

Safe Bouldering Indoor

The 5 rules of the SAC and the VSBK



1

Warm up

- ▶ Intensive warm-up protects muscles, ligaments and tendons
- ▶ Warm up only in suitable areas



2

Keep the fall area free

- ▶ Do not stay under bouldering persons
- ▶ Do not leave any objects lying around
- ▶ Do not boulder too close together or on top of each other
- ▶ Generously estimate the landing zone



3

Spotting

- ▶ Learn to spot correctly
- ▶ Spot only when necessary
- ▶ Note weight differences



4

Climbing off or jumping off

- ▶ Climbing down before jumping off
- ▶ Use the marked exits
- ▶ Learn to jump off and land
- ▶ Land with feet as closed as possible and – if necessary – unroll



5

Look after children

- ▶ The mat is not a playground!
- ▶ Exercise supervisory responsibility
- ▶ Define maximum height individually

Illustrations: Georg Sojer



Schweizer Alpen-Club SAC
Club Alpin Suisse
Club Alpino Svizzero
Club Alpin Svizzer



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