

Climb-Ability



Accessible Adventure for people with intellectual or mild physical disabilities

What is involved?

Learn to scale new heights by discovering your 'Climb-Ability'. Tailored programmes will teach you the basic skills that every climber needs.

We will cover:

How to keep yourself & others safe, how to use climbing equipment, warm ups and cool downs, climbing movement, rope skills (belaying & knots), abseiling, fun & games

No previous experience is necessary.

Where do we climb?

We have 3 main locations to offer: For indoor climbing we will use the Dublin Climbing Centre in Tallaght, Awesome Walls in Finglas and for outdoor climbing we will use Dalkey Quarry next to Killiney Hill.

Who benefits from climbing & how?

Sensory Disabilities:

- Exposure to movement and sensory input can help in motor processing.
- Climbing helps develop balance and spacial awareness.

Physical disabilities:

- Developing core strength
- Developing strength in the hands, arms and legs
- Climbing movements help develop flexibility
- Gain experience and confidence in coordination
- Eye to hand & eye to foot coordination is practiced
- Engaging muscles that are not normally used

Cognitive Disabilities:

- Problem solving is a natural part of climbing, requiring you to think of the next hand and foot placements and if that will allow you to get to the top.
- Decision making is involved as they will be choosing a way up and then following through with it.

Communication Disabilities:

- Listening & processing directions is practiced - for example what colour hold to reach for.
- Other forms of communication is explored, developed and strengthened especially with visual impairment or hearing impairment.

Other benefits include: building resilience, self esteem, self confidence, trust, friendship, learning the power of encouraging words and boosting positive mental & physical health.

About your instructor:

Jasper Chisnall has spent his entire life in outdoor pursuits and is a fully qualified and insured Rock Climbing Instructor.

Over the last ten years he has worked full time as a multi-activity instructor, senior instructor and activities manager before starting his own company 'Master Adventure'.

Having previous experience leading & developing all ability adventure activities Jasper is looking forward to showing what the amazing world of climbing has to offer!