



# Camp Yowochas

## Activity Guide

# Bouldering

The Rock Hall is the home to our bouldering room. Bouldering is very similar to rock climbing, however, the objective is to move left and right instead of up and down. Bouldering starts with some trust activities as well as learning the basic techniques of spotting. Once participants are comfortable with their bouldering skills, climbing hoops will be added to the wall for more of a challenge.

### Program Specifics

- ◆ Groups up to 15
- ◆ Well suited for all ages
- ◆ Sessions will be led by a trained Camp Yowochas staff member
- ◆ Available all year round
- ◆ Participants learn the basics of climbing
- ◆ Program can be tailored for novice and experienced climbers
- ◆ Participants will learn the technique and importance of spotting
- ◆ Participants are required to wear socks while climbing

### Safety Considerations

All sessions will be led by a trained Camp Yowochas staff member and rules will be discussed before the session begins. Participants will only climb with spotters and observed at all times. Before participants climb, basic techniques and skills will be taught.

