

CLIMB - ABILITY



ACCESSIBLE ADVENTURE FOR PEOPLE WITH INTELLECTUAL OR MILD PHYSICAL DISABILITIES

WHAT IS INVOLVED?

Learn to scale new and exciting heights by discovering your 'Climb-Ability'. Climbing programmes are tailored to meet the individual needs of participants allowing everyone to enjoy the sport of climbing.

The basic skills required to be a climber are taught through fun tasks & games.

Participants will learn how to:

- Keep themselves safe
- Keep others safe
- Use climbing equipment
- Properly warm up & cool down
- Climb & abseil
- Use ropes & knots

CLIMBING LOCATIONS

We have 4 main climbing locations to offer:



INDOOR CLIMBING

The perfect place to learn how to climb when it's cold or wet.

It can also be a good environment to be gently introduced to the sport of climbing.

Our indoor locations are:

- The Dublin Climbing Centre in Tallaght
- Awesome Walls in Finglas
- The Wall in Sandyford



OUTDOOR CLIMBING

The perfect place to learn to climb when the weather is favourable.

It is also a great environment to experience climbing at its finest... getting immersed in nature with leafy green trees and stunning sea views.

The main outdoor location is:

- Dalkey Quarry in Co. Dublin

OTHER LOCATIONS

There are many suitable indoor & outdoor climbing locations in Ireland.

If you would like to see what is possible in an area closer to you, please get in contact and we will be happy to assist you.

WHO BENEFITS FROM CLIMBING & HOW?

Climbing has many positive benefits for everyone as participants naturally engage in physical exercise, communication and social interactions.



Some of the benefits are listed below:

SENSORY BENEFITS

- Movement & sensory input
- Balance & spacial awareness

PHYSICAL BENEFITS

- Developing core strength
- Developing strength in hands & limbs
- Increasing flexibility
- Eye to hand coordination
- Eye to foot coordination
- Activating underused muscles

COGNITIVE BENEFITS

- Problem solving
- Decision making

COMMUNICATION BENEFITS

- Listening & processing directions
- Strengthening other forms of communication if required (particularly for visual or hearing impairment)

OTHER BENEFITS INCLUDE INCREASING:

- Resilience
- Self-esteem
- Self-confidence
- Trust
- Friendship
- Positive attitudes (mental health)
- Positive physical exercises

WHAT ABOUT SAFETY?

Master Adventure strives to meet the highest safety standards - the owner is a professional member of the Mountain Training Association and holds the relevant National Governing Body instructor qualifications and First Aid qualifications.

Any staff member working for Master Adventure will hold the same qualifications.



ARE WE INSURED?

We have an insurance policy covering rock climbing instruction which includes a public liability limit of up to €5 million.

ABOUT YOUR INSTRUCTOR:



Jasper Chisnall has spent his entire life in outdoor pursuits.

Over the last ten years he has worked full time as a multi-activity instructor, senior instructor and activities manager at a number adventure centres before founding 'Master Adventure'.

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