



ADAPTIVE CLIMBING INITIATIVE COURSE



Sponsored by:



GENERAL INFORMATION PACKET

On the cover: Maureen Beck
Photo by Ryan Waters

“Prior to the advent of social media and the Internet, I believed I was the only differently-abled person in the world that climbed. Growing up, my friends and I invented techniques using a trial and error process, slowly (and sometimes painfully) learning how to climb one-handed. When it comes to setting new goals for myself, my philosophy is “bring it on.” Finding Paradox helped connect me with other climbers with the same credo: with enough grit, there isn’t anything that can’t be done.”

- Maureen Beck
US Paraclimbing Team
Paradox Sports Ambassador

Thank you for your interest in the
Adaptive Climbing Initiative!

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Paradox Sports is a 501(c)3 charitable organization.
EIN# 26-0153796

ABOUT PARADOX SPORTS



Photo by Will Strathmann

As one of the nation's premier adaptive climbing organizations, Paradox Sports is a 501(c)3 nonprofit dedicated to revolutionizing lives through adaptive climbing opportunities that defy convention.



OUR PROGRAMS

Since 2007, Paradox Sports has been a place to connect, push your limits, and change beliefs about what's possible with a disability. Each year we impact over 450 people of all (dis)abilities including spinal cord injuries, amputations/limb difference, visual impairment, traumatic brain injuries, neurological conditions, PTSD and more.

TRIPS: Multi-day adaptive rock and ice climbing trips to iconic climbing areas and national parks across the country including the Ouray Ice Park and Yosemite Valley.

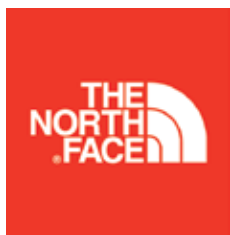
COURSES: Adaptive climbing courses include a mix of classroom education, open discussions and on-the-wall training and facilitation over a two day period.

COMMUNITY: From the Front Range Adaptive Climbing Club to "partying with a purpose" there are year-round events to build our community in Colorado and beyond.

THE ADAPTIVE CLIMBING INITIATIVE



Photo by Will Strathmann



Accessibility Courses for Climbing Gyms.

Supported by The North Face, Paradox Sports has put together a comprehensive training program to welcome people with physical disabilities into the climbing community. These courses get climbing facilitators the experience and equipment they need to offer quality adaptive climbing programs.

Hosting a course is easy, and provides managers with the experience and equipment needed to offer quality adaptive climbing programs.

Facilities who have hosted this course have been able to:

- Start Adaptive Climbing Clubs or host Adaptive Climbing Nights.
- Serve school groups, birthday parties and other groups that may have participants with disabilities.
- Open their doors to climbers of all abilities.
- Support adaptive competition climbers and teams.

Our goal is to make every climbing gym and program in the country accessible to all abilities.

HOW DO COURSES WORK?



Over a two day period, certified and experienced facilitators explain the specifics for creating an adaptive climbing program while developing safe, inclusive, and supportive communities for adaptive athletes.

Adaptive Climbing Courses include:

- Classroom education.
- Interactive discussions.
- On-the-wall training and facilitation.



Content of these courses will focus on:

- Physical adaptation for climbing with a broad spectrum of abilities
- Adaptive Climbing technique and strategies.
- Information and access to adaptive climbing equipment.
- Access to the first of its kind comprehensive Adaptive Climbing Manual



WHO ARE THE COURSES FOR?

Adaptive Climbing Initiative courses are intended for climbing facilitators and community members who seek to help people of all abilities climb. Courses are usually capped at 12 participants, though larger or smaller courses can be possible. Paradox Sports maintains a 6 participants to 1 instructor ratio to ensure a quality experience.



Photo by Ralph Alswang

WHY JOIN THE INITIATIVE?

Many different groups of people can benefit from joining the Adaptive Climbing Initiative with Paradox Sports:

PARTICIPANTS	INSTRUCTORS	FACILITY MANAGERS
<p>Community! Increases camaraderie and trust within the climbing community</p> <p>Engages mind and body</p> <p>Builds strength, endurance and motor skills</p> <p>Climbing can be a gateway to a lifetime of adventure!</p>	<p>Professional development: learn new skills, develop confidence in adaptive instruction and become a well-rounded facilitator</p> <p>Improves rapport and approachability with people of different backgrounds</p> <p>A great way to give back to your community!</p>	<p>Increases diversity in the climbing community</p> <p>Draws new memberships</p> <p>Shows stakeholders your commitment to diversity and inclusion</p> <p>Connection to Paradox Sports, The North Face and the Adaptive Climbing Initiative</p>

ADAPTIVE CLIMBING INITIATIVE AGENDA

Day 1: Adaptive Climbing Facilitation Course

Introductions and Overview: 9am

- Introduce Paradox Sports and Instructors
- Overview of the Day
- Introduce Group Participants and Individual Goals
- The Adaptive Climbing Facilitator's Tool Kit
- Short Film (Gimp Monkeys: 8min): Introduction to the Paradox Sports Mindset
- Disability Etiquette and Cultural Norms

Morning Classroom Session: 10am

- The Paradox Sports Approach
- Adaptive Strategies
- Health Concerns
- Specific Disability "Need-to-Knows"
 - Amputation
 - Paralysis
 - Hearing Impairment
 - Visual Impairment
 - Neurological Conditions
 - Polytrauma
 - Invisible Physical Disabilities

Morning Gym Session: 11:30am

- Equipment Overview
 - Harnessing
 - Hardware
 - Cordage
 - Adaptive-Specific Equipment
- Discussion: Risk Management for Indoor Adaptive Climbing
 - Personal Protective Equipment
 - Human Factors
 - Gym Infrastructure
- Using the Adaptive Climbing Tool Kit Worksheet
- Activity: Climbing with Simulated Disabilities
 - Builds Perspective
 - Develops Movement and Coaching Skills



Afternoon Gym Session: 1:30pm

- Activity Station: Understanding Mechanical Advantage Systems
 - Explaining the MA System
 - Using MA Systems
 - Building MA Systems
- Activity Station: Practicing Adaptive Climbing Facilitation
 - Role-Playing and Problem Solving in Adaptive Climbing Scenarios
- Discussion Topics:
 - Power Belay
 - Side Climbing
 - Swinging Falls
 - Lowering

Wrap-up: 3:30pm

- Review the Day
- Discussion: Takeaways
- Next Steps and Staying Involved
- Participant Feedback Survey

End of Day 1: 4-5pm

ADAPTIVE CLIMBING INITIATIVE AGENDA



Photo by Kyle Queener

Day 2: Optional Community Climbing Day

*Times are flexible and based on group needs.

Community Day Meeting: 8:30am

- Discuss Plan for the Day
- Review Participant Needs
- Clarify Roles

Set Up: 9:00am

Community Climbing 9:30am-12:15pm

- Participants Arrive
- Climbing!

Course Wrap Up 12:30 pm

- Course Feedback
- Moving Forward

End of Community Climbing Day: 1pm

“I believe the introduction to concepts/content and hands on experience you provided was a great stepping stone for our students to understand HOW to make experiences inclusive. They already believed in the importance of inclusion, but the clinic allowed them to see how they could influence inclusion within the profession.”

-Training Host, 2016

SUGGESTED EQUIPMENT LIST

This is a basic equipment list that we have found to work for most programs. Exact quantities for each type of equipment should be customized for your climbing facility and participants. This equipment can be purchased from Paradox or your program can provide it. Standard gym equipment such as harnesses, ATC belay devices, dynamic ropes, and helmets are not included in this list, but are necessary for our courses.

Example Equipment List:

ITEM	DESCRIPTION	QUANTITY
8mm Haul Line	Petzl Segment 6x Wall Height	1
Assisted Braking Belay Device	Petzl GRIGRI	1
Chest Harness	Petzl Voltage	1
Double Pulley	Petzl Gemini	1
Dyneema Runner 180cm	Petzl Anneau	1
Easy Seat Harness	Misty Mountain	1
Full Body Harness	Petzl 8003	1
Gripping Aid	Active Hands - single grip	2
Handlebar Style Ascender	Petzl Ascension w/ Dunn Add-On	1
Locking Carabiners	Petzl OK (oval)	5
Locking Carabiners	Petzl AM'D (D-shaped)	5
Multi Directional Connector	Petzl Omni	1
Progress Capture Double Pulley	Petzl Jag Traxion	1
Triangle Maillon	Petzl Delta	1
Handled Ascender	Petzl Ascension	1
Skin Protection - Sports Pads	Not sold by Paradox	several pairs
Optional		
ARC Chair + Spreader Bar	Misty Mountain	1
Chest Ascender	Petzl Croll	1
Motion Capture Pulley	Petzl MicroTraxion	1
Prosthetic Climbing Foot	Evolv	1
Single Pulley	Petzl Fixe	1
Swivel	Petzl Swivel	1

WHERE WE'VE BEEN



Paradox Sports has brought comprehensive courses to commercial gyms, universities, and recreation centers across the US and Canada. Since 2015, we have facilitated 78+ courses over 29 States and 1 Canadian Province including the following locations:

Adaptive Outdoor Education Center | Portland, ME
AORE Conference | Atlanta, GA
Bliss Climbing | Wichita, KS
Breckenridge Outdoor Education Center | CO
Canadian Adaptive Climbing Society | BC
Central Rock Gym | Boston, MA and Rochester, NY
Cliffs of Id | Culver City, CA
Climb Iowa | Grimes, IA
ClimbUp | Norman, OK
Colorado College | Colorado Springs, CO
Colorado Mountain School | Boulder, CO
Colorado State University | Pueblo, CO
Connecticut Adaptive Climbing Club | CT
Climbing Wall Association Summit | CO
Disabled Sports USA Chapters
Eagle Mount Therapeutic Recreation | Great Falls, MT
Earth Treks | Crystal City, VA
Epic Climbing and Fitness | Indianapolis, IN
EVO Rock | Concord, NH
First Ascent | Chicago, IL
Garrett College | McHenry, MD
Grand Valley Climbing | Grand Junction, CO
Iron Horse Fitness | Fort Carson, CO
Loyola University | Chicago, IL
Mesa Rim | Reno, NV and San Diego, CA

MetroRock Boston
Movement Climbing+Fitness | Boulder, CO
No Barriers Summit | Copper, CO
Northland College | Ashland, WI
Origin Climbing | Henderson, NV
Pathfinder Ranch | Mountain Center, CA
projectROCK | Ft. Lauderdale, FL
Rock Climb Fairfield | Fairfield, CT
Rock Spot | Boston, MA
Rockreation | Los Angeles, CA
Sanctuary Rock Gym | Monterey, CA
Sioux City Recreation | Sioux City, IA
Stowe Rocks | Stowe, VT
SUNY | Cortland, NY
Temple University | Philadelphia, PA
The Cliffs at LIC | Long Island City, NY
The Rock Club | New Rochelle, NY
The Studio | San Jose, CA
Towson University | Towson, MD
University of Colorado | Boulder, CO
University of Maryland | College Park, MD
University of New Hampshire
Vertical World | Seattle, WA
Yale Climbing Club | New Haven, CT

COURSE PACKAGE OPTIONS



<p style="text-align: center;"><u>BASIC</u> ONE-DAY COURSE</p> <ul style="list-style-type: none"> • One-day course at your facility with classroom and on-the-wall training • Two copies of the Adaptive Climbing Manual • Inclusion in all online Adaptive Climbing Initiative marketing materials 	<p style="text-align: center;"><u>COMMUNITY</u> TWO-DAY COURSE</p> <ul style="list-style-type: none"> • One-day course at your facility with classroom and on-the-wall training • Half-day community climbing opportunity for adaptive athletes • Two copies of the Adaptive Climbing Manual • Inclusion in all Adaptive Climbing Initiative marketing materials
<p>1 - 6 PARTICIPANTS \$2,010</p>	<p>1 - 6 PARTICIPANTS \$2,600</p>
<p>7 - 12* PARTICIPANTS \$2,950</p>	<p>7 - 12* PARTICIPANTS \$3,550</p>

* For programs for 13-18 participants, there is a 10% fee on the course package price.



EQUIPMENT PACKAGE OPTIONS

<p>ACCESSIBILITY Standard Equipment Package \$1,500</p>	<p>ACCESSIBILITY PLUS Robust Equipment Package \$2,500</p>
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We strive to make our programs financially accessible.

Please contact National Program Manager Dom Pascariello if funding is a concern: dom@paradoxsports.org

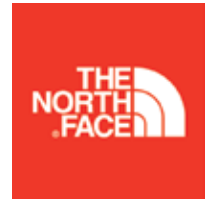
ABOUT OUR PARTNERS

The Adaptive Climbing Initiative is made possible by the support of and collaboration with many outdoor industry partners and adaptive advocates.

THE NORTH FACE

The North Face brand was built by climbers; it's part of its DNA. And the brand believes climbing shouldn't be limited by physical ability. In 2017 and beyond, The North Face is sponsoring the Paradox Sports Adaptive Climbing Initiative to make climbing gyms across the US accessible to people with disabilities. The North Face sponsorship helps provide adaptive climbing trainings at climbing gyms in major metropolitan areas across the U.S.

Learn more about our partnership with The North Face:
www.thenorthface.com/paradoxsports



DISABLED SPORTS USA

Since 1967, DSUSA's mission is to provide national leadership and opportunities for individuals with disabilities to develop independence, confidence, and fitness through participation in community sports, recreation and educational programs. With support from the Department of Veteran Affairs, DSUSA is sponsoring ACI Courses that directly serve wounded veterans and their families.

Learn more about Disabled Sports USA: <https://www.disabledsportsusa.org/>



CRAIG H NEILSEN FOUNDATION

Provides financial support and scholarships to climbing facilities that are in need of financial assistance or are located in rural communities. The foundation also helps Paradox Sports provide adaptive climbing courses that support athletes with spinal cord injuries.

Learn more about the Craig H Nielsen Foundation: <http://chnfoundation.org/>



PETZL TECHNICAL INSTITUTE

Petzl Technical Institute is committed to finding solutions to challenges for those who work and play in the vertical world. Paradox Sports has worked closely with Petzl Technical Institute in the development of tools and techniques for adaptive climbing.

Learn more about the Petzl Technical Institute: <https://petzlsolutions.com/>

