Multnomah Athletic Club

MAC CLIMBING TEAM

Team Handbook

2026 – 27

Revised 09/2025

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MAC Climbing Staff & Leadership

The MAC Climbing Team operates under the MAC Outdoor department. MAC Climbing Team coaches are staff selected and approved by the Outdoor department based on their athletic and coaching experience. All coaches receive a stipend for food and are reimbursed for mileage and lodging expenses associated with out-of-town competition through team dues. All MAC coaches must be eligible for and hold a USAC Coaching Membership.

- **Justin Rom** – Head Coach
- **Trout Hartung** – Full-Time Assistant Coach
- **Bailey McConnell** – Full-Time Assistant Coach
- **Page Brady** – Part-Time Assistant Coach
- **Charlotte Howell** – Part-Time Assistant Coach
- **Gabe Laurent** – Part-Time Assistant Coach
- **Vincent Schmidt** – Part-Time Assistant Coach

Communication Policy

Team communications are primarily made through TeamSnap, but coaches may also use other platforms to communicate, such as athlete and/or parent phone and email. Parents and/or athletes are asked to complete updated contact information at the beginning of each season. Email addresses provided by parents/athletes are shared with the coaching staff and the booster club as needed.

Intro to MAC Athletics

Club Mission

The Multnomah Athletic Club's mission is to enrich lives, foster friendships, and build upon our traditions of excellence in athletic, social, and educational programs.

Athletic Vision

Build a thriving, healthy community that inspires members to participate in sport throughout their lives.

MAC Teams Goal

The goal of MAC Teams is to provide a safe and positive community where young athletes can grow, train, and compete at the highest level.

MAC Teams Culture

Coaches and Athletes are responsible for maintaining a safe and positive environment in MAC. Athletes and coaches are also responsible for contributing to a safe and positive environment at other venues. Coaches maintain open communication with athletes regarding concerns and mitigate issues that arise. Coaches address problems before they become critical and keep athletes and parents informed of such issues.

Any disciplinary decisions are addressed between coaches, athletes, and parents. The time to discuss these issues is in private, not during practices or competitions. Agreement may not always be possible, but frank and respectful communication is critical. Coaches are always willing to meet with athletes and parents by appointment.

Athletes are challenged with balancing academic, personal, and family priorities. Coaches respect the importance of these priorities and recognize the importance of choices that need to be made between these and team participation. Athletes are expected to make their academics a priority. Failing grades may be a hindrance to participating in team events, including competitions and practice.

Multnomah Athletic Club Values

- Community
- Health
- Athletics
- Heritage
- Innovation

Athletic Code of Conduct for MAC Athletes & Coaches

The Athletic Committee has adopted the following code of conduct:

- While competing at any venue, we will play fairly and encourage fellowship among our opponents and ourselves.
- We will treat each other, our opponents, guests, officials and staff with dignity and respect.
- We will always, whether as competitors or spectators, conduct ourselves in a sportsmanlike manner and we will not tolerate any among us who do not.
- We will not use performance-enhancing drugs to gain a competitive advantage.
- We will instill these values in our junior members and guests by education and example.

Any act is a violation of the MAC Athletic Code of Conduct if it is offensive by accepted community standards.

Coach, Athlete & Parent/Guardian Expectations

Climbing Team athletes have access to coaches who:

- Support them at regional, divisional, and national levels of competition.
- Teach climbing techniques in a safe and positive atmosphere.
- Respect young athletes and their parents.
- Uphold the processes and standards described in this handbook.
- Adhere to Multnomah Athletic Club policies.
- Provide parents and athletes with information regarding team activities, practices, and competitions.
- Communicate with parents regarding their athlete's performance, growth, behavior, attitude, discipline, and performance at practices and competitions.

Team Coach Expectations

- Show up early to practices and competitions prepared to coach.
- Provide a structured and welcoming environment during practice.
- Be safe in and out of MAC by providing eyes to alleviate safety issues.
- Follow the training schedule specific to the group they are training.
- Provide positive feedback to athletes during practice to help aid growth.
- Offer constructive critique when necessary.

Team Athlete Expectations

- Abide by the MAC Code of Conduct and Climbing Team Handbook.
- Respect coaches, Climbing Gym staff, teammates, and other climbers in the community.
- Contribute to a safe environment by consistently checking harnesses, belay devices, and knots.
- Contribute to a safe environment by remaining focused and attentive when belaying.
- Contribute to a safe environment by following Climbing Gym rules.
- Arrive at practices and competitions on time and ready to participate.
- Arrive at practices and competitions with climbing shoes, a climbing harness, a chalk bag, a water bottle, and a snack.

Team Parent/Guardian Expectations

- Abide by the MAC Code of Conduct and Climbing Team Handbook.
- Support the MAC Climbing Team Parent Volunteer Program.
- Leave the teaching of climbing skills to the coaching staff.
- Attend parent meetings.
- Bring climbers to practices, competitions, and meetings on time.
- Sign up for a USA Climbing Volunteer membership.
- Follow USA Climbing's guidelines for spectators.
- Give coaches notice of scheduled absences
- Work with coaches if other obligations interfere with climbing.

Parental & Coaches/Staff Roles

Parents have a different and very valuable perspective on their athlete's experience on the team. Coaches and staff have valuable insight into the industry, MAC operations, and proper progression and mobility. The partnership between parents and coaches in any sport is paramount to the overall success for athletes. The team asks that parents leave the coaching to the coaches. Staff invites parents to ask questions for clarification or to learn the "why." However, undermining techniques, styles, and approaches not only damages the overall effectiveness of the team but ultimately the experience of the athlete.

Volunteer Requirements

MAC Climbing Team Parent Volunteer Program

As a parent of a member of the Multnomah Athletic Club Climbing Team, I understand that its success depends on the volunteer support of the parents and their commitment to the entire team. I understand and comply with the following requirements of the Parent Volunteer Program:

- Families with one or more climbers in Choice or Premier(three hours), Jr. Elite, Elite, or Excel must complete at least six volunteer hours per parent from Sept. 1 through July 31..
- The full requirement of hours can be completed by one or more parents. No family's hour requirement would exceed 12 hours total.
- If a family has members on different teams with different hour amounts, they are required to volunteer for the most hours. Example: A family has a climber in Choice (three or six hours) and Elite (six or 12 hours). The total family contribution would be six-12 hours for the year.
- Volunteer work must be associated with a MAC Climbing Team function or USAC Event. It is each family's responsibility to report volunteer hours and any discrepancies in the Booster Club Volunteer Tracker.
- Examples of MAC Climbing Team functions include, but are not limited to: volunteering at MAC-hosted competitions, volunteering for "Feed the Coaches", serving on the Climbing Committee, and serving as a USAC Regional Coordinator or Jury President.
- At the season's end, families that do not fulfill their hour requirement receive an additional booster assessment at a rate of $20 per hour for every hour short of their required minimum.

Memberships, Funding & Fees

Membership in the MAC Climbing Team Booster Club

Parents of MAC Climbing Team athletes automatically become members of the Climbing Team Booster Club. The Booster Club supports climbers and coaches, and operates as a volunteer resource for competitions and fundraisers hosted by the MAC.

Climbing Committee Special Funds Accounting Procedures

Climbing Committee Special Funds are generated through approved fundraisers — most commonly climbing competitions — and can be used to benefit the Climbing Team. The following procedures are followed for the use and accounting of Climbing Committee Special Funds:

- The Climbing Committee must vote to approve all expenses from the special fund.
- The Booster Club President proposes the use of special funds to the Climbing Committee with an estimated cost.
- All requests for reimbursement from the special fund should be accompanied by a receipt and submitted within 30 days of the activity or purchase.
- Reimbursement to the special fund for previously approved team purchases are charged to MAC member accounts within 30 days of the activity or purchase.
- The Business Office reconciles expenses and credits to the special fund each month, and then provides a report to the Booster President and Climbing Committee at each committee meeting.

MAC Developmental Funds

MAC Developmental Funds are allocated to the Climbing Team to offset a portion of expenses incurred by climbers representing the club in regional competitions. The Head Coach decides how MAC Developmental Funds are used. Currently, they are applied to entry fees for Qualifying Events and Regional Championship Registration. Climbing Team Special Funds earmarked for the team may cover any shortfall in the Climbing Team Developmental Fund.

MAC Championship Funds

Championship funding allows the climber financial assistance when competing for MAC at the divisional and national levels. Each athlete that qualifies for championship funding can accept it up to two times per calendar year. Further details are under the developmental and championship funding sections. MAC Championship Funds are awarded to climbers who place first or second in any discipline of climbing during championship season (Regionals, Divisionals, and Nationals). The funds are applied to entry fees and travel expenses for the next level of competition. Each athlete can receive championship funding reimbursement twice per calendar year. Championship Fund requests are submitted by the coaching staff to the Climbing Committee and, if approved, forwarded to the Athletic Committee for review.

MAC Climbing Team & USA Climbing

MAC coaches, athletes, and affiliates must adhere to USA Climbing rules, regulations, and guidelines.
The MAC Climbing Team is in USAC Region 12 and USAC Division 1. MAC Coaching staff keeps athletes and parents informed of USAC changes that affect either the region or division.

Competition Entry Fees & USA Climbing Memberships

Competition entry fees and USAC membership are the responsibility of each athlete. A USA Climbing membership is required of all athletes, excluding those on the Choice Team. Competition registration is processed by USA Climbing through Sport80.

MAC Climbing Team Fees – Per Month

- **Excel Team**: $390 – Four Day / 10 hour per week program.
- **Elite Team**: $323 – Three Day / 7.5 hour per week program.
- **Jr. Elite Team**: $260 – Three Day / 7 hour per week program.
- **Premier Team**: $219 – Two Day / 4 hour per week program.
- **Choice Team**: $175 – Two Day / 3 hour per week program.

Uniforms & Equipment

Uniforms

While representing MAC at a competition, athletes are required to wear the team uniform items and follow the club's guidelines for wearing the Winged M while competing.

Mandatory uniform items include a black team competition top, team shorts/pants, and a team jacket or sweatshirt. Information on ordering team uniforms can be found on TeamSnap.

Equipment

Team members are responsible for having their own shoes, harness, and chalk bag for practices and competitions. The MAC Climbing Gym offers all team members a 15% discount off in-stock climbing equipment. The MAC Climbing Team also has a group deal with Butora for discounted shoes.

Travel & Lodging at Competitions

Travel, food, and accommodations at all competitions are the responsibility of the climber and their family. Decisions about whether to fly, drive, etc., are left to individual families. Climbers are given a date and time that they must be present either at the competition or at the team's hotel. MAC, its coaches, and volunteers, are not responsible for death or injuries sustained during travel to competitions.

Private Practicing & Lessons

Private lessons can be scheduled with MAC coaches after discussion with the head coach. Team coaches connect with the head coach, athlete, and parents to determine the type of instruction. If there are specific skills an athlete or family is concerned about, they should schedule a meeting with the head coach to determine whether private lessons are appropriate.

Any athlete who wishes to practice or train at another gym, or with non-MAC Climbing Team coaches, must receive approval from the head coach before doing so. If an athlete is practicing outside the gym without permission, team eligibility and subsequent funding are reviewed.

Recruitment Policy

At the start of the season, the MAC Climbing Team has sixty-eight members, with four being Athletic Members. Coaches take candidates into consideration for Athletic Membership if approached, but the goal is to focus on fostering and growing athletes that already exist within MAC membership. The USA Climbing Coaches Code of Conduct states coaches are not permitted to actively pursue or solicit athletes who are members of another team.

Athlete Protection Policies

MAC Climbing has adopted the Minor Athlete Abuse Prevention Policies as set forth by the US Center for Safesport. To ensure the safety of our athletes, all coaches and interacting adults within the program are SafeSport Certified. SafeSport training refers to the "Core SafeSport Training" created and offered by the U.S. Center for SafeSport consisting of three modules: (1) Sexual Misconduct Awareness Education, (2) Mandatory Reporting, and (3) Emotional & Physical Misconduct. Coaches and staff are also required to take "refresher" courses annually once they've completed the Core SafeSport Training.

PART I - EDUCATION & TRAINING POLICY

A. Adults Required To Complete Mandatory Training

Multnomah Athletic Club requires the following individuals to complete training provided by the U.S. Center for SafeSport ("Center"):

1. Adult athlete members of Member Clubs, except Short Term Athlete Members due to their limited participation and those Master Athletes who do not (I) have regular contact with minor athletes, or, (II) have authority over minor athletes
2. Adult members (who are not athletes) of Member Clubs who i) have regular contact with athletes or ii) have authority over athletes
3. Employees and Board Members of Member Clubs
4. Individuals providing services to Member Clubs, including but not limited to contractors, volunteers, interns, who have regular contact with athletes or have authority over athletes
5. Athletes who become 18 years of age during the upcoming membership year, complete the U.S. Center for SafeSport training on or before their 18th birthday, provided that such athletes under 18 have the consent of their parents or legal guardians.

B. Core Center For Safesport Training

The individuals listed in Part I, Section A 1-4 are required to complete training concerning child abuse prevention. Training other than Core Center for SafeSport Training does not satisfy this policy.

C. Refresher Courses

A "Refresher Course" is required on an annual basis, and must be completed before July 1st, immediately subsequent to the one-year anniversary of the completion of the Core Center for SafeSport Training or the most recent refresher course, for each of the individuals listed in Part I, Section A 1-4.

D. Minor Athletes Who Become Adult Athletes

With the exception of athletes who are members of the same team, Minor Athletes who reach the age of majority (i.e., 18 years of age) must adhere to the provisions found in the Minor Athlete Abuse Prevention Policies when interacting with minor athletes who are 14 years of age or younger. For the purposes of these Policies the "same team" is intended to include athletes who regularly train and compete together in the same sport. Minor Athletes who reach the age of majority and then obtain a position of authority that presents a power imbalance, such as becoming a coach or official, must also comply with these Policies regardless of the age of the minor athlete with whom they interact.

PART II - POLICIES FOR ONE-ON-ONE INTERACTIONS

The majority of child sexual abuse is perpetrated in isolated, one-on-one situations. By reducing such interactions between children and adults, programs reduce the risk of child sexual abuse. However, one-on-one time with trusted adults is also healthy and valuable for a child. Policies concerning one-on-one interactions protect children while allowing space for these beneficial relationships.

E. One-On-One Interactions: Observable And Interruptible

One-on-one interactions between a minor athlete and an Applicable Adult (who is not the minor's legal guardian) at a facility partially or fully under the organization's authority are permitted if they occur at an observable and interruptible distance by another adult. One-on-one interactions between minor athletes and an Applicable Adult (who is not the minor's legal guardian) at a facility partially or fully under the organization's authority are prohibited, except in the circumstances described in the subpart of this section and under emergency circumstances.

1. Meetings

Meetings between Applicable Adults and minor athletes at a facility partially or fully under the organization's authority may only occur if another adult is present, except under emergency circumstances. Such meetings must occur where interactions can be easily observed and at an interruptible distance from another adult. Chair lift rides and gondola rides with an Applicable Adult and a minor athlete are allowed under this policy. If a one-on-one meeting takes place in an office, the door to the office must remain unlocked and open. If available, it occurs in an office that has windows, with the windows, blinds, and/or curtains remaining open during the meeting.

2. Meetings With Mental Health Care Professionals/Healthcare Providers

If a mental health care professional and/or health care provider meets with minor athletes at a facility partially or fully under the organization's jurisdiction, a closed- door meeting may be permitted to protect patient privacy provided that:

a. the door remains unlocked
b. another adult is present at the facility
c. the other adult is advised that a closed-door meeting is occurring
d. written legal guardian consent is obtained in advance by the mental health care professional and/or health care provider, with a copy provided to Dace or the applicable Member Club. Your consent may be given via email or text, when necessary.

Consent may be provided at the beginning of each season provided that the professionals and health care providers are specifically named in the consent. Consent is not required in the event of an emergency and the parents or legal guardian cannot be contacted timely and the athlete is deemed to need immediate medical/mental health attention.

PART II - POLICIES FOR ONE-ON-ONE INTERACTIONS (cont.)

F. Individual Training Sessions

Individual training sessions between Applicable Adults and minor athletes are permitted at a facility partially or fully under the organization's authority if the training session is observable and interruptible by another adult. It is the responsibility of the Applicable Adult to obtain the written permission of the minor's legal guardian in advance of the individual training session if the individual training session is not observable and interruptible by another adult. Such permissions for individual training sessions that are not observable and interruptible by another adult, must be obtained at the beginning of each season. Parents, guardians, and other caretakers must be allowed to observe the training session.

G. Locker Rooms, Restrooms, And Changing Areas

This policy shall apply to:

1. Adult Members at a facility that is either partially or fully under the authority of Climbing or a Member Club
2. Adult Members who have regular contact with amateur athletes who are minors
3. An adult authorized by Climbing or a Member Club to have regular contact with or authority over an amateur athlete who is a minor
4. Adult Staff and Board Members of Climbing or a Member Club, collectively "Applicable Adults" for the purposes of this policy.

H. Non-Exclusive Facility

If Climbing or a Member Club uses a facility not fully under its authority (for e.g., training or competition or similar events) and the facility is used by multiple constituents, Applicable Adults are nonetheless required to adhere to the set of rules set forth herein.

I. Use Of Recording Devices

Use of any device's (including a cell phone's) recording capabilities, including voice recording, still cameras and video cameras in locker rooms, changing areas, or similar spaces at a facility under our organization's authority is prohibited. Exceptions may be made for media and championship celebrations, provided that such exceptions are approved by Climbing or an applicable Member Club, and two or more Applicable Adults are present.

J. Undress

Under no circumstances shall an unrelated Applicable Adult at a facility under Climbing or a Member Club's authority intentionally expose his or her breasts, buttocks, groin, or genitals to a minor athlete.

K. One-On-One Interactions

Except for athletes on the same team, at no time are unrelated Applicable Adults permitted to be alone with a minor athlete in a locker room or changing area when at a facility under the partial or full authority or Climbing or a Member Club, except under emergency circumstances. If Climbing or a Member Club is using a facility that only has a single locker room or changing area, the organization designates separate times for use by Applicable Adults, if any.

L. Monitoring

Climbing and Member Clubs regularly and randomly monitor the use of locker rooms and changing areas at facilities under their respective jurisdictions to ensure compliance with these policies.

PART III - REPORTING

The Center handles ALL reports of sexual abuse within the U.S. Olympic and Paralympic Movements. Make a report to the Center if there is a reasonable suspicion of sexual misconduct such as child sex abuse, non-consensual sexual conduct, sexual harassment, or intimate relationships involving an imbalance of power. All reports of child abuse or sexual assault of a minor must also be reported to local authorities (Police or Child Welfare Office). Reports of abuse not involving a minor may also be reported to local authorities.

SafeSport Helpline:
1-833-587-7233

Report Suspected Violations of Sexualized Conduct: **uscenterforsafesport.org/report-a-concern**

MAC Climbing Agreement & Acknowledgment Forms 2025 – 26

Parent/Guardian Agreement

As MAC Athletics parents, we are a community that cares about responsibility, commitment, and respect for others. We support our athletes within and outside the club through positive actions, encouragement, and inclusiveness. As a parent, I know that my choices make a difference, and I am accountable for my own words and actions. I will ensure that my athletes arrive ready to work, and I know that their coaches will do the same. I will respect staff, other parents, and MAC's facilities, and I will voice concerns constructively. I understand that violating MAC's code of conduct or the expectations outlined above may result in my athlete's removal from the MAC Climbing program.

Parent/Guardian Signature Date

Acknowledgment Form

We have read the 2025-26 Multnomah Athletic Club Climbing Team Handbook and understand that by initialing each section and signing this form we agree to follow the rules and policies as written.

_____ (Athlete Initials) I acknowledge and understand the role of an athlete on the Multnomah Athletic Club Climbing Team.

_____ (Parent/Guardian Initials) I acknowledge and understand the role of a parent/guardian of a Multnomah Athletic Club Climbing Team member.

_____ (Parent/Guardian Initials) I acknowledge and am committed to the volunteer hours required as a parent/guardian on the Multnomah Athletic Club Climbing Team and/or agree to pay the stipend as stipulated above in the "Volunteer Expectations."

Parent/Guardian Signature Date

Athlete Signature Date

Photo Release Form

I hereby grant Multnomah Athletic Club's permission to use photo and/or video taken of my athlete in publications, news releases, online, and other communications related to the mission of the Multnomah Athletic Club and the MAC Climbing Team program.

Parent/Guardian Signature Date

Athlete Signature Date

APPENDIX

What is USAC?

USA Climbing is the national governing organization representing competition climbing to the IFSC, USOC, and IOC. USAC holds one season consisting of three climbing disciplines that overlap throughout an academic year.

USAC Youth Qualifying Event Season

- All Qualifying Events for Bouldering, Lead/Top Rope, and speed will be held from October through February

USAC Youth Championship Season

- Regional Championships for Bouldering and Lead/Top Rope will take place in March
- Divisional Championships for Bouldering and Lead/Top Rope will take place in April and May
- National Championships for all three disciplines will take place in June or July

For more information on the USA Climbing series, including rules, spectator guidelines, and formats, please visit usaclimbing.org

What category will an athlete compete in?

Youth climbers are divided into categories based on gender and birth year. USA Climbing youth age categories for the 2025-2026 season:

- U-20 born in 2007
- U-19 born in 2008 or 2009
- U-17 born in 2010 or 2011
- U-15 born in 2012 or 2013
- U-13 born in 2014 or 2015
- U-11 born in 2016 or 2017

What are the different climbing disciplines?

The three competitive climbing disciplines are bouldering, lead/top rope, and speed.

- **Bouldering** involves solving a short sequence of difficult moves in which all holds are below a certain height. Because height is restricted and the landing area is padded, no rope is used.
- **Lead/Top Rope** involves navigating a long route while the climber is protected by a rope. In addition to points being earned by controlling holds in the approved sequence, the climber can be awarded for making use of a hold.
- **Speed Climbing** utilizes the IFSC standardized speed route while protected by a speed auto-belay. U-15 athletes compete on a modified speed route, the height of which can be 10 or 15 meters.

How does a competitive climber progress through the season?

Athletes begin each season by competing in qualifying events. For Bouldering and Lead/Top Rope, after all the qualifying events for the season have concluded, athletes are ranked within their region based on their two best placements. The top 26 athletes in each category are invited to compete at Regional Championships. The top 13 athletes from Regional Championships are invited to compete at Divisional Championships.

- U-20 athletes do not compete in Regional Championship events. They advance directly to Divisional Championships.

For speed climbing, athletes must attend a Youth Speed Qualification event and post a time faster than the benchmark for their category. If they do, they are automatically qualified to compete at Youth National Championships. There are no Regional or Divisional Championships for Speed Climbing.

- An athlete's time from North America Cup Series events, Yeti National Championships, or National Team Trials can also be used to qualify for Youth National Championships.
- U-15 athletes do not need to post a qualifying time to compete in the speed discipline at National Championships.

Divisional Championships is a two-day event, where athletes that place in the top 13 advance to finals, and athletes in the top 6 after finals advance to National Championships.

- U-11 athletes do not compete in Divisional or National Championship events

National Championships is a multi-day event. For Bouldering and Lead/Top Rope, athletes that place in the top 20 advance to semi-finals, athletes in the top 10 after semi-finals advance to finals.

For speed climbing, athletes race twice in the qualifying round. They are then ranked by their fastest time, with the top 16 advancing to finals. Finals is a knock-out round, where climbers advance to the next round if they finish the route before the other climber on the wall.

After finals, athletes that have placed in the top 2 of each discipline are invited to join the Youth National Team.

- U-13 athletes do not compete in National Championship events.
- U-15 athletes do not compete in International Championship events.
- U-20 athletes do not compete in Youth International Championship events.

What are the different formats of competition climbing?

Redpoint Format
A Redpoint Format competition allows multiple attempts on a problem/route and the opportunity to watch other competitors climb prior to an attempt. Points are only awarded for completion of the problem. Each problem is worth a specific number of points based on that problem's anticipated difficulty. Competitors individually choose which problems to attempt, with unlimited attempts per problem. Climbers may try as many problems as they wish, or as time allows.

Modified Redpoint
Modified Redpoint is the most utilized format for qualifying events as an alternative to the traditional Redpoint Format. Each category has designated routes to climb. Boulder problems can have between three and four scoring opportunities, being Top, Zone, Low Zone, and no score. Routes can have between six and 12 scored holds in addition to the final scored hold or protection point.

Flash Format
This format is occasionally used for qualifying events and the qualifying rounds of multi-day championship events. Flash format competitions feature an open warm-up area where climbers can talk with family, athletes, and coaches, as well as watch other climbers before their attempt.

On-Sight Format
Climbers are put into an isolated warm-up area (Iso) before they climb. Only certified coaches and athletes participating in that round of competition are allowed to enter Iso. Climbers are still considered to be in Iso until they are finished with all their problems and exit the climbing area.

Each category has designated problems/routes to climb. Boulder problems can have between three and four scoring opportunities, being Top, Zone, Low Zone, and no score. Competitors have a set amount of time to climb each route, and a set amount of time to rest between each route. Climbers can attempt each problem as much as time allows before they are moved to their next route. Lead/Top Rope routes are worth points based on the number of holds on the route. Climbers can be scored for controlling or making use of designated holds. Competitors typically have a set amount of time to climb each route, and a set amount of time to rest between each route. Climbers can attempt each route only once.

What is Isolation (Iso)? When is my child considered in Isolation?

An isolated warm-up area is utilized in on-sight competitions to ensure that a climber does not gain an unfair advantage over their competitors. Athletes in isolation are not allowed to access the internet, text, or make telephone calls. They are not allowed to watch climbing in progress or interact with anyone outside of isolation until they have completed their climbing for the round of competition. Interacting with a coach or climber in isolation could result in their disqualification.

What is Belaying?

Belaying is the act of keeping a climber safe using proper technique and equipment. Belaying can refer to either top-rope or lead belaying. On top rope, the belayer takes up slack as the climber progresses on the route, catches the climber in the event of a fall, and lowers the climber when they have finished their attempt. With lead, the belayer is responsible for giving out and taking in slack as needed so the climber can safely move up the wall. The belayer also ensures that the climber clips properly, catches the climber in case of a fall, and lowers them when they have finished their attempt.