



Indoor Climbing: Skills for climbing wall users and instructors

Pete Hill

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An instructional guidebook to all the skills and equipment for indoor climbing, dry tooling and bouldering, this book is invaluable for beginners and instructors on CWA, CWLA and NICAS schemes, and also for climbers wanting to increase their technical knowledge to enjoy their climbing wall experience to the max, written by one of the UK's top mountain instructors. Indoor climbing, in all of its forms, has a huge following. Whether it is being used for training, teaching or fun, it is here to stay. This book covers all aspects with full coverage of the basics alongside detailed information and suggestions for supervisors and instructors. Equipment, warming up, bouldering, bottom roping, leading, top roping and abseiling are all included. Dry tooling has also begun to find a niche in the repertoire of many climbing centres. Having the right equipment and knowing the basic techniques for a successful session are essential, and this book will tell you all you need to do so. The author has drawn on many years' climbing, route setting and teaching experience and used the skills and experience of many of the UK's top climbing facilities and their staff to produce an indispensable book for any indoor climber.



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