

# **Bouldering Wall Rules**

- 1. NO CLIMBING without a Facilitator on site.**
- 2. NO CLIMBING without 2 spotters.**
- 3. MUST wear sneakers or sturdy shoes.**
- 4. When you get all the way around, RING THE BELL.**
- 5. Anyone NOT LISTENING will be asked to get off the wall and go sit down.**

**6. If you bring it with you  
PLEASE take it back  
with you!**

**LEAVE NO TRACE**

# AGE-APPROPRIATE GUIDELINES FOR SCOUTING ACTIVITIES

Age- and rank-appropriate guidelines have been developed based on the mental, physical, emotional, and social maturity of Boy Scouts of America youth members. These guidelines apply to Cub Scout packs, Boy Scout troops, Varsity Scout teams, and Venturing crews.



**TIGER CUBS**  
(WITH ADULT PARTNER)



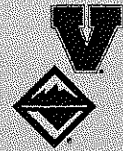
**WOLF/BEAR CUB SCOUTS**



**WEBELOS SCOUTS**



**BOY SCOUTS**



**OLDER BOY SCOUTS, VARSITY SCOUTS, AND VENTURERS**



## VEHICLES

- Dirt Bikes
- Driving Darbies
- Snowmobiles



## SHOOTING

- .22 Rifle
- Air Rifle (Pneum Gun)
- Archery—Field
- Archery—Target, Action (Pneum Weapon)
- BB Guns
- Catapults
- Large-Bore Rifles
- Muzzleloaders
- Pistols
- Shotguns
- Slingshots



## CLIMBING

- Belaying
- Bouldering
- Canopy Tours
- Caving (Cave Not Open to the Public)
- Climbing—Commercial or Horizontal Wall
- Climbing—Rock
- Climbing—Vertical Wall or Tower
- Initiative Games
- Lead Climbing
- Project COPE
- Rappelling
- Snow and Ice Climbing



## AQUATICS

- Canoeing—Flat Water
- Canoeing—Flowing Water
- Kayaking—Flat Water
- Kayaking—Flowing Water
- Motorboating—Adult Operated
- Motorboating—Youth Operated
- Rafting—Flat Water
- Rafting—Flowing Water
- Rowing—Flat Water
- Rowing—Flowing Water
- Sailboarding
- Sailing—Adult Operated
- Sailing—Youth Operated
- Scuba
- Snorkeling (In clear, shallow waters, all ages and shall not use breathing equipment. Snorkeling in other water is limited to Boy Scouts with Emergency OSA or equivalent.)
- Serling
- Swimming
- Tubing (Floating in an inner tube)
- Tow Sports (Parasailing, water-skiing, windsurfing, and sailing)



## CAMPING

- Day Camp
- Den Overnights
- Compasses
- Family Camping
- High Adventure
- Jamboree
- Parent/Son Overnights
- Resident Camp
- Weekend Overnights

# **BOULDERING COMMANDS**

**Boulderer-Spotter Ready**

“I'm ready to start”

**Spotter-Ready**

“I'm ready to protect you”

**Boulderer-Climbing**

“I'll start up as soon as spotter gives a go ahead”

**Spotter-Climb on**

“go ahead”

**Boulderer-Falling**

“I'm about to fall”

PS 206 (C.1)- Procedures for Program  
Operations and Safety.

1. Opening Procedures Check List
2. Welcome Group
3. Do Paperwork
4. Go Over Rules-
  1. Hanging by wall
  2. Observers-only positive encouragement, Are NOT allowed in Bouldering Area
  3. Boulderers & Spotters MUST stay together
  4. No Jewelry
5. Water Hydrant behind building
6. Bathrooms-point out where they are
7. Take off Jewelry-put in containers, place in Cope Building-unless Adult with group takes it
8. Warm up exercises/games
9. Train Spotters
10. Break into groups -
  - 1 Boulderer & 2 Spotters

11. Make sure Hands & Shoes are clean
12. 1 Boulderer & 2 Spotters per 3 wall sections

Where they start-2 falls allowed  
around to end-RING the Bell !!

Step down off wall DO NOT JUMP !!

13. Everybody done-hand back Jewelry
14. Thank group for coming
15. Handout Surveys if available
16. Finish Paperwork
17. End of day-Closing Program check list





## Bouldering

Bouldering is a fine way to learn climbing techniques. While its name comes from the practice of climbers working out moves on actual boulders, it can also be done on any face that presents usable handholds and footholds—the lower reaches of climbing towers, for example, or of stone buildings or artificial climbing walls. (Always obtain permission from owners or facilities managers before bouldering on structures.)

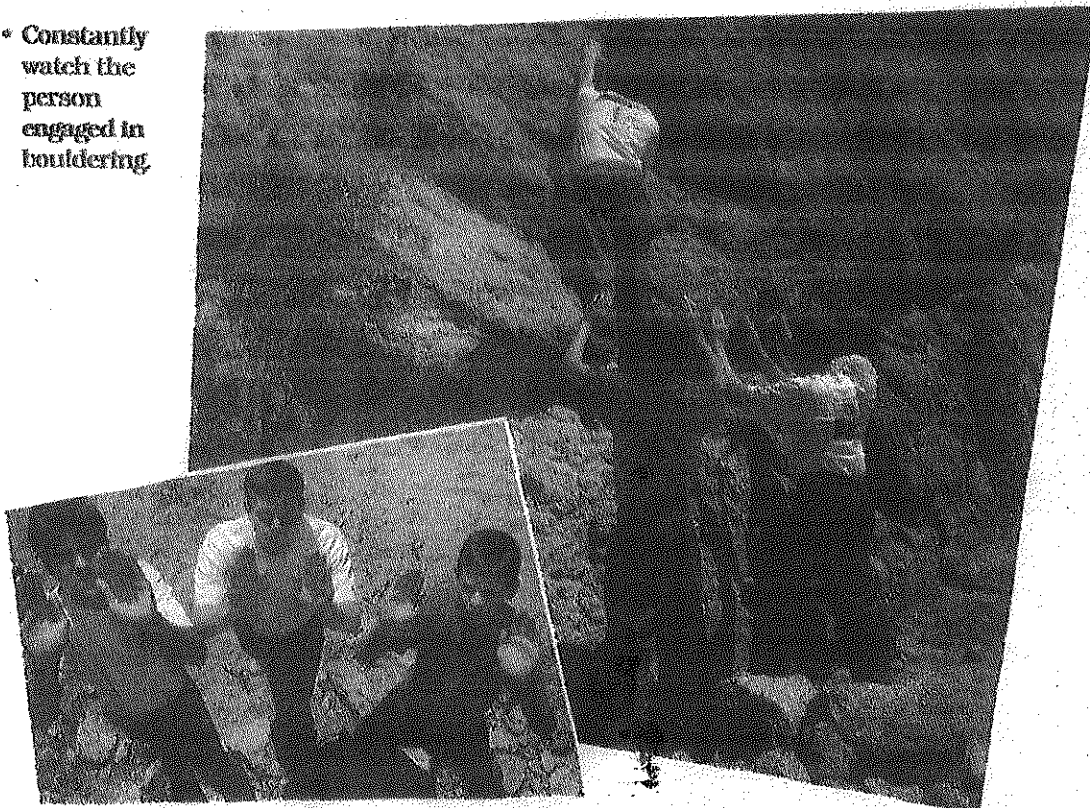
The key to safe bouldering is that climbers keep their feet fairly close to the ground, never ascending higher than their shoulder height above the ground. The goal is to move gracefully from one hold to the next. Boulders are more likely to move sideways than they are to go up or down. They often find that bouldering is ideal for practicing the placement of their hands and feet, learning to balance, and increasing the ease with which they can move in a vertical environment.

(Anyone engaged in bouldering must be protected by spotters.) In addition to spotters, mats or pads should be placed at the base of indoor climbing walls to protect boulderers. (Instructors and participants who climb higher than shoulder height above the ground must have a belay to protect them in case they fall. And they will fall. It is part of learning to climb. (For guidance on selecting appropriate sites for bouldering, see chapter 10, "Site Selection.")

## Spotting

Spotting means providing protection to a boulderer/climber in such a way as to help prevent injury in case the boulderer/climber falls. Assigning spotters is important whenever someone is bouldering. Every boulderer should have at least two spotters positioned to support the head, neck, shoulders, and torso of a falling person. To accomplish this, spotters must

- Assume a stable stance. Their feet should be apart with one foot forward of the other, and their knees and elbows bent to absorb shock.
- Have their hands in the air with fingers together and with the palms turned outward or upward in a supportive position. Another method is to have spotters extend their arms downward with palms facing upward to help lower a falling person.
- Constantly watch the person engaged in bouldering.





Spotters are not expected to catch a falling boulderer in midair—something that is nearly impossible even in a fall of only a few feet, and may result in injury to both parties. Rather, spotters should support the upper body of a falling person, especially the head and neck, and ease that person to a safe position.

### Verbal Signals for Boulderers and Spotters

Boulderers and spotters use the following verbal signals to ensure clear understanding of their intentions and actions.

Boulderer	Spotter	Meaning
"Spotter, ready?"	"Ready"	"I'm ready to spot."
"Climbing"	"Climbing"	"I'll start my descent as you're about to climb."
"Falling"	"Falling"	"I'm about to fall."

# BOULDERING PROGRAM

Date:

Time:

Facilitator:

Assistants:

# of participants:

Age range:

Names of Boulderers-

**BOULDERING PROGRAM**

**Date:**

**Time:**

**Names Continued-**

*[Faint handwritten notes]*

**Close Calls-**

**Comments-**