



Checklist for climbing with children



alpenverein
österreich



österreichisches kuratorium für
alpine sicherheit

climbers-paradise.com 

Planning

Make sure you have comprehensive information about:

- climbing location (danger of falling, plenty of shade, next to a road or water, etc.)
- length and gradient of approach to climbing location
- difficulty ratings of climbing pitches
- safety conditions while climbing (distance between hooks, accessory carabiner, opportunities for top rope climbing, etc.)
- length of pitches
- labelling of climbing routes
- protection from alpine dangers in immediate surrounding area
- car parking
- Weather forecast and conditions
- Choose the location based on the climbing ability of the children and not your own preferences
- Before leaving, print out a topo showing the climbing routes in the area and take it with you (www.climbers-paradise.com)

Equipment

- Climbing helmet
- Semi-automatic belay device (Grigri, Smart, Ergo, etc.)
- Climbing harness for children
- Appropriate climbing and approach shoes
- Chalk and chalk bag
- Small first aid kit
- Plenty of liquids to drink
- Food, including a few treats as a reward for the children
- Mobile phone (charged!)
- Waterproof clothing
- Sun protection
- “Important equipment” for children: toys, camera, etc.
- Spare clothing

Tips

- Climbing outdoors is different from climbing indoors! (Alpine dangers, distances between hooks, terrain, etc.)
- When climbing with children, don't push them too hard – let them simply enjoy it.
- Choose relatively short climbing pitches to enable children, especially young children, to slowly get used to being above the ground.
- Children do not have the same attention span as adults! Do not attempt difficult pitches if you are being belayed by a child – this can place the child under unnecessary pressure and cause them to become stressed.
- Important! Before you start, make sure everyone knows the meaning of the commands used during climbing.
- Don't forget to take a break between pitches.
- Take along a blanket to set up a “base camp”
- Check to see which other activities are available in the surrounding area (swimming lake, swimming pool, playground, etc.)



Summer in
the Mountains



General recommendations for climbing by the Club Arc Alpin (CAA)

1. Buddy check before you climb!

Before starting each pitch, climber and belayer should check their own equipment and each other's ("four eyes see more than two"). This includes: tie-in knot, harness set-up, belay set-up, carabiner lock and knot tied in the end of the rope.

2. Full attention when belaying!

Belaying requires high levels of precision! Therefore, belayers should always pay full attention to the climber and the task of belaying. Make sure the rope is taught at all times and select the right place for belaying.

3. Use the belaying device correctly!

Make sure you are familiar with your belaying device and stick to the "braking hand principle", meaning that one hand should always be on the braking rope.

4. Communicate clearly!

Before starting each pitch, make sure that climber and belayer both know the rules when it comes to communication. Let your partner know before resting on the rope.

5. Be careful when clipping ropes!

When clipping in the rope, make sure you are in a stable position. Do not attempt to clip in from a very stretched position. Ensure that the rope runs the right way through the carabiner.

6. No top rope climbing on one carabiner!

For top rope climbing you need two independent belay points. The rope must be clipped in to at least two carabiners.

7. Keep the area below the climber clear!

Do not climb above or below another climber. Also make sure the area on the ground below each climber is clear in case they fall. Beware that climbers may swing out on the rope if they fall.

8. Careful when lowering and abseiling!

Ropes should never be in contact with each other. When lowering, always use devices made of metal. Lower your partner slowly and steadily. When abseiling, tie a knot in both ends of the rope and protect yourself from falling (Prusik knot).

9. Protect head and body!

Use a helmet to protect your head from injuries caused by climbing falls or falling rocks. A helmet should be used as standard when undertaking alpine tours. Warming up before climbing is an effective way of protecting your joints, tendons and muscles.

10. Stay safe when bouldering!

Make sure the area immediately below is safe if you fall or have to jump off. Active spotting and a soft crashpad can prevent injuries.

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First aid

- First-aid kit
- Mobile phone with fully charged battery and charger

Emergency numbers

- ☎ 140: Mountain rescue service –Alpine emergency
- ☎ 112: European emergency number (works with any mobile phone & all available networks)

No coverage?

If there is no reception and in dead spots, no emergency calls can be made. → Go to an area with better reception and dial 112 regularly. Euro emergency: access to all available networks if 112 is dialled after switching on the phone instead of entering the PIN or by using the SOS emergency function.

Reporting an accident

- Who is reporting / call-back number?
- What is the exact location of the accident?
- What has happened?
- How many people are injured?

Emergency app Tyrolean Mountain Rescue Service

- Smart phone users can install the new emergency app provided by the Tyrolean Mountain Rescue Service. It helps making an emergency call and transmits one's location.

Levels of difficulty

UIAA-Scale	France	USA	AUS	Great Britain	
				Adjectival	Tech
1	1	5.2			
2	2	5.3	11		
3	3	5.4	12		
4	4	5.5		VD	4a
5 -	5a	5.6	13	S	
5		5.7	14	HS	4b
5 +	5b		15		4c
6 -		5.8	16	VS	
6	5c	5.9	17	HVS	5a
6 +	6a	5.10a	18	E1	
7 -	6a+	5.10b	19		5b
7	6b	5.10c	20	E2	
7 +	6b+	5.10d	21		5c
7 + / 8 -	6c	5.11a	22	E3	
8 -	6c+	5.11b	23		
8	7a	5.11c	24	E4	6a
8 +	7a+	5.11d	25	E5	
8 + / 9 -	7b	5.12a	26		6b
9 -	7b+	5.12b		E6	
9	7c	5.12c	27		6c
9 +	7c+	5.12d	28	E7	
9 + / 10 -	8a	5.13a	29		
		5.13b			7a
10 -	8a+	5.13c	30	E8	
10	8b	5.13d	31		
10 +	8b+	5.14a	32		7b
10 + / 11 -	8c	5.14b		E9	
11 -	8c+	5.14c	33		7c
11	9a	5.14d			
11 +	9a+	5.15a			
11 + / 12 -	9b	5.15b			

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