

Using the Climbing Wall in the IB

Everett Hill

Website: islteam.org





Questions

- ▶ Feel to ask questions throughout about any of these topics
- 

Climbing is an Olympic Sport

- Speed Climbing
- Bouldering
- Lead Climbing



Quality Movies are Popular

- ▶ Free Solo – Alex Honnold's climb of El Capitan without ropes
- ▶ The Dawn Wall – Tommy Caldwell and Kevin Jorgenson climb the Dawn Wall on El Capitan




School Climbing Walls





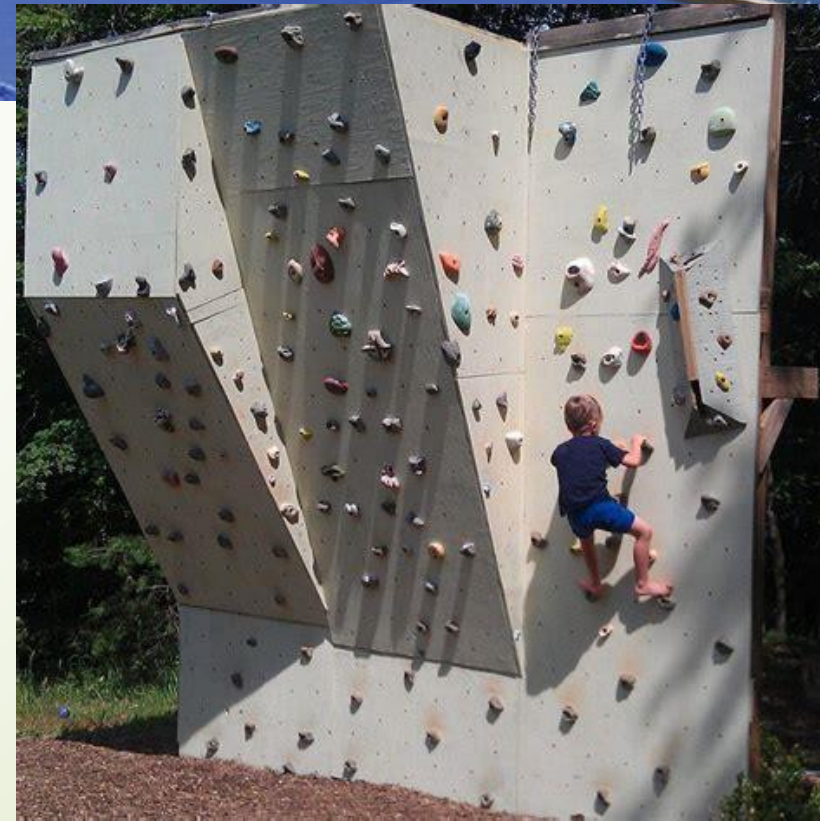
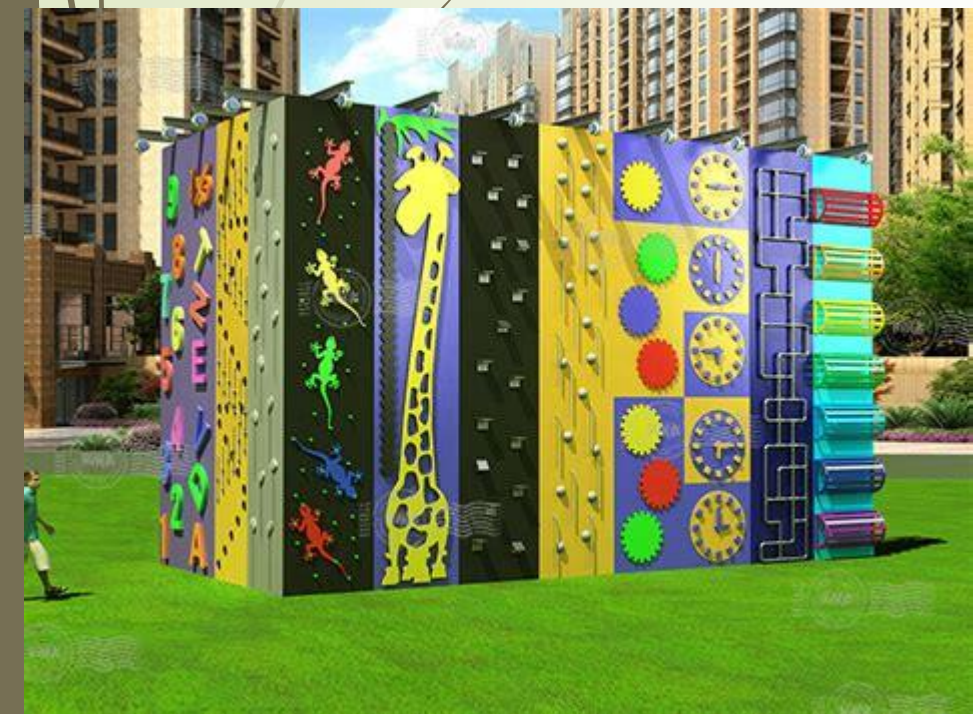
Obligatory Words of Caution

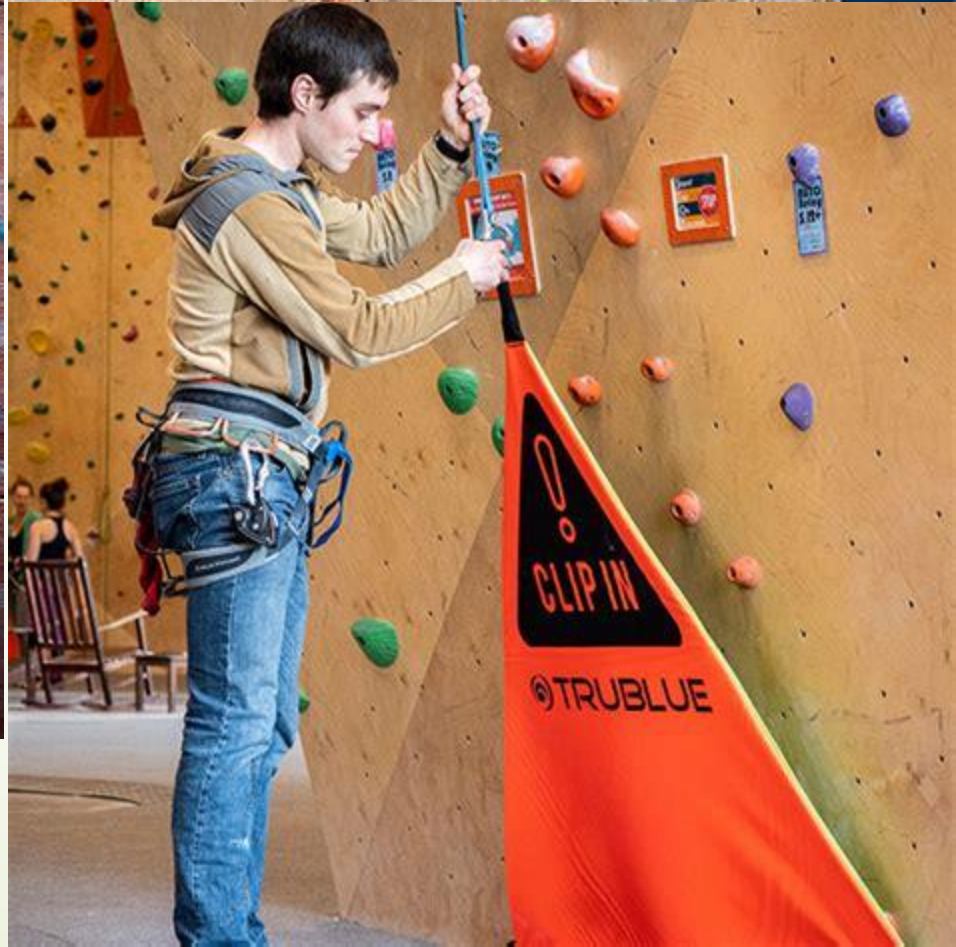
- ▶ Climbing is a dangerous sport and there is a risk of injury or death.
- ▶ For first time wall usage, be explicit in your expectations and instruction.
- ▶ If you are untrained, at a minimum gain indoor wall certification
- ▶ Check with your insurance about students using the climbing wall
- ▶ Ensure that the equipment is of good quality and safe to use

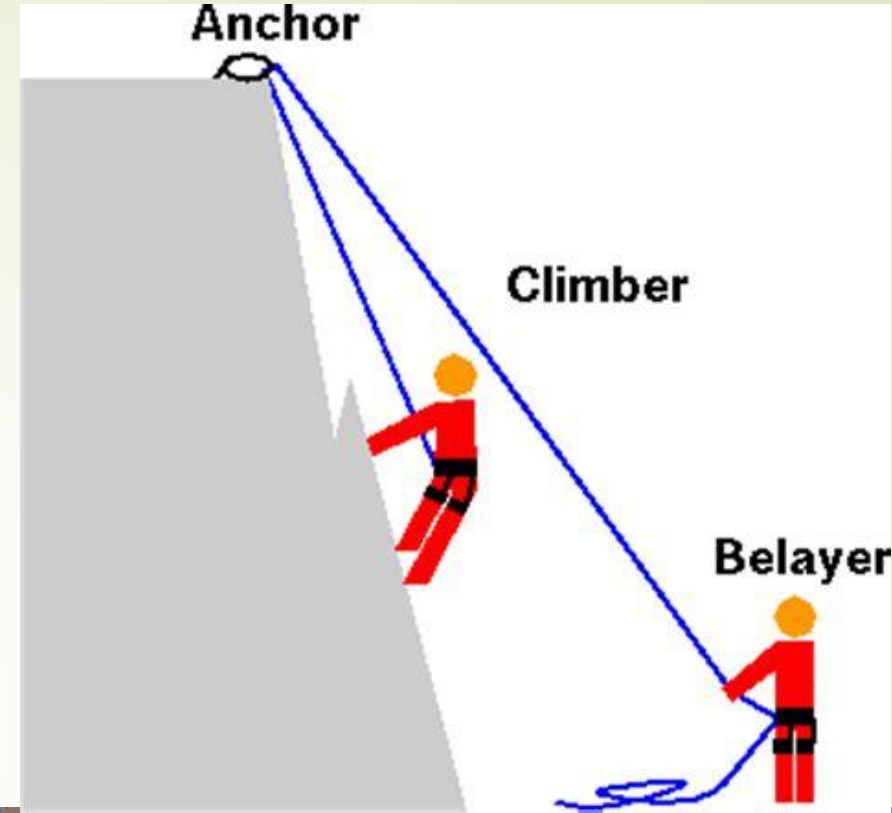


Climbing
can be
done safely
and
effectively
in a school
setting.

- ▶ Bouldering
- ▶ Auto – Belay Climbing
- ▶ Partner Belay Climbing (Top Rope)
- ▶ Lead Climbing (top rope plus lead)
- ▶ Free Climbing (Not in a school setting.)









Practical Advice for Instructors

Build your own skill set

If you have not managed a wall before:

- Get experience
- Start small and build (3 ropes max)

Learn Safety Skills

- Basic response to minor incidents
- Basic Response to serious incidents
- Transfer of a rope between partners

Learn to use a GriGri (always use when instructing or supervising)



Equipment Checks – Safety/Reports

- ▶ Rope (create a log)
 - ▶ Check once a month
 - ▶ Log use / Incidents
- ▶ Gear
 - ▶ Harnesses (monthly to yearly)
 - ▶ ATC (monthly to yearly)
 - ▶ Carabiners (monthly to yearly)
- ▶ Logging Use (reporting purposes)
 - ▶ After each use (set up a form you can just tick boxes)



Instruction Tips

- ▶ Decide what the end goal of the climbing instruction is.
- ▶ Teach a standard progression to all students.
- ▶ Teach the same commands to all students.
- ▶ Teach the same safety protocols for all students.
- ▶ Assess students on their ability to do the skills correctly and safely
 - ▶ Non-negotiable



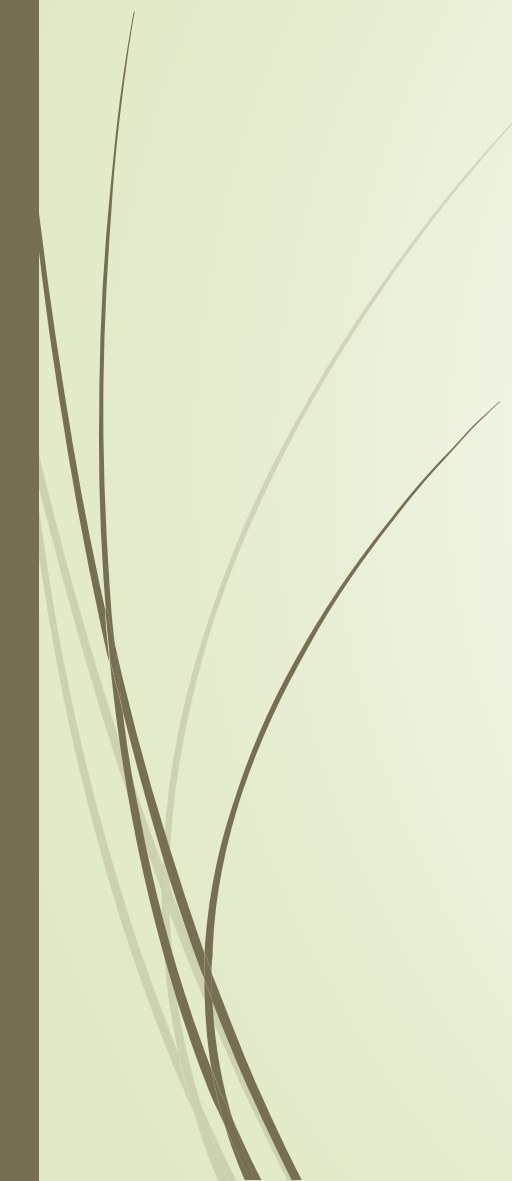
Questions?


➤ Got any?






Teaching - PYP

- Focus on Bouldering
 - Low Climbing Level
 - Movement exploration
 - Station work
- 



Teaching – MYP (6 – 8)

- ▶ Continue to develop bouldering skills
- ▶ Autobelays – Climbing Instruction and monitored Climbing
- ▶ Top Ropes only – Instruction of Entire Climbing Process (gear, knots, belay, commands, etc.)

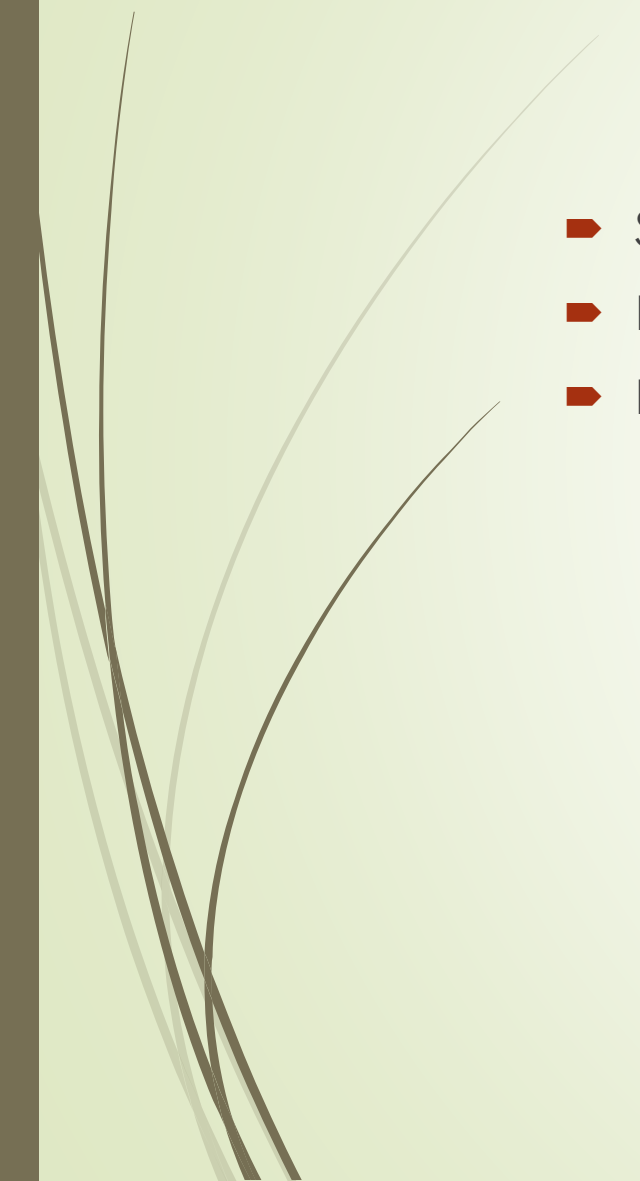



Teaching – MYP (9 – 10)

- ▶ Continue to develop bouldering
- ▶ Auto – Belay – Climbing for Fitness
- ▶ Top Rope – Partner work and Teamwork
- ▶ Lead Climbing – Introduce if you are confident and students are strong climbers AND you have gear for it
- ▶ Allow students to teach lower grades or new students




Assessment - PYP

- ▶ Skill based – Bouldering skills
 - ▶ Body Awareness
 - ▶ Partner work (trust, communication, teamwork)
- 



Assessment – MYP (6 – 8)

- Bouldering
 - Criterion A/C – Knowledge of equipment, knots, holds, grip, safety
 - Criterion B – Plan a bouldering route – self and others
 - Criterion D – Reflection
- Auto Belay
 - Criterion B – Fitness Plan, set a climbing route
 - Criterion D – Reflection
- Top Rope
 - Criterion A – Knowledge of Climbing
 - Criterion D - Reflection



Assessment – MYP (9 – 10)

- Bouldering
 - Criterion B – Route Setting
 - Criterion D – Reflection
- Auto Belay
 - Criterion B – Fitness Plan (climbing), Route Setting
 - Criterion D – Reflection
- Top Rope
 - Criterion B – Route Setting (leveled or for partner)
 - Criterion D – Reflection