



Name

Age

Emergency Contact

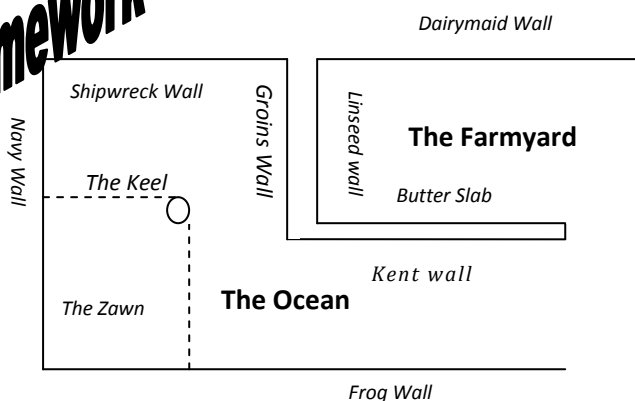
Welcome to the Evolution Bouldering Academy. First step is Level One, this does not mean you have to be able to climbs graded 1, but it is your first level on the academy's grading ladder.

To pass your Level One you will need to show your instructors that you can behave sensibly in the climbing centre and that you understand some of the important safety guidelines and rules. You will also be asked to perform a couple of easy exercises to demonstrate you are starting to understand some of the basic movements involved in rock climbing.

GUIDELINES & RULES FOR EVOLUTION INDOOR CLIMBING

1. Never Jump off, always climb down
2. Never walk, stand or climb under others
3. Never sit on top of walls
4. No food or drinks in climbing areas
5. No loose chalk, use chalk balls only
6. Never run always walk

Homework



Learn the wall names you will need them for Level TWO

LEVEL ONE TEST

PART ONE

Learn the safety rules

(1)(2)(3)(4)(5)(6) /6

Pass Instructor Initial

PART TWO

Jump off safely from about 1 metre.

Pass Instructor Initial

PART THREE

Traverse (Move Sideways) along Frog Wall. *Knees, tummies and bottoms not allowed*

Pass Instructor Initial

Date Passed / /

Instructor

Attend Minimum 4 Academy's before Grading	Week 1	Week 2	Week 3	Week 4