

Climbing Wall Study Guide

Safety:

- Climb with a spotter at all times
 - **Verbal contract:**
 - **Spotter?**
 - **Spotter ready**
 - **Climbing**
 - **Climb on**
 - Keen an eye on one's partner
 - Proper spotting (give enough room, but be ready to assist in fall if needed)
- Climb with your height limits
- Climb only on matted area

Terms:

- **Hold**- small plastic molded climbing grips that allow a climber a place to grip with their hands or feet
- **Beta**- information about the route
- **Bucket**- big handhold that is easy to hold onto
- **Send**- (verb) to complete a route successfully
- **Match**- to place either hands or feet on the same hold
- **Edge**- to stand on an edge with the corner of a shoe maximizing the pressure applied to a small area of rubber
- **Smear**- the act of placing a large surface area of shoe rubber on a hold to create maximum friction
- **Dyno**- abbreviation for "dynamic movement," a move that requires some use of momentum
- **Crimp**- to grip in a way that fingertips contact the hold with knuckles raised slightly
- **Disco Leg**- refers to the uncontrollable shaking of the leg(s) while climbing. Result of tired leg muscles