



What to expect at a Beta Session

Pre-Event

- Arrive 20 mins before the event
- Make your name tag
- (Wear your CTG shirt if you have one!)
- If necessary, set up tables and chairs (if participants require an eating area)
- Set up training room (easy climbing area) - attach locking carabiners on ropes if necessary
- Identify the roles for check in

Check in (Roles)

1. Collect paper waivers and make a headcount
 - Assign a person to enter each participant in the system
 - If not Gerry (or someone at Stronghold), he/Stronghold will train this person on the procedure
2. Distribute and assist participants with putting on harnesses
 - Know how to identify the size and properly adjust them
 - Double check for safety
3. Distribute shoes
 - Stronghold shoes typically run small - hand them at least a full or 1.5 size UP
 - Explain that they will feel very snug (generally, mainstream prefers to have their shoes loose, plus they will be most likely wearing socks)

Inform participants of gym rules:

Gym spaces:

- Where to leave belongings
- Bathroom
- Water fountain
- Prohibited areas: The pit, 2nd floor workout/yoga room

Do's and Don't's:

- No running
- No walking on the mat, walk on cement instead
- No walking behind or under a climber
- When bouldering, do not climb when there's already a climber above
- Encourage them to cheer on other climbers
- No free swinging on ropes



During Climbing

To cover during orientation/demonstration:

- Commands
- Partner check
- Resting
- Lowering

Belaying Tips:

- Ask for participant's name!
- Quick reminder of what was covered during the orientation/demonstration
- Keep rope tension tight. Keep in mind most of them aren't climbers and will feel more secure when they can feel the rope. This will boost their confidence instead of feeling weak
- Give them beta and cheer them on. For most, there's no wrong way to climb. They don't have to climb the same color - just climb anything and enjoy it.
- When lowering, remind them to keep hands off the holds/wall. Instead, they can hold on to the rope, lean back, and start walking backwards
- If not belaying, constantly ask around if anyone would like to climb. Most of the kids are shy or embarrassed to ask to climb, so keep asking in a friendly, non-judgmental way. Walk around and check for improper tie-ins, and harnesses that are not worn properly.
- Be encouraging!

IMPORTANT: Things to remember when interacting with youth (anyone, really):

- Don't assume a person's gender. If you need to refer to someone in a group, use their name.
- Don't assume that an individual has parents or a family. Some of the students we work with may be in foster care or live with a guardian.
- Don't assume that an individual has a home. Some of the students we work with are technically considered homeless or may have unstable home environments.
- If you have difficulties with group management, look to the group's chaperone for help.

Post Event

- Help collect gear
- Help clean up:
 - Tables/chairs