



CLIMBZ

**Weekly Sessions
for Pan-Disability
8-17 yrs old**

Parent / Carer Welcome Pack



Rhino Boulder and **Access Sport** have partnered to offer inclusive casual 1 hour climbing classes open to **pan-disability** beginners and more experienced climbers, focusing on fun climbing in a safe environment.

Who is it for? any children and young people between 8 and 17yo, who may be neurodiverse, have a learning disability / difficulty, D/deaf or a physical disability

How many participants? Classes will be limited to a maximum of 6 climbers to ensure good supervision by our instructors

How much does it cost? We offer a reduced cost of £17 per session, all inclusive of entry, instructor and climbing shoes. Intro offer of £10 for the first 12 weeks

When does it run? Thursdays from 5pm to 6pm, call 020 8050 8720 or check on <https://rhinoboulder.co.uk/kids-climbing/#climbz> to confirm availability

- 1. Book your spot:** call 020 8050 8720 or check on <https://rhinoboulder.co.uk/kids-climbing/#climbz> to confirm availability and secure a place
- 2. Register Online:** prior to their first class, participants and supervisors should
 1. Register with Rhino Boulder and
 2. Complete the access sport registration

You can do the registration on arrival, but we suggest register online prior to the visit to save time on the day. Follow registration links on <https://rhinoboulder.co.uk/kids-climbing/#climbz>. The access sport form can be emailed to bromley@rhinoboulder.co.uk



A note on accessibility: To ensure everyone has a safe and rewarding time on the wall, participants with physical disabilities should be comfortable climbing a basic ladder and should be able to take a small fall. This helps ensure our bouldering routes are accessible and enjoyable for you!

Supervision: Whilst the sessions will be run by one of Rhino Boulder Instructors, all participants should also be supervised by a parent/carer throughout the session.

Rhino Boulder friendly instructors have been trained in accordance with the **British Mountaineering Club** guidance, are qualified **first aiders**, and have received training from **access sport** on disability inclusion and neurodivergence.



Cassandra



Farley



Rob

My child has never climbed before. Can they still take part?

Absolutely! ClimbZ is designed for young people of all abilities, including complete beginners. Our experienced instructors will provide all the guidance and encouragement they need, helping each participant progress at their own pace in a fun and supportive environment.

My child isn't very strong or sporty. Will they be able to climb?

Yes! Climbing isn't just about strength. Many of our routes are designed for beginners and focus on balance, coordination and problem-solving rather than power. Every participant is encouraged to climb at their own level, and there is no pressure to complete every climb.

Is bouldering safe?

Safety is our top priority. Before climbing, every participant receives a safety briefing appropriate to their age and needs. Our instructors supervise all sessions, and the climbing walls are protected by thick safety matting. While bouldering does carry risks, we work hard to create a safe and supportive environment. Please watch our induction video and fill in the registration form on <https://rhinoboulder.co.uk/register/> for full information on risks in bouldering and on how to climb safely.

Does my child need any special equipment?

No. We provide everything needed to climb, including climbing shoes. Participants just need to wear comfortable clothing that allows them to move freely.

What should my child wear?

Comfortable sportswear or casual clothing that allows plenty of movement is ideal. We recommend trainers for arriving at the centre (they'll change into climbing shoes), and ask that dresses, skirts and open-toed footwear are avoided.

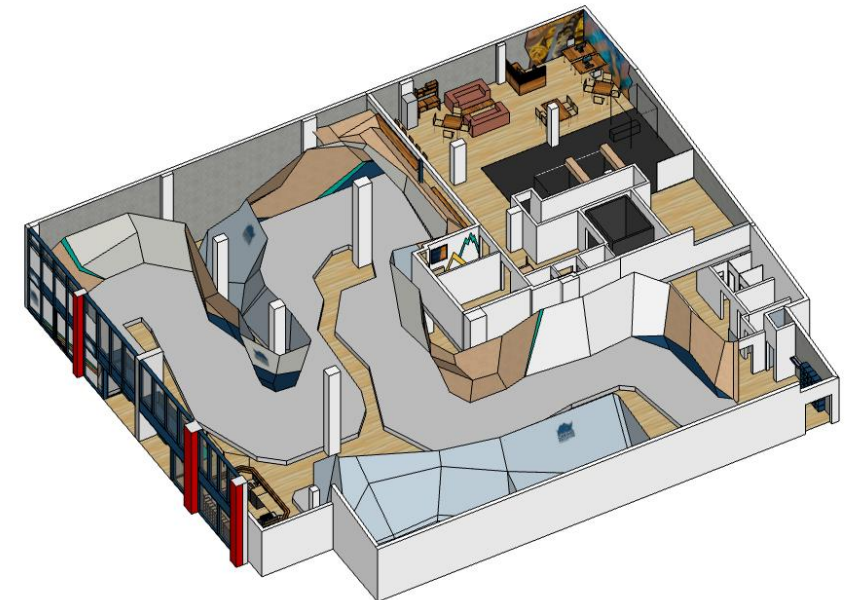
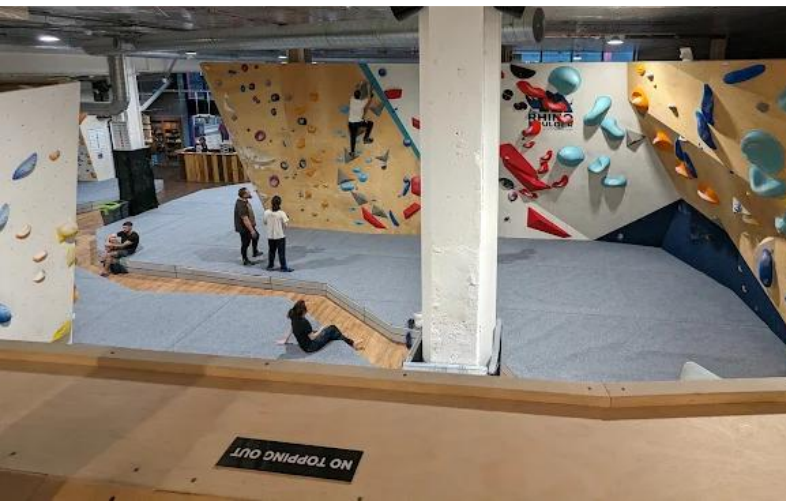
Can parents, carers or support workers stay during the session?

Yes. Actually, at least one parent, carer and support worker is required to stay and actively supervise their participant during the class. We will get you climbing too!

What if my child becomes anxious or doesn't want to climb?

That's completely okay. There is never any pressure to climb. Our instructors are experienced at building confidence gradually, and participants are encouraged to take things at their own pace. Often, simply watching others first helps them feel ready to have a go.

Some Pictures of the Space



Rhino Boulder Access Info



Address Units 6 and 7 The Mall Bromley BR1 1TR

Google Maps: <https://maps.app.goo.gl/pxLNtznMndHREEFR6>

Contact Telephone: +44 20 8050 8720

Email: bromley@rhinoboulder.co.uk

Public Transport: Nearest railway station: Bromley South, within TfL Zone 6 Nearest bus stops: Bromley South Train Station and Elmfield Road

Parking: A large NCP car park is located above the centre. Pricing information is available on the NCP website. The car park is served by a lift. Two disabled parking spaces are available directly at the rear of the climbing centre on Elmfield Road, approximately 100 metres from the main entrance. Elmfield Road also has several pay by phone parking spaces. Cycle Parking There are several Sheffield stands located externally on the High Street near Rhino Boulder. Free bike racks are also available inside the centre for up to four bikes.

Entrance and Step Free Access: The main entrance has step free access via a small ramp, approximately 10 centimetres high and 60 centimetres long. The entrance door at reception has a clear width of approximately 1.5 metres. There is step free access throughout the ground floor, including reception, climbing areas, and the accessible toilet. The gym and coworking areas are located on the first floor. There is currently no lift access to the first floor, and access is via stairs only.

Internal Layout and Circulation: Rhino Boulder is exclusively a bouldering centre. All climbing areas have safety matting in front of the walls. Matting free corridors are provided to allow movement between different areas of the centre. Main circulation routes are generally 900 millimetres or wider. There are two short dead end corridor sections with a reduced width of approximately 650 millimetres.

Toilets, Showers, and Changing Facilities: There is a gender neutral accessible toilet on the ground floor. A second gender neutral toilet and a female only toilet are located on the first floor. The ground floor also includes one gender neutral shower and two gender neutral changing cubicles.

Lockers: Thirty lockers are available on the ground floor. These require a personal padlock. Private lockers are also available to hire for a fixed monthly fee.

Food and Drink: A water fountain is available on the ground floor for refilling water bottles or drinking directly. Reception includes a small café serving artisan coffee, bakery items, and a selection of drinks, snacks, and beers. Shop A small shop is located at reception and stocks climbing shoes and a selection of basic climbing supplies.

Temperature and Environment: There is no temperature control on the ground floor, except at the reception desk for staff. Heating and air conditioning are available on the first floor. The centre can be busy and noisy during peak times, particularly weekday evenings and weekends.

Assistance Dogs and Other Dogs: Assistance dogs are welcome throughout the centre. Well behaved dogs are also welcome in permitted areas. Please speak to staff on arrival if you have any questions.

Payment Methods: The centre accepts card payments only. Cash payments are not accepted.

Further Information: If you have specific access needs, require assistance during your visit, or would like further information that is not covered here, please contact our team. We are happy to discuss how we can support your visit where possible. How many participants? Classes will be limited to a maximum of 6 climbers to ensure good supervision by our instructors

See you at Rhino!

