

Traversing Wall Activities

Please remember no harnesses should be worn whilst using the traversing wall.

Simon Says

All climbers can be on the wall at the same time. Give the climbers instructions to do e.g.

- Simon says put your left hand on a blue hold
- Simon says put your right foot on a red hold
- Simon says put both feet on a yellow hold
- Simon says move your right hand to a lower hold

Climbers are out if they move when an instruction isn't prefaced with Simon Says.

Twister Variation

All climbers can be on the wall at the same time, spread out with no-one above or below another climber. Call out instructions e.g.

- Left foot blue, right hand yellow, left hand red

Climbers are out if they cannot make the move or touch another climber.

Only Use

Climbers line up and follow the leader along the wall. Set them a challenge starting with "only use" e.g.

- Only use red holds
- Only use blue holds
- Only use red holds for your hands and blue holds for your feet

Copy Me

Climbers line up and follow the leader along the wall. The first climber sets the route, the next climbers must follow using exactly the same holds.

Add On

A variation of Copy Me. Climbers line up and follow the leader along the wall. The first climber moves three holds along the wall. The next climber must copy those three moves and add on one of their own. The next climber completes those four moves and adds on their own. The game continues with every climber adding on a move until a mistake is made. The game restarts with the next climber.

Beanbag Challenge

You will need some beanbags for this game. Place them on top of your chosen climbing holds. Climbers line up and climb one at a time. As they climb, they must collect the beanbags one at a time and throw them to the leader or a friend without falling off. Reset for each climber. You can increase the challenge by placing the beanbags on very high/very low holds making balancing harder.

Numbers

You will need cards with numbers 1-10 on, placed on different holds. Pair climbers up, give them a total and they must climb from right to left collecting the numbers to make it e.g. total is 9, first pair collect 1 and 8, second pair 3 and 6 etc. Create your own variations using different sums e.g. subtraction, multiplication, division or increase numbers on cards to challenge.

Spell It Out

You will need individual letter cards for this game. Place the letters onto different holds. Give the group a word and they must climb one at a time along the wall from right to left collecting the letters in order to spell the word. Each climber can only collect one letter.

E.g. The word is Traversing. Climber one climbs along to collect the T, climber two collects the R, climber three collects the A and so on. Encourage those not climbing to help with the spelling.