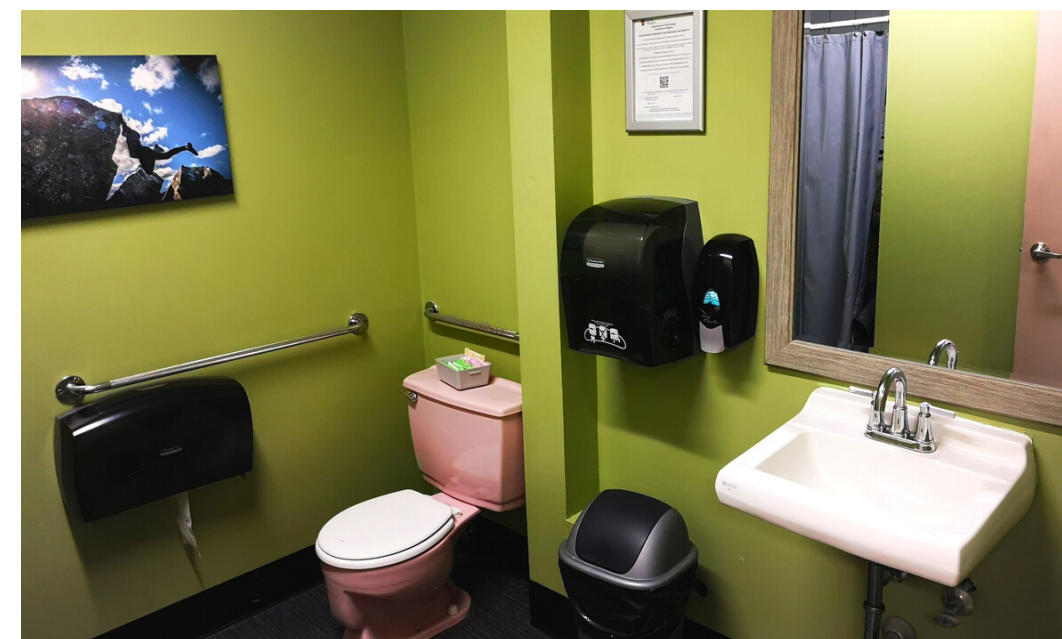


If I get overwhelmed, I can take a break and:

- _____
- _____
- _____
- _____
- _____



I can use this space to brainstorm strategies that I can use if I get overwhelmed while I'm climbing.



If I need to use the bathroom, there are two. I can use whichever bathroom I prefer, but first I need to take off my harness.

In one of the bathrooms, there is a shower. This shower is not for climbers to use. Usually, the staff have things stored in there, like dirty holds that need cleaning. If I use the bathroom, I need to remember to take off my harness before I go in, and not to touch anything in the shower.



**I had so much fun
climbing at Wallnuts!
Next time, I would like to:**



I can use this space to set personal goals for myself as I get more experience climbing!

Notes on Safety Systems

- Only staff instructors are permitted teach safety skills.
- Only those certified by our staff may use any of the climbing safety systems in the gym.
- If you have not belayed in 90 days, a belay check with our staff is required.
- Self and partner checks are mandatory prior to each climb.
- Harnesses and lead ropes must be in good condition and no more than 5 years old.
- Only approved belay devices may be used in the gym.
- No modified safety equipment or safety equipment not designed for recreational climbing use is permitted.
- Staff may, at their discretion, forbid the use of any equipment.
- Use of alternative climbing/safety systems outside the scope of Walnuts indoor safety courses are not permitted unless approved by the staff on duty. Ex: simul-climb, multipitch, seconding.

Notes on Bouldering (climbing without a rope)

General Bouldering Rules

- A bouldering orientation delivered by staff is mandatory for new climbers or first time visitors prior to doing any unroped climbing.
- When not climbing, climbers must stay completely off of the bouldering pads to avoid pad pinning, obstructing fall zones, and unnecessary wear on the padded flooring.
- No topping-out (climbing up so far you climb over the edge and end up on top of the bouldering cave).
- No making up climbs that result in dangerous movement (example: large moves towards pad edges/obstacles).
- Stay at least 6 feet away from adjacent climbers at all times while climbing.
- Climbers must execute a 'crumple fall', or another effective falling technique whenever possible.
- Spotting is to be avoided unless protecting unique hazards, and may only be done by very experienced spotters.

Youth Bouldering Rules

- Climbers aged 10 and under may only boulder below the black line and under direct supervision of a responsible adult who has received a bouldering orientation, and must stay within arms reach of said adult while in the bouldering area.
- Climbers aged 11-14 must receive a bouldering orientation and must be supervised by a responsible adult who has also received a bouldering orientation. Exceptions can be issued by the staff for climbers this age following extensive experience and have consistently displayed good habits and competent safety practices over an extended period of time.
- Climbers aged 15 and older require a bouldering orientation and staff supervision following their orientation. Competence in safety practices will allow them to boulder unsupervised on subsequent visits. Lack of competence may result in extended supervision and loss of unsupervised access to the bouldering terrain.
- Exceptions to these rules made during our youth programs do not permit onlookers to adopt said exceptions for their own use, and do not permit program participants to bypass these rules outside of program hours.