

Freestone **Safety** guidelines for you and your kids

1. No running (except during official games) on the ledge or on the floor. It's too dangerous to let kids run on the ledge and it's loud! On the ground there are too many other climbers to worry about and lots of cement—no running!

2. Ask for 'a spot' when you want to climb—an adult, ideally, for the taller walls. Kids love esoteric lingo and will respond to it—teach them the climbing lexicon! “Spotting” is a good start. A good spotter will stand behind/under (but not directly!) the climber with arms extended and ready to direct the climber to a safe landing position in the event that the climber falls. The idea is to influence the body position of the climber in mid air to prevent them from hitting any hazards, and ideally, landing them on their feet. In many cases by aiming for the hips, the spotter has excellent control. Essentially, the spotter is ‘breaking’ the fall.

2.5. Don't climb under or over anyone. Similarly, kids have a hard time not standing directly underneath a climber if that climber is on a problem they want to get on.

3. No food or drinks on the mats!

4. Go as high as you are comfortable and no further!

5. Know when and where you are going to fall and land on your feet! Don't let it be a surprise!! Better yet, downclimb to a distance from which you feel comfortable jumping.

6. Walk around—not under—the slackline if there is someone on it or about to get on it.

7. Please respect other climbers by observing climbing etiquette. Means taking turns, spotting, not gushing beta, not being discouraging, etc.

That about does it! Have fun!!