



ADAPTIVE CLIMBING INITIATIVE COURSE



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GENERAL INFORMATION PACKET

"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!

CONTENTS

About Paradox Sports
About the Adaptive Climbing Initiative
How Do Courses Work
Who Are Courses For
ACI Course Agenda
Adaptive Climbing Equipment List
Where We've Been
Course Package Options and Pricing
ACI Partners

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Paradox Sports is a 501(c)3 charitable organization.
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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.



WHY JOIN THE INITIATIVE?

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

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

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

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. 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.

ADAPTIVE CLIMBING HARNESSING			
Manufacturer	Model, Description	Qty	Link
Petzl	8003 Full body harness for adults	1	Petzl.com
Misty Mountain	EASY SEAT Padded adaptive climbing harness	1	Mistymountain.com
Misty Mountain	ARC CHAIR Padded adaptive climbing harness	1	Mistymountain.com
Misty Mountain	SPREADER BAR FOR ARC CHAIR Wellman spreader bar helps support ARC Chair harness	1	Mistymountain.com
Petzl	VOLTIGE Chest harness	1	Petzl.com
Petzl	DELTA Triangle, steel quick link	1	Petzl.com
Petzl	OMNI - TL Multi-directional semi-circle carabiner	1	Petzl.com
Petzl	180cm PUR'ANNEAU Lightweight sling for anchors, harnessing	1	Petzl.com

MECHANICAL ADVANTAGE SYSTEM			
Manufacturer	Equipment	Qty	Link
Petzl	SEGMENT 8mm technical cord, order min 5x wall height	1	Petzl.com
Petzl	JAG TRAXION Double pulley with progress capture and becket	1	Petzl.com
Petzl	GEMINI Double pulley with becket	1	Petzl.com
Petzl	OK - TL Oval-shaped locking carabiner, tri-lock	3	Petzl.com
Paradox Sports	DUNN HANDLEBAR ASCENDER T-shaped handlebar ascender for seated pull-climbing	1	Contact Paradox

COUNTERWEIGHT SYSTEM			
Manufacturer	Equipment	Qty	Link
Petzl	ROLLCLIP Z Locking carabiner-pulley	3	Petzl.com
Petzl	ROLLCLIP A Non-locking carabiner-pulley	1	Petzl.com
Petzl	ASCENSION Handled ascender	1	Petzl.com
Petzl	GRIGRI Brake-assisted belay device	1	Petzl.com
Sterling Rope	9MM HTP STATIC ROPE Lightweight static rope, order > 2.5x wall height	1	Sterlingrope.com
DMM	REVOLVER RIG Locking carabiner-pulley with becket (upgrade for Rollclip Z)	3	DMMwales.com

OTHER ADAPTIVE EQUIPMENT			
Manufacturer	Equipment	Qty	Link
Petzl	SWIVEL S Optional for mechanical advantage system	1	Petzl.com
Active Hands	ACTIVE HANDS Gripping aid	1	Activehands.com
McMaster Carr	EYE BOLTS 3/8" eye bolts for non-critical attachment to climbing walls, 10 pack	1	McMaster.com
Petzl	CROLL Chest ascender, for some 1:1 rope climbing systems	1	Petzl.com
Evolv	EAF & ELDO Z Evolv adaptive foot with climbing shoe	1	Evolvsports.com

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 more than 200 courses across the US and Canada including the following locations:

Adaptive Outdoor Education Center | Portland, ME
Alaska Rock Gym | Anchorage, AK
AMGA Annual Meeting | Salt Lake City, UT
Asheville Parks and Recreation | Asheville, NC
Breckenridge Outdoor Education Center | CO
Canadian Adaptive Climbing Society | BC
California State University | Fullerton, CA
Central Rock Gym | Manhattan, NY
Climb CityROCK | Colorado Springs, CO
Climb Tulsa | Tulsa, OK
Climb Murfreesboro | Nashville, TN
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
Flagstaff Climbing | Flagstaff, AZ
Garrett College | McHenry, MD
Helsinki Climbing Center | San Diego, CA
Loyola University | Chicago, IL

MetroRock | Brooklyn, NY
Mesa Rim | Reno, NV
Movement Climbing+Fitness | Boulder, CO
Momentum Millcreek | Salt Lake City, UT
Origin Climbing | Henderson, NV
Planite Granite | Portland, OR
Quinnipiac University | Hamden, CT
Rock Climb Fairfield | Fairfield, CT
Rock Spot | Boston, MA
Rockreation | Los Angeles, CA
Sanctuary Rock Gym | Monterey, CA
Sterling College/Petra Cliffs | Burlington, VT
Staunton State Park | Pine, CO
The Front | Salt Lake City, UT
The Lakeshore Foundation | Birmingham, AL
The Spot | Louisville, CO
The Cotting School | Lexington, MA
The Gunks | New Paltz, NY
University of Maryland | College Park, MD
University of Victoria | Victoria, BC
University of Wisconsin | Madison, WI
Winona State University | Winona, MN
Volta Climbing Gym | Trenton, ME
Yale Climbing Club | New Haven, CT

COURSE PACKAGE OPTIONS



<u>BASIC</u> ONE-DAY COURSE	<u>COMMUNITY</u> TWO-DAY COURSE
<ul style="list-style-type: none">• One-day course at your facility with classroom and on-the-wall training• One copy of the Adaptive Climbing Manual• Inclusion in all online Adaptive Climbing Initiative marketing materials	<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• One copy of the Adaptive Climbing Manual• Inclusion in all Adaptive Climbing Initiative marketing materials
1 - 6 PARTICIPANTS \$2,010	1 - 6 PARTICIPANTS \$2,600
7 - 12* PARTICIPANTS \$2,950	7 - 12* PARTICIPANTS \$3,550

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

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



MOVE UNITED

Move United uses sports to push what's possible so everyone, regardless of ability, has equal access to sports and recreation in their community. Established in 1956, Move United is an Affiliate of the U.S. Olympic & Paralympic Committee.

Learn more about Move United: <http://moveunitedsport.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/>

