

Climbing for Visually Impaired

A quick guide with tips to starting
climbing on indoor walls

Facts & Figures

- 24% of population have some type of disability.
- 2 million people have sight related disability.
- 200,000 people are blind.

The Climbing wall environment

Guiding

Furniture

Stairways & steps

Mats, ropes & belay bags

People

Music & noise

Toilets











Communication & aids

Effective communication

Noise & distraction

**Mobile phones &
bluetooth**





First Moves

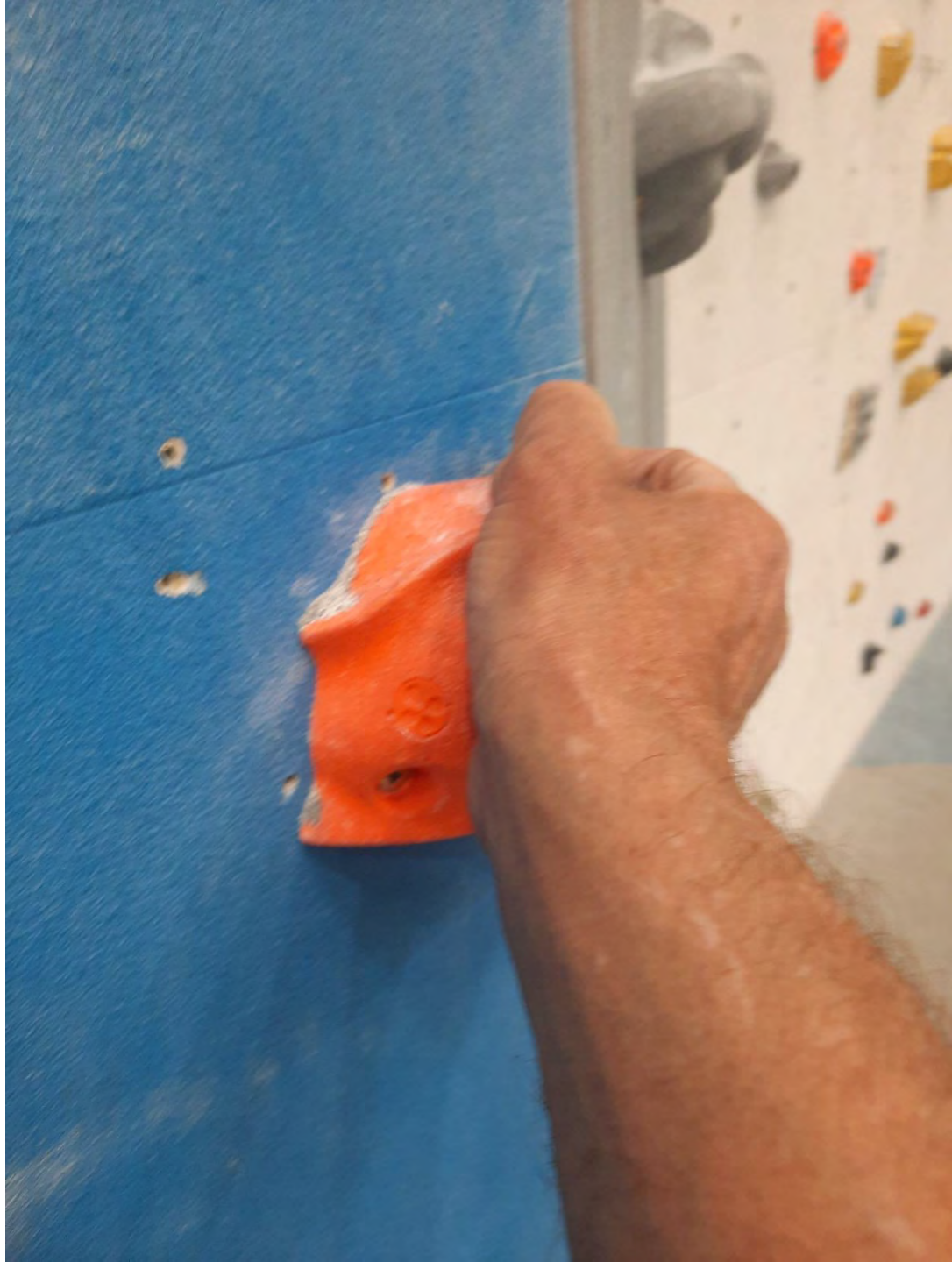
Using a bouldering wall

Familiarisation with
holds & types

Simple movement
progression





















Holds, colour & contrast









HOLDS
MAY
SPIN!

BELAYING
KEEP A CONTROLLING
HAND ON THE ROPE!
KNOW HOW TO USE
YOUR GEAR!
GET IN THE BEST
POSITION!
PAY ATTENTION

12

6A	6B	6C
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Top Roping

Fitting harnesses

Clipping in & tying in

Lowering off and landing

Climbing communication

Belaying



Creating Routes

Rainbow routes using
any holds

Using one colour

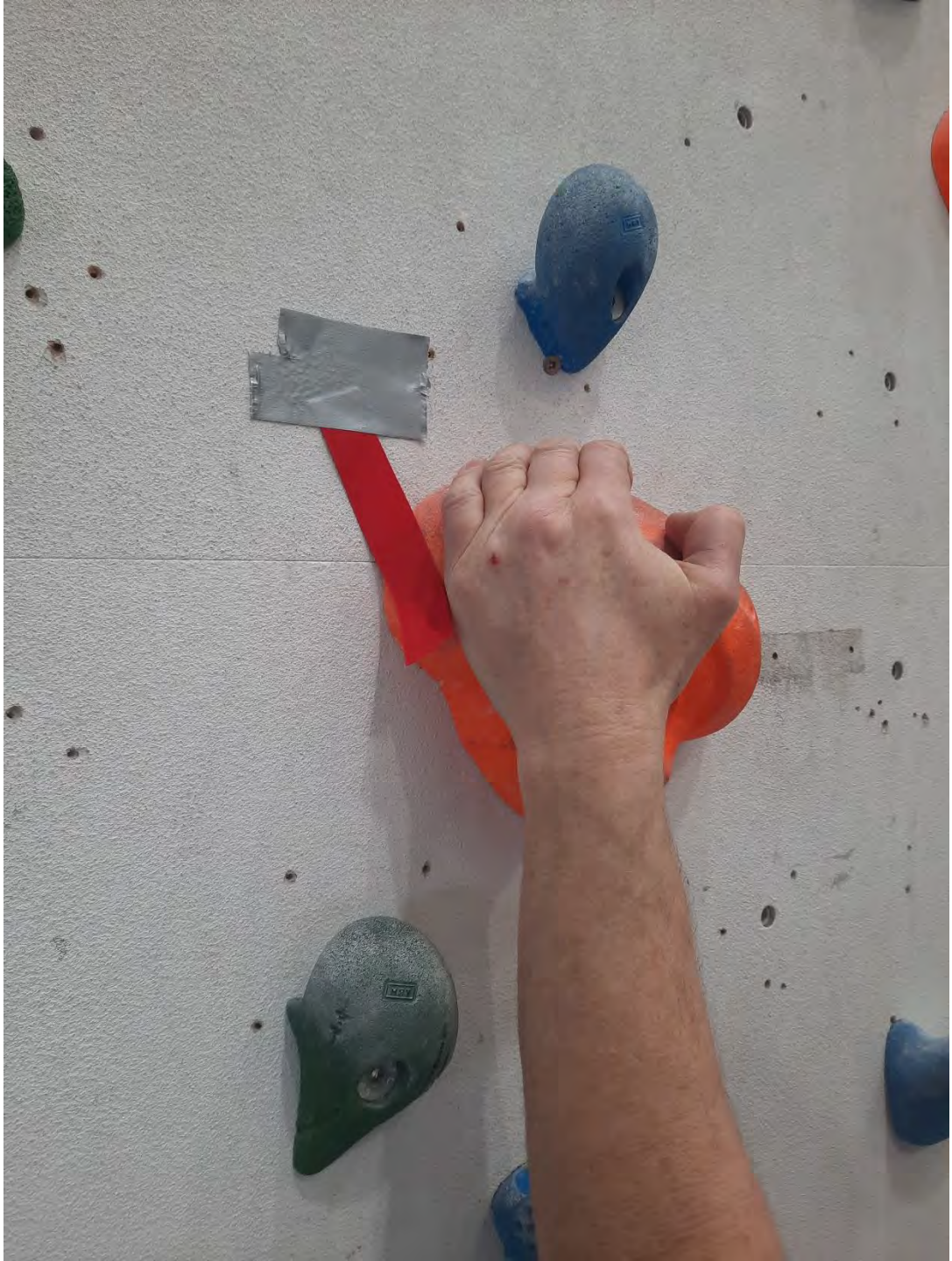
Nightlines

Tags

Chalk rings

Lazer pens





BELAYING
KEEP A CONTROLLING
HAND ON THE ROPE!
SHOW HOW TO USE
YOUR GEAR!
IN THE BEST
POSITION!
ATTENTION!



ACTIVITY WITH A DANGER OF
OR DEATH. PARTICIPANTS
OF AND ACCEPT THESE
ONSIBLE FOR THEIR OWN
D INVOLVEMENT







Autobelays



R N I B

See differently

How to Guide People with Sight Loss



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VISUAL IMPAIRMENTS IN ROCK CLIMBING AND BOULDERING

Top tips for including people with visual impairments at climbing walls, mountaineering clubs and outdoor activity providers

Promotion and Advertising

Ensure you can produce any literature or information in accessible format if requested to do so (e.g. Large Print or suitable electronic format for a screen reader).

Digital versions are great, provided that a screen-reader can access them or the user can change the font size and colour contrast settings.

If providing specific sessions or events promote the activity with local Blind Societies, inform National Organisations such as [British Blind Sport](#), and the [BMC](#) who can promote the opportunity.

Use social media to promote your sessions but think about the overuse of hashtags and abbreviations which may make the tweet more difficult to understand.

Make the activity attractive, the EFDS's ['Talk to Me'](#) report outlines 10 principles you can follow to make the activity more attractive to disabled people.

Talk to the individual's values rather than to their impairment. People may not associate with the term disability or impairment. The EFDS [Motivate Me](#) resource outlines 6 key values.

Include information on your website or promotional material on how to access the venue, particularly if the venue is a short walk away from the car park or drop off point, or if an outdoor venue.

If you're approached by someone with a visual impairment who wants to climb, find out more:

- Ask if they have climbed before, do they need instruction?
- How the visual impairment affects them, what they are able to see?
- If they will be bringing a sighted assistant with them/if they require a sighted assistant.
- How varying light affects them?



Thankyou!

Questions & discussion

