

Bouldering Outdoor – safe & fair

Recommendations of Club Arc Alpin

Bouldering is fun and makes you strong. Bouldering outdoor is different! Protect yourself from injuries, respect nature and environment, follow the rules of the game.

- 1. Warm up**
 - Warming up protects against injuries
 - General warm up - getting the cardiovascular system going live
 - Special warm-up - especially fingers, arms and shoulders

- 2. Prepare the fall area**
 - Assess fall area and landing zone correctly
 - Place crashpads correctly and without gaps in the landing zone
 - Shield/cover obstacles

- 3. Spotting correctly**
 - Observe risk of injury for spotters
 - Note weight differences
 - Risk check at high balls

- 4. Climbing off or jumping off**
 - Clarify descent in advance
 - Climb down before jumping off
 - Land with feet as closed as possible and - if necessary – unroll

- 5. Observe legal requirements and local regulations**
 - Clarify bouldering areas with owners, nature conservation authorities and interest groups
 - Observe local agreements before publication
 - Arrive by public transport or jointly, park your car respectfully

- 6. Protect fauna, flora and rocks**
 - Do not open up heavily overgrown rocks, do not remove vegetation over large areas.
 - Do not remove wood without the permission of the owner.
 - Do not manipulate or add handles or steps
 - Avoid noise, no bouldering at night and twilight
 - Do not disturb wildlife, dogs on a leash

- 7. Do not leave any tracks**
 - Use magnesia and markings sparingly
 - Remove tick marks and traces of magnesia again
 - Do not label boulder with names
 - Leave no rubbish behind, do not light a fire
 - Bury excrements

Approved in the follow-up to the CAA –General assembly in September 2019 in Munich.