

Plan a climbing event with us

Thank you for considering the UWF Climbing Center for your event. We're excited to have you! Here are a few things to keep in mind when planning your visit.

TWO-HOUR PROGRAM OVERVIEW

10 MINUTES	Staff introduction, Climbing Center tour
5 MINUTES	Safety briefing
5 MINUTES	Proper use of climbing equipment
10 MINUTES	Introductory climbing technique lesson
90 MINUTES	Climbing and bouldering

The UWF Climbing Center is open to all students, faculty and staff, as well as the general public.

Please email outdooradventure@uwf.edu or call 850.474.2819 for pricing and reservations.

WHAT TO WEAR

Climbing is an all-body sport, so you should wear athletic clothing that allows a full range of motion. We recommend you wear pants to protect your legs from scraping on the walls, as well as closed-toe shoes.

Climbing shoes are available at no extra cost. Please bring your own socks.

WHAT NOT TO WEAR

Anything you don't want scratched, dented or dropped should be kept off the walls. Jewelry, such as dangling necklaces, earrings or rings, can hook onto climbing holds and cause injury. Other hazardous accessories we recommend removing include watches, glasses and scarves.

COMMON MISCONCEPTIONS ABOUT CLIMBING TO CLARIFY:

Climbing ropes won't support my weight.

Climbing ropes look small, but they are designed specifically for climbing and can hold several thousand pounds.

I can't climb because I'm afraid of heights.

Fear of heights is normal. Facing that fear is very rewarding for most climbers, and you don't have to go to the top.

You have to be in excellent shape to climb.

Climbing is mentally and physically challenging, but we have wall sections and routes suited to all abilities.

For more information about Outdoor Adventure programs, visit uwf.edu/oa.



If aspects of our programs hinder your full participation, reasonable accommodations can be arranged based on documented needs. You must first register with Student Accessibility Resources: sar@uwf.edu | 850.474.2387.

outdooradventure@uwf.edu

uwf.edu/recreation

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