



# WILD CLIMBERS

FOR PARENTS  
AND CARERS

NAME:



Thank you for joining our Wild Climbers programme. This guide will provide you all the information you need to know about Wild Climbers. We hope that your children have a great time whilst developing their skills and learning more about climbing.

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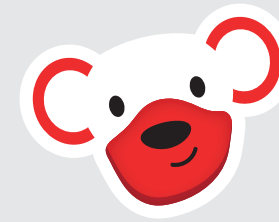
## WHAT IS WILD CLIMBERS?

A fun, game filled skill-based experience which will provide the core skills required for climbing and bouldering activities. These skills are also useful outside of the climbing wall too.

Participants receive a fun and interactive logbook and sticker pack.

Children will earn stickers as they progress through six key skills areas. Further details about these skills are listed in the appendix.

### AGILITY



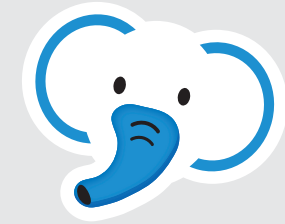
### FOCUS



### BALANCE



### COMMUNICATION



### COORDINATION



### TEAMWORK



Upon completion of a particular skill area (3 stickers in a skill), participants will be awarded a certificate to celebrate their achievements.

## AIMS:

- To give participants a solid grounding in the core skills that help with climbing whilst having fun and gaining confidence in a wall environment.
- To safely introduce young children into the indoor climbing environment in a fun and inclusive way.
- To develop awareness of climbing movements, improve confidence and create a pathway to the NICAS scheme or other additional climbing activities.

The scheme is designed to meet the 3 'key learning areas' on the EYFS (Early Years Foundation Stage) which is the precursor to Key Stage 1 education - Communication, Physical development and Social/Emotional development.

Participant resources encourage inclusivity and can easily be individualised when setting personal goals at "Skill 3" level.

## HOW DOES WILD CLIMBERS LINK TO PROGRESSION THROUGH THE NICAS CLIMBING PROGRAMMES?

NICAS Wild Climbers is a standalone syllabus which aims to introduce young children (and others who would find this programme beneficial) safely into the indoor climbing environment, develop their awareness of climbing movements, improve confidence and create a pathway into additional climbing activities.

NICAS's Climbing and Bouldering Schemes are available to join from the age of 7 and Wild Climbers provides useful skills to get ready for these schemes. Wild Climbers is not however a pre-requisite and completion of Wild Climbers does not provide automatic entry into the NICAS Climbing and Bouldering Schemes.

Climbing walls who deliver Wild Climbers will need to be registered with NICAS and meet minimum requirements for staff and facility standards to run our programme.



Sticker Introduction

## WHO CAN TAKE PART?

NICAS Wild Climbers is aimed at children aged 3-6 years however, there is no upper age limit set.

## RATIOS AND PARENTAL/CARER INVOLVEMENT

Climbing centres operate within their own working procedures and documents as set out by their Technical Advisor. Therefore, these ratios and details of involvement by parents and carers are here purely as a guide. Consideration needs to be given to the centre's own policies, the space available and the needs of individuals in the group.

Where centres allow for parental/carer involvement, the centre will advise of any parent/carer waiver required, and other relevant information in order to take part.

### • Pre-Schoolers

Coach led sessions to allow parental involvement to facilitate safe supervision of games and activities.

1 Coach: 4 participants.

A parent/carer can supervise a maximum of 2 children at one time.

### • School Aged Children

Parents/carers remain on site to assist with child needs or behavioural issues but are not directly involved with the session delivery.

1 Coach: 6 participants  
(no parental/carer involvement).

## EXPECTATIONS OF THE SCHEME

Wild Climbers is designed to be a fun, safe and inclusive introduction to the climbing environment and climbing movement, as such it does not have an assessment criteria and "awards" will be given for taking part or improving. This can be done as appropriate for each child. Completion of Wild Climbers does not allow early entry onto the NICAS or NIBAS schemes. Stickers are used to demonstrate achievement for each skill and when 3 "animal paw print" stickers are achieved, a certificate will be awarded.

## BEHAVIOUR: GOLDEN RULES

In the logbook there is a space to write the golden rules of the centre. These may vary and each centre's own requirements takes priority. Examples of the rules that they may list here include:

1. We will listen when others are speaking.
2. We will be friendly towards others.
3. We will take care of one another.
4. We will use walking feet in the climbing centre.
5. We will use our quiet voices.
6. We will talk to our instructor if anything worries or concerns us.

### Queries?

If you as a parent or carer have any questions about Wild Climbers, please get in touch with your climbing wall staff or have a browse of the Wild Climbers information on our website [www.nicas.co.uk](http://www.nicas.co.uk).

## APPENDIX: THE SIX KEY SKILLS OF WILD CLIMBERS

### AGILITY:

Moving quickly and easily

#### What is agility?

Agility is all about thinking fast under changing conditions and being able to quickly and gracefully respond using movement. This allows you to change direction quickly whilst also keeping control of your balance, speed, strength and coordination.

#### Why is it important?

Agility is one of the most important building blocks of climbing as children need to be able to move in different directions whilst also being able to change the pace they carry them out.



### BALANCE:

Holding your position

#### What is balance?

Balance is the ability to maintain a controlled body position whilst doing a task.

For example, walking on the balance beam, going up a step or climbing from one hold to another.

#### Why is it important?

Balance is one of the most important physical attributes needed for climbing. Children must be able to maintain various body positions, as well as adjust them, without falling.



### COORDINATION:

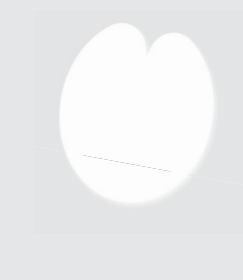
The ability to control our limbs

#### What is coordination?

Coordination is the ability to move smoothly and accurately in a controlled way. It involves using two or more body parts under control to produce a smooth and efficient action which can be repeated.

#### Why is it important?

Good coordination is needed to enhance your ability in all physical activities including climbing. It is a complex skill that requires good balance, strength and agility to develop.



### FOCUS:

A thinking skill

#### What is focus?

Focus is a skill that can be broken down into 3 parts.

1. Knowing what to pay attention to.
2. Learning how to get started on tasks.
3. Maintaining attention and effort on the task until it is complete.

#### Why is it important?

Focus helps children to pay attention in the midst of distractions and setbacks and to sustain the effort and energy needed to reach their goal. Like doing a particular climbing move, listening to instructions or belaying safely.



### COMMUNICATION:

To understand and be understood

#### What is communication?

Is an appropriate way for children to share information and express their thoughts and feelings. This can be done in many ways, like talking, through signs and pictures, sounds and via technology.

#### Why is it important?

It is the main foundation for building relationships and the most important vehicle for learning. Good communication is essential in climbing to understand each other's needs and to keep everybody safe.



### TEAMWORK:

Learning how to work together

#### What is teamwork?

Teamwork is a group of children interacting together and cooperating to perform a task. It will involve active listening and speaking confidently and respectfully to express their opinions and ideas to the rest of the group.

#### Why is it important?

The ability to work with other people is essential in climbing, for example when you belay someone climbing on a rope to keep them safe. Working in a team increases motivation, encourages healthy risk taking, builds trust and improves children's attitude towards learning.





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