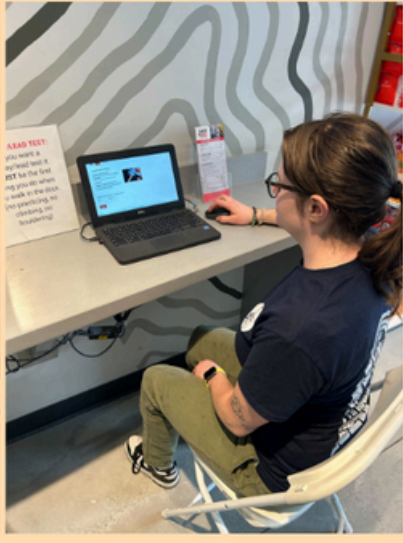


I am going rock climbing at Shaker Rocks!



Today I am going climbing at Shaker Rocks! I may feel nervous, excited, or any combination of the two!

I need to have a waiver on file. I can fill out a waiver online ahead of time, or on a laptop when I get there. If I'm under 18, a parent or guardian will have to do this for me.

When I get there, I will check in at the front desk. They will ask for my name, if I've been to Shaker Rocks before, and what gear I want to rent - shoes and/or a harness

After I check in, I will watch an orientation video. This will teach me about the climbing gym.

There are also bathrooms and a water fountain I can use here. I just have to remember to take off my climbing gear before going in the bathroom!

I am going rock climbing at Shaker Rocks!



If I am feeling overwhelmed or uninterested in climbing, I can ask for a Sensory Kit from the Front Desk!



If I need help or have any questions, I can ask the staff at the Front Desk!



Next I will get my gear! I can find the shoes under the counter behind the desk. The shoes may look, feel, and smell different from other shoes I'm used to wearing.



After I get my shoes, I can put my things in one of the provided cubbies.

I am going rock climbing at Shaker Rocks!



When I go bouldering, I read the rules before I start climbing.



If I want to use the autobelays or red ropes, I will need to put a harness on. A staff member can help me with this.



When I am ready, a staff member will show me how to use an autobelay.



I can also book a Private Belay or Taste of Climbing if I want a staff member with me. They can belay me on the red ropes!



When I am done with my gear, I can return in the marked holes on the counter behind the desk.