

## REPORT

### Activity 4. Inclusivity and assessability of the climbing

**Hosted by:** Sportsko penjački klub Fothia

**Date:** 20. - 22.05.2022, Zagreb, Croatia

**Aim:** To increase the number of children who are able to get acquainted with climbing, involving children from all social layers since many of them have no access to this sport. Finding good approaches on how to motivate climbers to volunteer in their climbing clubs

**Participants:**

Planinsko društvo Domžale  
Sportsko penjački klub Fothia  
Horolezecký klub Atlas Opava, z.s.  
Horolezecký klub Horec Liptovsky Mikulas  
Magyar Hegy – és Sportmászó Szövetség

**Schedule:**

**Friday 20.05.2022.**

Agenda: General meeting, volunteering in the climbing clubs.

We first held a meeting about the upcoming weekend and activities.

Next, we continued with a discussion about volunteering in our clubs and volunteering on the national level (results of Activity 1). The differences in the amount of volunteering between clubs can be big and also the form of volunteering is very diverse. One of the main factors is the size of the club since smaller clubs don't usually have a big income and their work is often already based on volunteers. Through national analyses and experience sharing, we came to the conclusion that regular volunteer activity, unfortunately, cannot be forced and achieved in every club.

We think that occasional open events, where experienced climbers volunteer for a couple of hours, are not demanding and they relieve smaller climbing clubs that cannot necessarily afford free open events with paid instructors. Such events can be regular, but even an event once a year presents a chance for youth who wants to try climbing.

**Saturday 21.05.2022.**

Agenda: Age-appropriate video tutorials.

We filmed short exemplary videos to help trainers and climbers prepare a safe training plan.

In the videos, we presented how to do proper exercises to warm up adequately, how to stretch, and how to do exercises to prevent injuries. We made several different videos for each age group. There were 4 age groups: preschool children (to 7 years old); primary school (7-11 age); older children (12-15) and youth (16-19 age). Our intention was to make these tutorial videos short and understandable so that every trainer could use them in everyday exercise and training. We included specific climbing exercises that targeted the muscles that are used in climbing. In the injury prevention tutorials, we filmed some proper techniques for falling from the climbing wall. We also

did some antagonist exercises, to develop the muscles opposite to those we use frequently in climbing. Those muscle groups are sometimes forgotten, which can lead to injuries. By filming some simple exercises, we hope to encourage trainers to do more suitable exercises to prevent any unfortunate mistakes or injuries. By the end of the project, the video tutorials will be placed on the project webpage and on some other websites, available to open public. We plan that videos will have multilingual explanations of exercises, so we can target more trainers. We also hired some additional trainers and professional filmmakers to film the videos.

Agenda: Introducing climbing to non-climbers.

The aim of this meeting was to discuss and find some ways of increasing the number of participants who can be acquainted with climbing. We decided to invite a group of children to their first climbing experience. The group consisted of 14 girls from a volleyball club and their trainer, and they tried climbing for the first time. In the beginning, they had a short lecture about climbing and the specifics of bouldering. After that, they had a proper climbing warm-up with exercises that stimulate muscles adequate for climbing and could prepare them for falling if needed. A lot of beginner injuries come from not knowing how to fall and the exercises can help to prevent that. Then they had 1.5 hours of climbing training. The first exercise was trying to climb to the top of the wall with all holds, and after that, they also tried some set routes. To make the training more interesting they also did some climbing games like, add one hold (each climber adds one more hold that the next has to remember and the sequence continues). At the end of the training, they did stretching exercises for preventing muscle aches and fatigue. We had one trainer for the whole session from the gym, and five other meeting participants who helped as well. Their first impression of climbing was better than good, and they were quite happy to try something new.

The event turned out as well as planned and it can show other climbing clubs, that it's not difficult to plan and carry out something similar. By inviting children and youth from different kindergartens, schools, sports, and clubs, climbing could get more accessible to young people. Doing shorter "open days" like this is not so demanding on the climbing gyms and climbing staff, so this could be one of the ways to get more participants. Events like this also offer the same opportunity to everyone, not discriminating the children from the less fortunate financial background, since they are free and don't require any climbing gear.

In the evening we had a discussion about other options for increasing the number of participants. Another option is including climbing into regular school PE, but this would demand adjustments to school gyms and training of PE teachers, which would have to be done on a national level. Since we have experience from another Erasmus+ project ("Climbing for everybody"), that already covered that topic, we know that the progress of including climbing in schools is very different in participating countries, and the process is ongoing and long-standing. That is why it is easier for climbing clubs to collaborate with schools since they already have infrastructure and knowledge.

### **Sunday 22.05.2022.**

Agenda: Planning of Activity 6 (upcoming climbing camp in Kotečnik).

We went through the plans for Activity 6 and resolved any remaining questions and problems. We talked about:

- Participants and age groups
- Location and local characteristics
- Safety measures
- Camp logistics



- Camp activities

We also discussed about the state of the project, and all the results and outputs that we have to deliver, to check if we are going according to the project plan.

Agenda: Visit to dry-tooling site.

In the afternoon, we visited the new dry-tooling setup in Zagreb. Dry-tooling is one of the climbing disciplines that is rapidly growing, and there is room for youth to be involved. But currently, there are not a lot of gyms and climbing walls that enable that sport, so the development of youth-appropriate programs will have to wait for the sport to evolve.

### **Annexes**

- 1) photos







