

# Indoor Rock Climbing

## LOCATIONS

Spend the day climbing in Utah's premier indoor climbing facilities. Splore partners with Momentum Climbing Gyms to provide a great venue for your indoor climbing experience. With two locations there is plenty of climbing for everyone. Each location offers climbers of all abilities fun and challenging routes to reach their goals.

## Indoor Rock Climbing Programs

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**Rock On!** is an 8 week mentor-based indoor rock climbing program specifically designed for youth, ages 5-17, with disabilities and their siblings. Rock On! is open to any child with a disability as well as their siblings. Each climber is paired with a rock climbing mentor who provides individualized instruction which allows each participant to climb at their own pace.

**Rock Out!** is modeled after our popular Rock On! Program. Rock Out! is an indoor climbing program designed for adults with disabilities to help meet their desire for an active lifestyle. Rock Out! is great for adults who might have aged out of other services and who are looking for a weekly activity with their peers.

Rock Out! has a 3:1 ratio of participants to instructors. The small group size allows for a more social atmosphere for participants while still providing individualized instruction. Climbing is a great way to increase one's self confidence and improve physical fitness.

# Sample itinerary

- You will meet the Splore guides in the climbing gym lobby.
- Once everyone has arrived, we will start our trip with an opening circle in which we get to know everyone's names and goals for the day.
- After introductions, we will provide a safety briefing, in which we lay down some general rules to keep the group safe and how to properly use the gear. Then we will pass out gear and make sure everyone is fitted appropriately.
- Next, we will teach specific climbing techniques. We will make sure everyone is comfortable before we get started.
- Once on the wall, you will improve your climbing skills, building on some of the basics and challenging yourself with different activities and games.
- At the end of the trip, we will gather once again for a closing circle, during which we'll share highlights and lessons learned from the trip.

*\*This is a sample itinerary. Your trip may vary per your goals and requests.*

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## **WHAT TO EXPECT AS YOU PREPARE FOR THE TRIP** - Same as outdoor climbing

### **PACKING LIST**

#### WHAT SPLORE PROVIDES

Splore will provide harnesses and shoes. We require everyone to use Splore's harnesses—please do not bring your own. You may bring your own climbing shoes and chalk bag.

#### DRESSING FOR ROCK CLIMBING

Indoor climbing is a great activity to do when you can't go outside to climb. Wearing lightweight and loose fitting clothing helps with movement. Avoid tight jeans, overly baggy clothing, and skirts. It can be cool inside the gyms especially during the winter, so bring a light jacket.

#### WHAT YOU SHOULD BRING

- Snacks or lunch, if needed
- Water bottle

#### NOT INCLUDED

- The cost of emergency evacuation and medical care beyond first-aid
- Gratuity for guides

#### WHAT NOT TO BRING

- Weapons
- Illegal drugs
- Alcohol
- Pets

### **OTHER CONSIDERATIONS**

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#### EMERGENCIES

Our guides are capable of handling emergencies as they arise (although they are generally few and far between). Trip leaders and guides are certified in Wilderness First Aid and CPR. Our emergency equipment includes first aid kits and satellite communications systems. We are able to call for medical assistance or evacuation if necessary. If an evacuation is necessary, you will be evacuated to the nearest medical center. The cost associated with evacuation and subsequent medical treatment is the financial responsibility of the ill or injured person.

#### FREQUENTLY ASKED

QUESTIONS – Same as outdoor climbing FAQ

#### ESSENTIAL ELIGIBILITY

CRITERIA - Same as outdoor climbing

# Directions to Adventure Locations

These are the directions to all our indoor climbing locations. Please refer to your trip confirmation to determine the location of your trip. If you get lost, call the Splore Office: 801-484-4128

## **Momentum – Sandy Location**

1. Take I-15 south
2. Take Exit 293
3. Turn Left off the exit ramp (be in the left lane) and head East on 3300 South
4. At the first traffic light turn Left, be in the left lane
5. At the intersection turn left again and follow till the next stop sign
6. Look for the gym, should be right in front of you
7. Splore will be waiting to meet you and your group in the lobby

## **Momentum – Millcreek Location**

1. Take I-80 East and Merge onto I-215 South
2. Take Exit 3, 3300 south
3. Turn Right off the exit ramp and head West on 3300 South
4. Go pas the first traffic light.
5. At the Second traffic light turn right
6. Look for the gym, should be right in front of you
7. Splore will be waiting to meet you and your group in the lobby