3 Safety Rules To Follow When You Rock Climb Indoors

Rock climbing is a fun activity that provides excellent weight loss and muscle building, but it can also be dangerous. Here are some safety rules to keep in mind for indoor rock climbing.

**1. Be Prepared Before Climbing**

The first rule of safe indoor rock climbing is to not rush into it. Make sure you are fully prepared and that you listen to the instructor. While you will eventually just head into the rock climbing gym, put on equipment, and go up the wall, you will need some instruction during your first few sessions. Listen closely to the instructor as they will provide important information you need for a safe rock climbing adventure. Ask any questions you have, even if they seem obvious or silly to you. That is what the instructor is there for.

**2. Always Wear the Right Equipment**

Your rock climbing instructor will tell you how to put on the equipment, but you still need to understand the right protocol. You should not bring in your own equipment, but instead use what they provide you. You will be asked to wear a harness and ensure the buckles are double-backed around the waist. You will also have loops on your legs. Most indoor rock climbing gyms have helmets you can use if you want, though they are not mandatory. Also make sure you are wearing climbing shoes; you can’t go barefoot or climb in only socks.

**3. Watch Others First**

If this will be your very first time rock climbing, go ahead and stand back to watch others. You don’t necessarily need to only watch the instructors, but keep close eye on other rock climbers. You can usually see the ones who are experienced, because they have good technique and move swiftly. Take a look at how they go from rock to rock on the wall, how they maneuver, where they place their hands, and what part of their body they seem to be moving at different times. This will give you a lot of information you need to go rock climbing successfully.

Keep in mind that rock climbing, even in an indoor gym, is not something you will learn right away. Take your time, work with an instructor as needed, and start with the beginner walls first. There is no rush in tackling the taller walls alone or becoming an expert right away.