



Camp Yowochas Activity Guide

BOULDERING

The Rock Hall is the home to our bouldering room. The goal of bouldering is to climb horizontally to complete different routes, engaging participants problem solving skills. Bouldering starts with trust activities as well as learning the basic techniques of spotting. Once participants are comfortable with their bouldering skills, games are introduced and climbing hoops can be added to the wall for an extra challenge.

PROGRAM SPECIFICS

- 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.