

Junior Assessment (U18 Unsupervised sign off)



Name.....

D.O.B.....

Member I.D

1. Have you climbed at least 6 times in an indoor bouldering gym in the past 6 months or take part in a taster/coached session in our centre ?
2. What is the best way of getting back to the ground?
3. Explain how you make a good landing?
4. What is the best way of reducing sports injuries such as tendon, ligament and muscle strains?
5. What are typical injuries you may get whilst bouldering?
6. Name two high risk climbing moves that may cause injury and why?
7. Does matting under the bouldering walls make it safe?
8. Where would you not leave your spare gear and personal belongings and explain why?
9. When two climbers are on the wall who has 'right of way' the higher or lower and why?
10. Where would you report loose holds?
11. What would you do if you witness an accident?
12. If you sustain a finger injury what would you do at the Centre?
13. Where would you find information regarding grades, safety etc?

14. How would you avoid long-term injury?

15. Why would you not use the Training facilities without an Instructors guidance?

I agree and understand that my child will be allowed to use all bouldering walls within the facility without supervision by 'BoulderWorld staff' and they will be subject to the rules of the centre.

Parent

Print Name _____

Signature _____ Date _____

I agree and understand that I will be allowed to use all bouldering walls within the facility without supervision by 'BoulderWorld staff' and that I will be subject to the rules of the centre. I agree to abide by The Conditions of Use and Rules of BoulderWorld Belfast Climbing Centre.

Junior

Print Name _____

Signature _____ Date _____