

Safe Bouldering Indoor

5 recommendations of Club Arc Alpin

Bouldering is fun and makes you strong, but there is also a risk of injury. Learn how to do it right.

1. Warm up

- Intensive warm-up protects muscles, ligaments and tendons
- Warm up only in suitable areas

2. Keep the fall area free

- Do not stay under bouldering persons
- Do not leave any objects lying around
- Do not boulder too close together or on top of each other
- Generously estimate the landing zone

3. Spotting

- Learn to spot correctly
- Spot only when necessary
- Note weight differences

4. Climbing off or jumping off

- Climbing down before jumping off
- Use the marked exits
- Learn to jump off and land
- Land with feet as closed as possible and - if necessary – unroll

5. Look after children

- The mat is not a playground!
- Exercise supervisory responsibility
- Define maximum height individually

Approved by the CAA General assembly, 8.9.2018, Turin/Italy

