



Access
the
inaccessible®



ACCESSBOOK n° 6

Indoor and outdoor
bouldering





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Access the inaccessible. You have dreams and our mission is to help you realize them to the fullest extent possible.

Petzl's ACCESS BOOK booklets are designed to go with you as you prepare for and achieve your goals as a mountaineer, climber, skier... Each ACCESS BOOK covers one particular activity. It is a collection of selected technical tips from Petzl.com

This booklet is dedicated to indoor and outdoor bouldering, to help you learn/review safety concepts.

Put on your shoes, and good climbing!

Warnings:

- These booklets present an excerpt from the body of techniques for the activity.
- Get training and practice in the techniques of the activity.
- You must read, understand and follow the Instructions for Use of the products associated with the proposed techniques.
- The environment and the activity itself are inherently dangerous. You are responsible for your own actions, decisions and safety.

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PREPARATION

Bouldering in brief

Bouldering is a type of climbing done at low height, without a rope, indoors (artificial holds) and outdoors (natural features).

Bouldering equipment

- Warmup equipment
- Hydration and nutrition
- Bouldering brush
- Powder chalk / liquid chalk (some gyms prohibit powder chalk)
- Crashpad (outdoors)
- Climbing shoes
- First aid kit

Before climbing

Remove jewelry, watch or other accessories that may injure you.

Listen to your body: if fatigued, don't push it, learn how to adapt your climbing to your current condition.



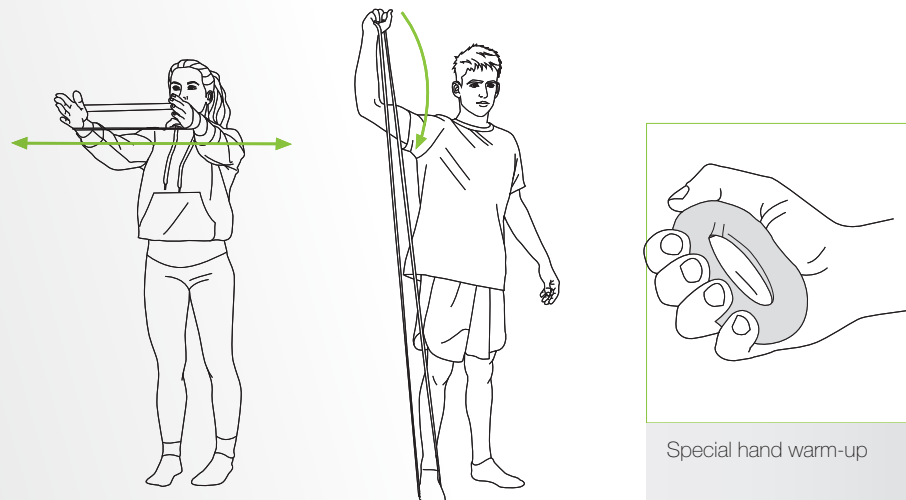
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PREPARATION

Warming up

Why is it important to warm up? It helps raise the temperature of each muscle and of the body as a whole. Quite simply, to prevent accidents and injuries by preparing joints, muscles, tendons, etc., for greater flexibility.

Examples of upper body warm-up exercises



Examples of lower body warm-up exercises



Take care to adapt the exercises to your abilities. Don't hesitate to consult a professional.

PREPARATION

What do I need to know before climbing?



Be able to climb depending on the route and commitment level. Think about how to reduce risk and anticipate falls.

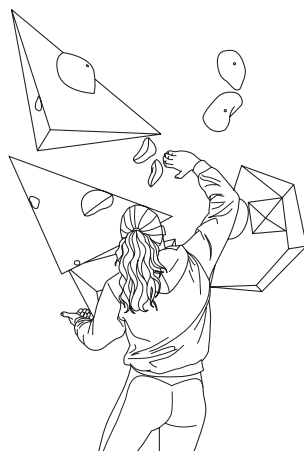
Know how to fall so as to avoid injury when landing on the crashpads.

Know how to spot your partner in maximum safety.

Outdoors, you must know how to position crashpads according to the type of boulder.

Tips for starting the climbing

- Start gradually, taking the difficulties into account
- Be conscious of your skill level and anticipate the best way to fall.
- Read and understand the route.
- Visualize your moves.
- Verify that the boulder and fall zone are clear.
- Clean the boulder before climbing for better grip.
- Find the descent and opt for downclimbing or bypassing.
- Clean the boulder after your session, for future climbers.



Visualizing the route

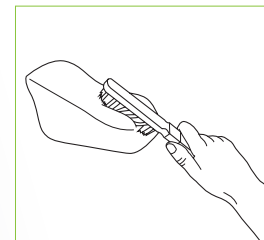
ENVIRONMENT

Indoor bouldering

Before climbing in a gym, make sure you know how it works, how space is shared and what the ratings are.



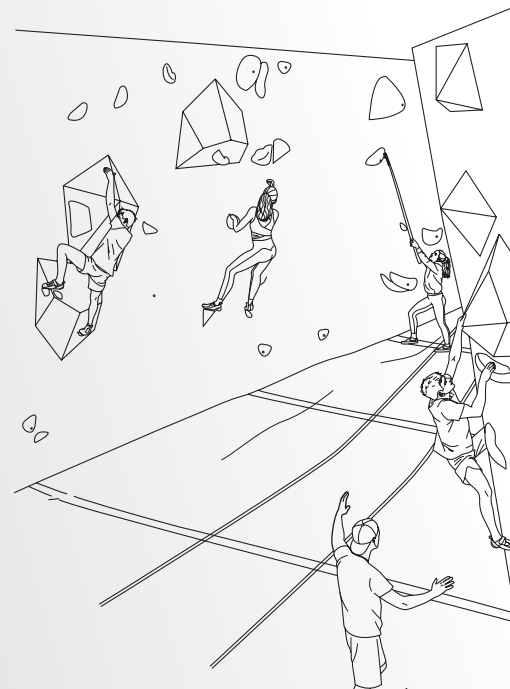
Climb with a partner when spotting is necessary.



Brush the holds for better grip and to leave the route clean.



Do not leave your belongings in the fall zone.



Be sure your chosen route does not cross another climber's route

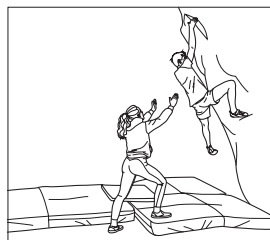


When moving about the gym, be attentive to other climbers

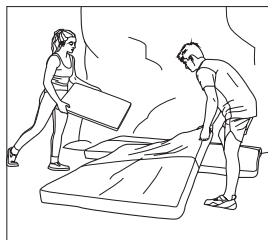
Outdoor bouldering

Before going out to enjoy a day of bouldering outdoors, it is essential to prepare for your trip the day before.

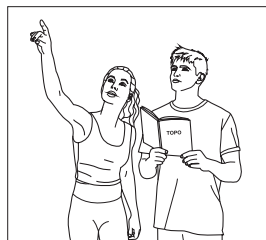
- Check the weather
- Learn about the specific features of the site via the topos (access, regulations, etc.)



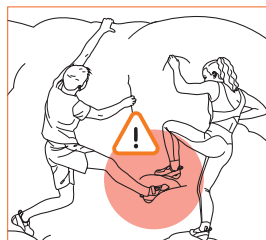
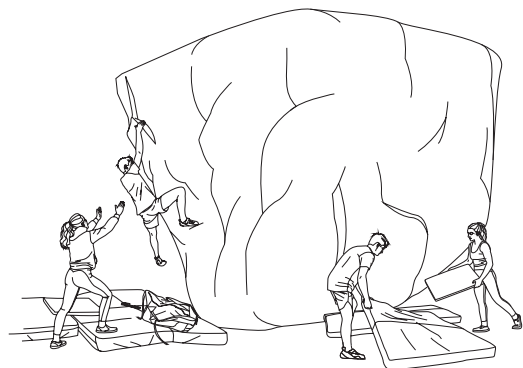
Climb with a partner, for safety.



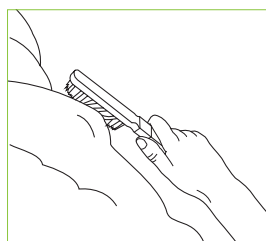
Position the crashpads according to the boulder and pick them up to move them (respect the ground).



Check the rating and visualize the route before climbing, to anticipate falls.



Be sure your chosen route does not cross another climber's route



Respect the environment, brush the boulders and leave no trash.

Best practices and etiquette

- Brush after climbing, to leave the boulder clean for others that follow
- Take your trash with you after your session
- Respect the animals around you (diurnal and nocturnal)
- Do not climb when the rock is wet or after rain.
- Music/noise: respect nature and other climbers.
- Use chalk suitable for the environment.
- Make sure your shoe soles are clean.

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PROGRESSION BASICS

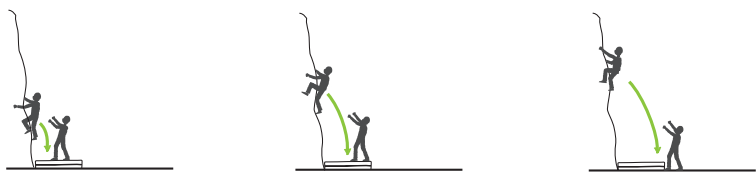
Spotting: basic positions

Spotting is used to guide a climber as they fall, so that they can land in a good position. Its purpose is not to stop the fall.

The spotter(s) must be able to guide the climber when they fall.

The spotter's movements must be adapted according to the height, the climber's size and outdoor hazards (roots, rocks, tree trunks, etc.). Generally, the spotter's hands target the pelvis and the top of the climber's back, which are the key points for properly guiding the fall.

Locating the landing zone



Situations to avoid



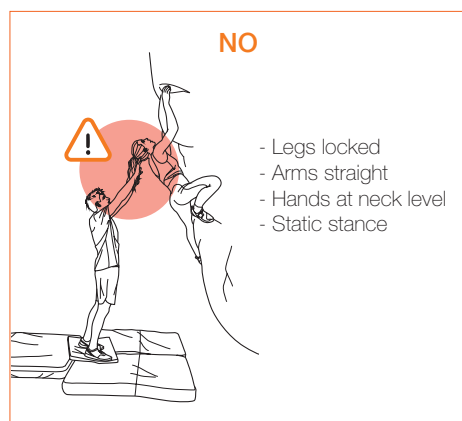
You need to consider your distance from the climber, taking the angle into account.



Anticipate how overhangs can affect a falling climber.

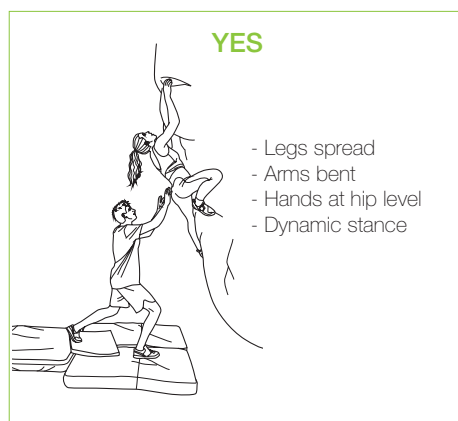


The greater the height, the more a difference in size will be felt.



NO

- Legs locked
- Arms straight
- Hands at neck level
- Static stance



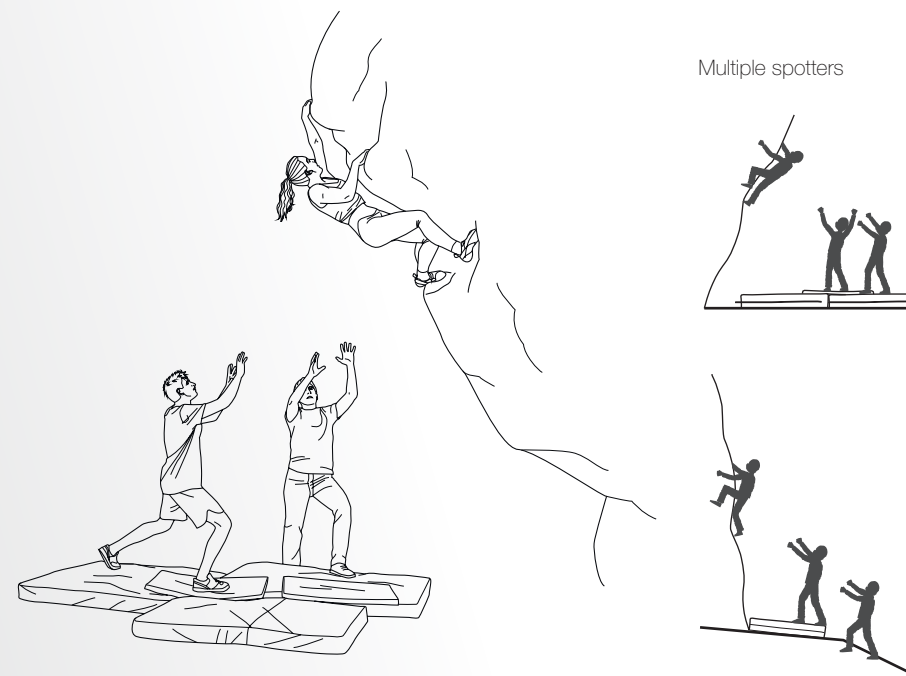
YES

- Legs spread
- Arms bent
- Hands at hip level
- Dynamic stance

PROGRESSION BASICS

Multiple spotters

Multiple spotters allow protecting the climber on a traverse, on an overhang or if the height is significant.



Multiple spotters



HIGHBALL

Highballing is climbing an especially tall and exposed boulder, involving difficult moves and significant height.

It is recommended to rope up for the first attempts.

Highballing demands a high level of experience and knowledge of the risks of a long fall.

Descending

Indoors, it is preferable to downclimb on down-climb holds.



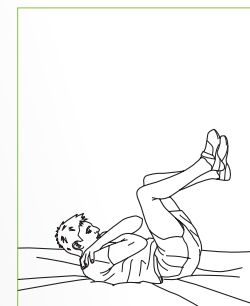
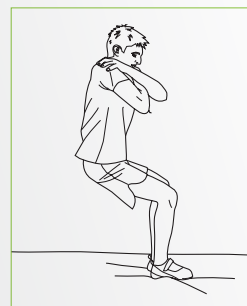
Outdoors, climb onto the top of the boulder if possible and find a suitable descent.



Falling

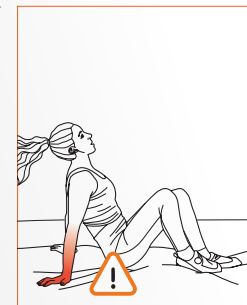
Some guidelines:

- Keep focused during the fall, to help avoid a painful landing.
- When you fall, try to move away from the wall.
- During the fall, limit any unnecessary movements, in order to protect the spotter (turning around, spreading your arms, etc.).



For a protected fall:

- Break the fall with your legs, then butt, and back. Tuck in your arms.
- Rolling, tucking and tension in the fall.
- As in judo, you can slap your arms against the ground as you fall.



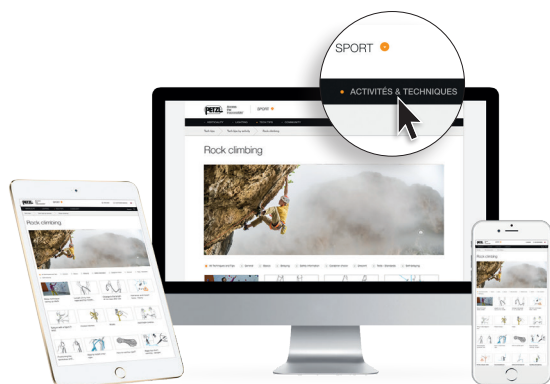
- Do not break the fall with your back.
- Do not keep your arms straight.
- Do not land with your arms straight behind you.



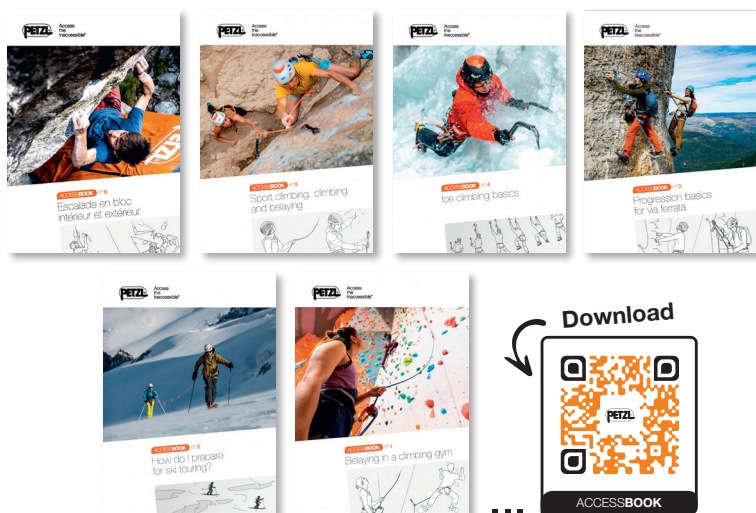
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For more information...

Find more technical advice and videos on rock climbing at www.petzl.com



... And discover even more about other activities in our **ACCESS BOOK** booklets.



The information contained in this brochure is non-exhaustive.
See the Instructions for Use for the products, and related
technical tips. Training is essential.
You are responsible for your own actions, decisions and safety.

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