

Climbing with Children

For safety reasons, children under the age of 14 are not permitted to climb or belay independently in our facility. They may only do so under direct adult supervision. Exceptions require special authorization. The following guidelines apply additionally when climbing with children in the respective activities.

BOULDERING with children

1. Children must be **carefully supervised at all times** in the bouldering are. See bouldering rules.

AUTO-BELAY DEVICES with children

1. The supervising adult is responsible for ensuring compliance with the auto-belay device rules.
2. Children should be accustomed to height gradually and must not be overstrained. Practice lowering near the ground.

Children climbing TOPROPE

1. **Tying-in** correctly with carabiners.
2. The supervising adult is responsible for ensuring that children meet the requirements for top rope climbing.
3. Children should be accustomed to height gradually and must not be overstrained.
4. Practice lowering near the ground.

Children belaying TOPROPE

1. Children performing belaying tasks must be **directly supervised by an adult at all times** - an active backup-belay is recommended.
2. Children under 14 years of age may not belay unsupervised. Exceptions must be discussed in advance with the VSBK training officer of PILATUS INDOOR - requests via av@pilatusindoor.ch.
3. The general rules for **toprope** must be adhered to.

LEAD climbing with children

Taking a fall is always possible!

Never underestimate the risks of lead climbing with children. Lead climbing requires thorough education which takes several hours over multiple days. Attempting lead climbing without mastering the required skills poses serious dangers to the climber. The general lead climbing rules apply.

Children climbing LEAD

For children up to the age of 12, we recommend top rope instead of lead climbing because

1. ...climbing equipment is more difficult to handle for small hands.
2. ...children need disproportionately more time to acquire the necessary lead skills - valuable time that is far better invested in difficult top rope movements. PILATUS INDOOR offers over 80 top rope routes ranging from 3 to 8a.
3. ...belaying very light climbers is demanding and must be learned. A fall caught too statically in lead climbing can seriously endanger a child.

If a child wants to lead climb, all lead climbing and belaying requirement must be met - particularly the correct belay technique (sensor technique).

If this is not the case, the activity must be reduced (top rope, boulderint etc.)!

Children belaying LEAD

We recommend not allowing children under 12 years of age to take on belaying tasks in lead climbing because

1. ...lead belaying requires advanced cognitive skills - children are more easily distracted than adults.
2. ...children's daily form and concentration levels can vary greatly.
3. ...direct supervision of a child belaying in lead is significantly more demanding for the adult.
4. Children under 14 years of age may not belay unsupervised. Exceptions must be discussed in advance with the VSBK training officer of PILATUS INDOOR - requests via av@pilatusindoor.ch.
5. For belaying very light climbers in lead, we recommend attending belay education.