

Introduction to bouldering

Individual exercise

Description

Introduction to basic bouldering and safety rules

No jewellery, care of nails and hands, no streetshoes on climbing mats, keep fall areas clear, do not leave anything on the mats, the person on the wall is coming first

Tour of the climbing centre/wall

Getting to know the most important areas.

Getting to know the wall

Stepping down (Topout vs. jump off), colours and levels of difficulty, beginning holds and starting from sitting, holding the final hold with two hands (3 sec.) vs. stepping out, teams of two: ensure safe environment, careful while jumping off the wall

First boulder experiences

Pre-boulder a traverse, have participants traverse in groups of two and immediately address safety-relevant mistakes.

Pre-boulder an easy boulder route (incl. topout and jump), let participants try it out one after the other and support them.

Material/wall

Simple traverse, easy route with topout

Therapeutical themes

Introduction, mindfulness

Key questions

Individual discussion of the experiences made: *How did you feel about bouldering? What kind of experiences did you have? When was it easier, when was it harder? Where were your thoughts? (In the here and now?) How did you feel when you started thinking about what you were doing? What strategies did you use? How did you approach the boulder?*

Tips

Immediately address safety-relevant errors, avoid reprimands!

Pay good attention to the limits of the participants!