

ARGUS

A night scene of a campfire under a starry sky. A large, leafless tree stands in the center, illuminated by the fire. Several people are sitting around the fire, and a table with drinks is visible. The sky is dark with many stars.

Victorian Climbing Club Newsletter
July 2020

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'Turning Points' is our new column about those pivotal moments that have defined you as a climber, be it sending a major project, returning from injury or putting up a first ascent. Do you have a story you'd like to share? Send it our way!

Peter seconding Aged P (8) at Wabbit Wocks.



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ARGUS

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Submissions

Send your submissions to argueditor@vicclimb.org.au
Deadline is the 15th of each month. A big thank you to all of this month's contributors!

Printing

Argus is printed by Shelton & Lane, Horsham, on 100% recycled paper.

Back Issues

For a selection of previous Argus issues, please follow this link: <https://webarchive.nla.gov.au/tep/129542>

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Front Cover

Mt Beckworth in spring
Photo: Francesco Vicenzi

Inside Cover

Photo: Ben Wright

EDITORIAL



Dear Members,

As you'll be aware, most climbing gyms have reopened (yes!) VCC Trip Coordinator Michael O'Reilly gives us the specifics for each one on p9.

For most of us, climbing during lockdown has been anything but optimal. Accredited Exercise Scientist Liam Atkins details how we

can return to training safely and minimise our risk of injury in 'Return to Sender' on p20.

In this month's President's column Kevin Lindorff unpacks the academic literature on climbing's environmental impact, while VCC life member Keith 'Nod' Lockwood kickstarts our new column 'Turning Points' with a fabulous piece about his first ascent of Where Angels Fear to Tread. Nod's set the bar quite high, but don't let that put you off: we're up for all stories about those moments that have defined you as a climber.

If you're in the market for small cams, have a read of Bogong Equipment's comparison of Dragonflies and Aliens. Thanks Chelsea! Thanks also to those members who sent in their individual trip photos, especially Ben and Peter. And thanks to Francesco for permission to share his beautiful pic of Mt Beckworth last spring.

Plans are underway for club trips to resume, however the Committee has decided to hold off for the time being following the spike in COVID-19 cases in Victoria this week. Keep an eye on our website and facebook page for details.

Lastly, the Stakeholder Reference Group 3 [meeting notes](#) have been released by Parks Vic and are available on our website.

Enjoy the climbing and stay safe out there.

Leigh

GREETINGS FROM THE PRESIDENT

Climbing, environmental impacts and approaches to climbing management

Is climbing—as most climbers like to believe—a low-environmental-impact activity, whose adherents tend to be environmentally aware and keen to minimise their footprint? Or—as some suggest—is climbing a high-environmental-impact activity, whose adherents are too often oblivious of their impact in their single-minded focus on getting the next ‘tick’? Or is climbing sometimes one and sometimes the other? What light does the academic literature shed on the question of environmental impact?

Some studies have indicated small negative impacts of climbing on plant and animal abundance and diversity, particularly at the base of heavily frequented cliffs and on cliffs where there is intense climbing activity (e.g. Adams & Zaniewski, 2012; Farris, 1998; McMillan & Larson, 2002; Holzman, 2013).

However, in a meta-analysis of previous studies, Holzschuh (2016) concluded that ‘the majority of published results may be confounded by systematic abiotic differences between climbed and unclimbed cliffs, and this lack of proper controls may lead to the overestimation of the negative effects of rock climbing on biodiversity’. (‘Abiotic differences’ means physical rather than biological differences.)

Indeed, Clark and Hessel (2015) found that cliff angle, canopy height and aspect were the primary drivers of species richness and abundance. Once the effects of biophysical variables were taken into account, residual effects due to climbing were relatively minor.

Unfortunately in the Victorian context, a lack of understanding of how climbing ‘works’ by some land management authority employees, and by some subcontractors carrying out environmental or cultural heritage assessments, has led to misattributions to climbers of environmental damage (‘Parks Vic Frame Climbers’, 2019; ‘The Sandinista Scandal’, 2020; Cayley, 2020). Such misunderstandings and misattributions have no doubt muddied the waters and hindered the development of appropriate environmental or cultural heritage protection measures.

Nonetheless, the reality is that ALL recreational activities can have adverse environmental impacts. Walking, commonly regarded as a low-impact activity, can have noticeable environmental impacts if the numbers of walkers traversing a site are large enough or if the site is particularly vulnerable

to human traffic. The same is true of climbing; climbing can have negative impacts on cliff or boulder-field environments. These impacts are more likely when the cliff or bouldering area is regularly visited by large numbers of climbers (Tessler & Clark, 2016; Lorite et al, 2017). This should hardly be surprising—and the parallels with walking and the correlation of the frequency of walking traffic to negative environmental impacts are obvious. All of this notwithstanding, the research suggests that climbing, like walking, should generally be classed as a low-impact activity.

So how can we, as climbers, minimise our impact on the crag environment? For some climbers, this question hangs off the back of another: what can we do to help maximise our access to the crags where we climb while avoiding their degradation? Arguably, these questions have never been as demanding of the attention of climbers and land managers alike in Victoria as they are today.

Certainly, it is incumbent on climbers to learn about the environments in which they climb, including the cultural heritage.

The main cultural heritage sites at risk from rock climbing in Victoria are rock shelters. Rock art can often be found inside a shelter, usually on the ceiling and the back wall. It helps to know what to look for—see, for example, the [Aboriginal Heritage Identification Guide](#) (Parks Victoria, 2019).

Nonetheless, even knowing what to look for, rock art can be hard to recognise and may even require specialist image enhancing equipment to better discern. The photos on the following page (source: Aboriginal Heritage Office, North Sydney, 2020) are cases in point.

In order to protect environmental and cultural heritage, it is essential to educate climbers about what to look out for, as well as educate land

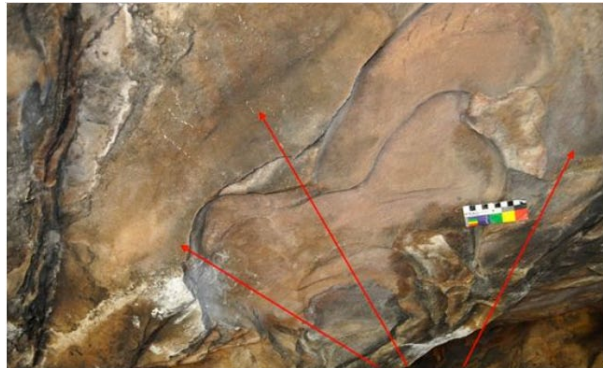


Ben Wright on Cosmic Psycho,
Van Diemen's Land, Grampians, VIC.

Source: *thecrag.com*.

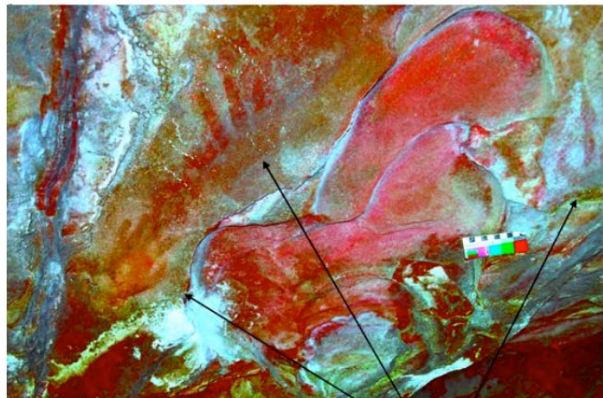
Note the naturally occurring white streaks beneath pockets. Such streaks have been erroneously attributed to climbers as 'chalk wash' by uninformed land managers.

managers about how climbing actually 'works'. The intricacies of specific sites could also be better understood by a more nuanced, crag-by-crag sector assessment approach, rather than by simply implementing blanket bans.



Climbing route among hand stencils

It is useful to consider the impact minimisation question (and land management responses) in the context of other outdoor recreational activities. The potential impact of masses of walkers regularly frequenting a particular site or area can often be mitigated without banning walking from huge swathes of parkland. Similarly, potential negative impacts of other recreational pursuits such as mountain biking, orienteering, caving, fishing and scuba diving can be minimised by considering a wide range of management options (Huddart & Stott, 2019).



Digital enhancement showing chalk marks around stencils

So too, there are a wide range of management options that can be applied to pre-empt or mitigate environmental or cultural heritage impacts from large numbers of climbers visiting particularly vulnerable sites.

These include, but are not limited to: relocating parking areas, rerouting approach paths, installing fixed anchors to protect cliff edge vegetation, seasonal or occasional temporary closures of discreet areas (e.g. closing particular cliff sectors for the duration of raptor breeding season or closing particular tracks or plots of bushland to facilitate vegetation regrowth in the wake of bushfires), agreed permits or protocols relating to fixed protection,

erosion stabilisation at the cliff base, and supporting education, outreach, and signage.

Sometimes, prohibiting climbing or bouldering from a site will be the most appropriate option available to a land manager in order to protect a fragile eco-system or cultural heritage. But such sites should be relatively limited in area and in keeping with the Aboriginal Heritage Act (2006): 'Despite the existence of the Aboriginal place or object, the owner, occupier or other person is entitled to the use and enjoyment of the land to the extent that the person does not contravene section 27 or 28'. (Sections 27 and 28 proscribe the harming of Aboriginal cultural heritage, by act or omission.)

Choosing the best mix of management options requires land managers and recreational land users to have well-developed understandings of the environmental and cultural attributes of the sites in question, and also of the characteristics and intricacies of the recreation being considered. This is usually only achieved by ongoing engagement between the land managers and the recreational users—not just 'going-through-the-motions' dialogue, but real conversations with both groups wanting to better understand each other and to learn from each group's areas of expertise, with a view to finding the best, mutually beneficial solutions.

KL

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Rock Climbing Hangboards for sale

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UPDATES—CLIMBING GYMS REOPEN

Here's the rundown on the Melbourne and Geelong Climbing Gyms post the 22 June reopening. While we all can celebrate returning to plastic pulling and our climbing community in person, there is quite a deal of responsibility that comes with that.

While at the gym we need to follow the advice of the staff and physically distance and wash and sanitise our hands, as well as avoid touching our faces. Liquid chalk is our new best friend as we struggle to hold those slopers in perfect winter conditions! The Australian Institute of Sport recommends the use of fresh liquid chalk between every new boulder and route (not attempts). It is recommended that you download and use the COVIDSafe App. Most importantly, if you are feeling unwell, stay at home.

But our responsibility doesn't end at the gym. The last thing that climbers want is for a COVID-19 case at one of our gyms. The best way to avoid that scenario is for climbers to physically distance and to isolate away from the gyms. Continue to practise good hygiene so that our gyms remain open. Stay safe.

I've compiled this information from the websites and social media accounts of the gyms. While care has been taken in compiling this list, please visit the gym's website and read the fine print before booking. There are varying cancellation fees and conditions at some gyms and gym-specific restrictions. While this information is correct at the time of writing, the restrictions are subject to change at short notice.

Michael O'Reilly
VCC Trip Coordinator

(Ed: Please note that some of the following info may change in line with the new restrictions taking effect in 10 postcodes as of midnight tonight, 1 July.)

Cliffhanger Climbing Gym

Altona

It is with real sadness that I can report that Cliffhanger will not reopening in the foreseeable future. The future of the climbing gym is in the hands of the Westgate Centre Management. Unfortunately Michelle and her great team won't be a part of any potential reopening. Michelle's experience and expertise will be sorely missed by the climbing community. Any further information will be posted on their website. www.cliffhanger.com.au

Northside Boulders

Brunswick, Northcote & Abbotsford (Lactic Factory)

Capacity: A total of 20 climbers at each of the Brunswick and Northcote gyms and 10 climbers at the Abbotsford gym at any one time.

Pre-booking is required using the MINDBODY App. Download the App and search for Northside Boulders.

Time: 2-hour session.

Who: Memberships or 5 or 10 passes only. No casual visitors. But memberships and passes can be purchased on arrival.

More details on the website: www.northsideboulders.com/news

Other: All three gyms have been totally reset.

Hardrock

CBD & Nunawading

Capacity: A total of 20 climbers at each of the CBD and Nunawading gyms at any one time.

Pre-booking is required using the website. No safety instruction or gear rentals (except BD ATC Pilot for leading).

Time: 1 hour 45 mins session.

Who: Bookings are only available to climbers who have attended Hardrock in the past 12 months.

More details on the website: www.hardrock.com.au/news-events/post/covid-19-info/

Other: The roof at Nunawading has been entirely reset during closure. To assist with social distancing requirements, only every second wall will be available. This will be rotated on a weekly basis (Monday).

Nunawading: Boulder cave and low side walls will be temporarily closed.

CBD: Only 2 autobelays will be available (unless under maintenance).

Gravity Worx

Pascoe Vale

Capacity: A total of 20 climbers in the building at any one time.

Pre-booking: All bookings to be made and prepaid through Trybooking. See website for more details. All sessions for the time being cost \$20.

Time: 1 hour 30 mins session.

Who: No restrictions.

More details on the website: www.gravityworx.com.au

Other: Full reset of the gym, including the roof. Autobelays, lead and top roping are all available. For gear rental, please contact directly via email at staff@gravityworx.com.au and state shoe or harness size. Please await confirmation prior to booking a climbing timeslot.

North Walls Indoor Climbing

Brunswick

Capacity: A total of 20 climbers in the building at any one time.

Pre-booking is required using the website. Each reservation is for you plus one other (i.e. one booking strictly for two climbers).

Time: 2-hour session.

Who: Returning customers only. New waiver form needs to be completed and signed (see website).

More details on the website: www.northwalls.com.au

Other: Rental gear is available, but will be very limited due to quarantining/cleaning items between uses. There is a 2m physical distancing requirement.

Do not climb on a route if there is a climber on an adjacent route. (Make sure you are separated from any other climbers by at least one route.) Dogs are not permitted at this stage of the reopening.

Bayside Rock

Carrum Downs

Capacity: There are three separate areas/zones in the facility: Top rope/lead climbing, bouldering and climb time. You can only visit one area per booking. There is a 1.5m physical distancing requirement, even on the walls.

Pre-booking is required using the website. Please note that you can only book for 2 people and a maximum of 1 week in advance.

Time: 1 hour 45 mins session. (Climb time is 1 hour 30 mins).

Who: Returning customers only. A new waiver form needs to be completed and signed (see website).

More details on the website: www.baysiderock.com.au/welcomeback

Other: The gym has been totally reset, including the bouldering area. Rental gear is available, but will be very limited due to quarantining between uses.

Urban Climb

Collingwood

Capacity: Two separate zones of 16 patrons—maximum 32 patrons in the gym at any one time.

Pre-booking is required using the website, up to a week in advance.

Time: 1 hour 45 mins session.

Who: Members only.

More details on the website: www.urbanclimb.com.au

Other: The gym is running at a 75% climb density in comparison to the regular setting density. This change is to allow for social distancing to be maintained within the gym. Rental gear is available, but will be limited.

La Roca Boulders

Oakleigh

Capacity: 18 climbers in the gym at any one time.

Pre-booking is required using the MINDBODY App. Download the App and search for La Roca.

Time: 1 hour 30 mins session.

Who: Members only. Current 5 or 10 pass holders can convert their remaining balance and upgrade to an upfront membership upon arrival.

More details on the website: www.laroca.com.au. You actually need to follow their social media links on the website to find the information.

Other: The gym has been upgraded and totally reset for reopening.

Bloc Haus

Port Melbourne

Capacity: There's a maximum of 50 people in the gym at any one time. The gym is split into zones to meet the physical distancing requirements.

Pre-booking is required via the website, up to a week in advance. (See below.)

Time: 1 hour 45 mins session.

Who: No restrictions.

More details on the website: www.blochausmlb.com.au/book-a-boulder

Other: Bring your card as they are now EFTPOS only. No cash! New climbers welcome. Direct debit and paid-in-full memberships will stay frozen until capacity restrictions are eased or you choose to reactivate. Booking in as a 'member' will reactivate your membership from your first visit back, but you are welcome to book in 'casual visits' instead if you'd like to stay on freeze for a little while longer.

Climb West Melbourne

Altona

Capacity: There's a maximum of 20 people in the gym at any one time.

Pre-booking is required via the website, only up to one day in advance.

Time: 2-hour session.

Who: No restrictions. But if it is your first visit, you will need to complete the legal waiver online before you arrive.

More details on the website: www.climbwestmelbourne.com.au

Other: Bring your card as they are now EFTPOS only. No cash! Shoes are available for hire. These items will then be appropriately sanitised between users.

Boulder Lab

Ferntree Gully

Capacity: There's a maximum of 40 people in the gym at any one time, split into two zones, each with a maximum of 20 people.

Pre-booking is required via the website. You can book up to 2 weeks in advance, and you must book for 2 people.

Time: 1 hour 45 mins session.

Who: No restrictions. A new waiver form needs to be completed before attending.

More details on the website: www.boulderlab.com.au/covid19

Other: Shoes are available for hire. These items will be appropriately sanitised between users. Dogs are not permitted at this stage of the reopening.

Boulder Project

Prahran

Capacity: There's a maximum of 20 people in the gym at any one time.

Pre-booking is required via the website.

Time: 1 hour 30 mins session.

Who: No restrictions.

More details on the website: www.boulderproject.com.au

Other: There has been a complete reset of the gym, featuring a range of brand new holds and volumes.

The Rock Adventure Centre

Newtown, Geelong

Capacity: Each session is limited to a maximum of 20 climbers. You need to choose to boulder or route climb.

Pre-booking is recommended via the website, but 'walk-ins' are welcome.

Time: 1 hour 50 mins session.

Who: No restrictions.

More details on the website: www.rockadventures.com.au

Other: The whole gym is almost completely reset with new problems and routes. Rental gear is available.

And not yet open, but coming very soon...

Industry Boulders
Grovedale, Geelong
www.industryboulders.com.au

The Crux Bouldering
Coburg North
www.thecruxclimbing.com.au

UPDATES—INTERIM PROTECTION ORDER GRANTED FOR TAYLORS ROCK / DEC CRAG

(Published on the VCC website on 20 June)

An interim protection order has been granted for the site known as 'Dyurrite 1' at Taylors Rock / Declaration Crag, in the Mount Arapiles – Tooan State Park. The Minister for Aboriginal Affairs Gabrielle Williams announced the decision on Friday.

The interim protection order is valid for three months and can be extended for another three-month period. It is the first ever interim protection order granted under the Aboriginal Heritage Act.

Dyurrite 1 is a small rock shelter containing more than 50 Aboriginal rock art motifs, undetectable to the naked eye. The site is in an area known to climbers as the Brain Death Boulder.

As a precaution, Dec Crag was closed to park users last December. According to an update issued by Parks Victoria yesterday, it will remain closed.

'While not incorporated in this Interim Protection Declaration, recently rediscovered Aboriginal cultural heritage values at the adjacent rocky outcrop known as Dyurrite 2 remain protected by the Aboriginal Heritage Act 2006. To ensure visitors do not enter that area and potentially cause harm, a temporary exclusion zone that was established in December 2019 will remain in place until a longer-term management approach is determined with Traditional Owners.'

Parks Victoria also issued a map of the interim protection area and the temporary exclusion zone. (See p15)

As co-managers of the state park, Parks Victoria and Barengi Gadjin Land Council will implement the interim protection order by clearly demarcating the protected site using low impact, natural log fencing, installing signage, and through ongoing monitoring, a spokesperson for Parks Victoria said.

Individuals face fines of up to \$297,000 for disturbing the site.

In yesterday's ABC Wimmera news, Natimuk local Keith Lockwood voiced the concerns of many climbers when he said that he was worried the ban at Taylors Rock could lead to bigger restrictions on the whole mountain.



Aboriginal Cultural Heritage Protection Zones at Dec Crag / Taylors Rock, Mount Arapiles-Tooon State Park

30/06/2020
 Coordinate System: GDA 1984 MGA Zone 54
 Projection: Transverse Mercator

- Interim Protection Declaration Area – No public access
- Temporary Exclusion Zone – No public access
- Park boundary

‘Half of the people here in Natimuk have moved here because of Mount Arapiles; the town would die (if climbing was stopped),’ he said. ‘The climbing community and local community want to embrace and enjoy and share the culture.’

Parks Victoria is currently carrying out cultural heritage assessments of registered rock art sites across Mount Arapiles.

The Chief Executive of Barengi Gadjin Land Council Michael Stewart told the ABC that the rediscovery at Taylors Rock ‘was really exciting, and we are really thrilled to be part of recognising the site and ensuring it’s there for future generations.’

Mr Stewart said he hopes more community engagement will be done in the coming months as the area’s long-term protection is considered.

‘Unfortunately due to COVID-19 restrictions and the vulnerability of communities and elders... we are in a hard place to do a thorough engagement,’ he said.

‘We are hoping to do that in the next 3–6 months so we can really inform future decisions.’



GENERAL TRIP INFO

If you'd like to go on any club trips, it's essential to contact the trip leader beforehand to make arrangements, confirm your booking and find out what's required. Trips are free unless stated otherwise and carpooling is available. Visit www.vicclimb.org.au/events for more info.

You are a beginner climber if:

- You can tie in using a figure-of-eight knot
- You have a harness, helmet, suitable footwear, one sling and a screw gate carabiner.

You are an intermediate climber if:

- You can tie in using a figure-of-eight knot
- You can safely belay and second a lead climber
- You can abseil
- You have a harness, helmet, suitable footwear, several long slings, two screw gate carabiners, a nut pick and a belay device.

You are an advanced climber if:

- You meet the intermediate criteria, plus
- You can lead climb using traditional gear
- You can set up belays on multi-pitch climbs
- You have all the above-mentioned gear, plus a rack and a rope.

All intending participants are advised to read VCC Trip Participants' Guidelines in the downloads section of the VCC website.

Before contacting the trip leader, please visit the VCC website events page for a full description.



YOU-YANGS 22 MAY



Above left: John on Traverse of the Gonzos Direct (14); above right: Louise on A View to Kill (19)
Below left: Ben on Two BA (14); below right: Louise belaying Jon on Eve (23).





WABBIT WOCKS 24 MAY

Above: Peter and Leigh at the top of Aged P (8); Below left: Heather smiling her way up Aged P, below right: Anthony onsighting the classic Inquisition (14).





WARRIGUL ROCKS 30 MAY

Above: Louise on the 2nd pitch of Stolen Car Descent Route (15); Below right: Dave on Spinal Tap (18), below left: pilfering car parts. All photos: Peter Upton and Ben Wright



RETURN TO SENDER

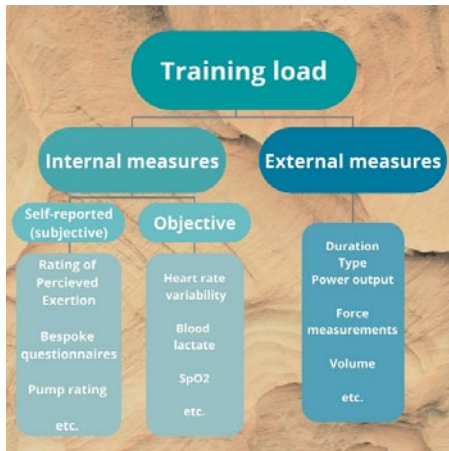
With restrictions on sports easing and gyms beginning to reopen, the desire to pick up where we left off is palpable. However, the last thing anyone wants is more forced time off because of injury. **Liam Atkins** explains how we can keep track of exercise to minimise the risk of certain types of injuries as we return to our beloved sport of climbing.

What is load monitoring?

When talking about training there are two types of load we can monitor: internal and external load.

Internal load refers to the physiological and psychological stress experienced by an individual—it's the individual's response to the exercise (and life in general). Various ways to measure internal load include ratings of perceived exertion (RPE), questionnaires and heart rate monitoring. Of particular use is RPE (see below), which is a simple rating of 1–10 reflecting how hard you feel your body has worked. The scale can take a bit of getting used to, but it's a quick, reliable way of assessing how difficult a climb or a session was for you.

External load is the objective mechanical work performed by an individual. Measures of external load could include distance (KMs), GPS/accelerometer data, sets x reps, or for climbing, number of routes, session time, work:rest ratios, and difficulty of climbs.



RPE Scale	
10	Maximal (hardest thing you've done)
9	Extremely Hard
8	Really Hard
7	
6	Hard
5	
4	Moderate
3	Easy
2	Very Easy
1	Rest

Figure 1: A flow chart depicting different methods of measuring load. Credit to Katie Kaminsky, retrieved from Instagram: @physioclimber. Figure 2: An RPE scale can be used to report how difficult you found each climb or a given training session.

It's important to note that you can have the same external load across two sessions and have a very different internal load. For example, you climb 2x15s, 1x16, 1x17 and 2x18s. Last week it felt easy, but this week you barely make it through. Many factors can influence a session feeling easier or harder, including general fatigue, stress, recent training loads, as well as an increase or decrease in fitness.

Load monitoring using one or more of these methods gives athletes and coaches the ability to both reflect upon past training and plan upcoming sessions.

So where do I start?

Knowing where to go from here starts with an honest reflection of where you're at post-lockdown. Some of us haven't had any resources or motivation to train for climbing, others may have started or tapered off on a hangboard routine, while others still had access to a training wall. Appreciate that we all have different starting points and will follow different timelines to return.

Ask yourself, 'What has my lockdown training been lacking?' For rope climbers who trained on a hangboard, did some of your training replicate the endurance required for climbing several long routes? For boulderers, you may have trained max finger strength, but did you train how quickly you can develop that tension (on a campus board, for example) to replicate dynamic moves to holds?

Climbing Checklist

- | | |
|--|--|
| <input type="checkbox"/> 3 hour gym session | <input type="checkbox"/> Climbing Capacities |
| <input type="checkbox"/> 2.5 hour session | <input type="checkbox"/> Power |
| <input type="checkbox"/> 2 hour session | <input type="checkbox"/> Strength (min. 3 weeks) |
| <input type="checkbox"/> 1.5 hour session | <input type="checkbox"/> Endurance (min. 3 weeks) |
| <input type="checkbox"/> 1 hour gym session | |
| <input type="checkbox"/> Climb V5 | <input type="checkbox"/> Hold & movement variables (in no order) |
| <input type="checkbox"/> Climb V4 | <input type="checkbox"/> Dynamic move to crimp |
| <input type="checkbox"/> Climb V3 | <input type="checkbox"/> Dynamic move to jug |
| <input type="checkbox"/> Climb V2 | <input type="checkbox"/> Static crimps |
| | <input type="checkbox"/> Slopers |
| <input type="checkbox"/> 4 sessions per week | |
| <input type="checkbox"/> 3 sessions per week | <input type="checkbox"/> Gastons |
| <input type="checkbox"/> 2 sessions per week | <input type="checkbox"/> Presses |
| | <input type="checkbox"/> Heel Hooks |

Figure 3: Using a checklist of mini-goals that make up your big goals can help to keep you accountable and avoid trying something you're not prepared for. I know that V5 looks tempting, but you have to walk before you can run.

Identify what your training used to look like and the capacities you're currently lacking, and use these as mini-goals to achieve on your way back to full training. Create a checklist with these elements, with each mini-goal building into the next one. Reintroduce them to your training incrementally, rather than trying to tick everything off in the first two weeks.

Research on the timeframes to regain full athletic capacity after a period of detraining isn't perfect, however what we have suggests that it may take between 50–100% of the time we've had off to regain all of our training adaptations. For many of us, this means taking between 6–12 weeks to rebuild our climbing. What we can say definitively is that a shorter, more aggressive return to full training increases the risk of injury. This ties back to our physical preparedness for climbing; if we ask too much of our bodies too soon, they may object.

Track and measure

Pick one or two measurements that you'd like to track each session and have somewhere to record them: a simple diary, workbook or spreadsheet is all that's needed. Pick a measure(s) that is achievable for you—consistency in recording is key.

If choosing 2 or more methods, I suggest having one external measure (session time, # of routes) and an internal measure (session RPE). Use the external load to plan a session, reflect upon this with an internal load, and plan your next session following a day or two of rest. This rest is important both to give your body a chance to recover and adapt, and because muscles and tendons typically show increased soreness in this time period.

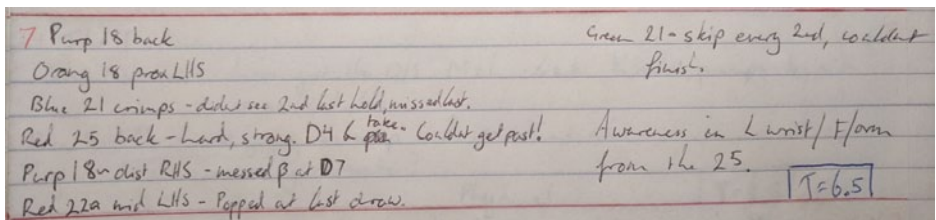


Figure 4: A gym session T (Total climbs) = 6.5 (the Red 25 being the half, reaching draw 4). I add up climb numbers to give a weekly load, and monitor both session and weekly load to minimise large changes. I use descriptive words for climbs, like easy, hard, strong, pumpy to reflect internal load, and also reflect on beta. (Can I blame the handwriting on pump?)

How much can I increase by each week?

Our bodies respond best to consistency in load without large increases or decreases. A good rule of thumb is to increase training by 10–20% each week. This principle ties back to the timeline and highlights that we can't go from zero to hero in two weeks. But again, this is a guideline and should always be considered alongside how you feel.

Increasing the volume of training (session time / # of routes) before increasing the intensity (grades) also has a protective effect against injury by building a general tolerance for exercise. As an example, Week 1 could consist of 2 sessions with 5 climbs each, Week 2 could be 2 sessions with 6 climbs each, and Week 3 increase to 2 sessions of 7 climbs—an increase of 20% and 17% respectively. The following 3 weeks could look to maintain 6–7 climbs per session and start incorporating progressively harder climbs.

Summary

In all physical pursuits, progress is influenced by many training and non-training factors. If things are going slower than expected, that's okay; listen to your body and adjust the plan. Something I like to remind myself is that climbing next week is always more important than gambling on a hard climb this week.

What we can do to take some of the guesswork out of training is:

- Create a 'return to sport' checklist
- Start monitoring how much and how hard we are training
- Minimise increases or decreases in load to 20% or less.

With the right tools, you can be confident in the decisions you make around your own training, and with a bit of planning and reflection you will be back sending injury-free as soon as possible.

Liam is an Accredited Exercise Scientist and a passionate rock climber who likes to spend his time hangdogging on sport and bumbling up trad lines. He is studying his Masters in Exercise Physiology and is enamoured by all to do with musculoskeletal rehabilitation and sports performance. If you'd like to get in touch you can contact him at: atkins.liam@outlook.com

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A walk by the sea

Cabo Froward (Cape Froward) in Chile is the southernmost point on the American mainland. Named after the region's rough climate, Froward means 'difficult to deal with' or 'contrary'.

Ben and I heard about hiking there while staying in a hostel in Punta Arenas. It was supposed to be a hard five days out and back along the coast, with a fair number of hikers turning around early due to the weather, the tides, or both. Discovering that the tides would be favourable, we decided to give it a go. Apparently there were three river estuary crossings we should be worried about: Rio Yumbel—crossing

by clambering on a big log jam; Rio San Nicholas de Gennes—wading, possibly in quite deep water; and Rio Nodales—more wading. I was not looking forward to the wading, especially if it got close to my crotch, brrr. Ben was calm as usual...

The first day, we took a taxi to the end of the road—about 70km south of Punta Arenas—arriving at the trail at 10am. We walked along a rocky beach for an hour or so until we reached the San Isidro lighthouse—not too hard so far. Our plan was to cross at least the first of the three rivers. We reached it without too much difficulty, mostly by walking on the beach and following well-trodden

paths into the forest and over a few fallen trees. (We passed a hut with door shut and noise coming from within, fishermen maybe?) With the tide still out, we managed to cross Rio Yumbel via small stepping stones. One down!

As we were making good time, we continued on towards Rio San Nicholas de Gennes. We thought we'd camp at the river and cross it the next day. The walking got harder with more fallen trees to negotiate on the inland sections, which we took due to a rising tide. There was also a 3km bog trot up and over a bigger headland. We got through with mostly dry feet, before walking the final kilometre along the beach to the river. It looked a bit deep so we found a pretty average bush campsite, dumped the packs and set about trying to find water for dinner. It was about 6pm.

With no water to be found, we needed a volunteer to cross the river and look for the spring that was marked on the map. Ben stood up, stripped off and waded in, taking our waterproof day bag with some clothes and water containers. The river got deeper and deeper and soon he was swimming. He arrived at the other side, put some clothes on and walked around. About then he realised he should have carried some shoes and his glasses with him as well! I busied myself by putting the tent up. About 45 minutes later, Ben arrived back at the river bank without water. He went upstream a

bit but the water was salty even at a tributary. He waded back across via the 'path', as marked on our maps, by heading out to sea and walking in an arc over gravel banks.



By this time it was drizzling so we got into the tent, where Ben dressed and stopped shivering violently. Then he remembered the chocolate! We had a bar between us for dinner. Sensible people might have talked about turning back at this point; we talked about crossing the river because it was approaching low tide. It was also approaching sunset—9:30pm, with low tide at 11pm. We packed up the tent quite quickly, given that we hadn't really moved in. Then, in the gathering gloom, dressed in thermal tops and socks, we waded out to sea to follow the shallowest but somewhat unnerving route across the estuary. Luckily the sea was calm. It didn't quite get to crotch level but it was scarily close. We found the campsite that Ben had located before—nicer than the one we'd just left—put the tent up, sorted ourselves out, and that was day one.

Day two started with no breakfast, just a sip of our last litre of water. We marched along the beach and after



half an hour found a source of water. Life was good again as we filled our containers. A bit further and progress along the beach looked impossible. We found some flagging tape, suggesting there was an inland route, which there was, but it was hard work clambering over or crawling under fallen trees with our water-laden rucksacks. Eventually we escaped back onto the beach and made good progress to the Rio Nodales river crossing, where it was low tide and the river was knee deep.

We met a hiker who was coming out and a bit farther along two German sea kayakers who had rounded Cabo Froward the day before and were heading for Punta Arenas. We had lunch and a chat at their camp before continuing along the beach, which soon became a rocky shoreline and

got a bit tough and slippery. That was followed by another awkward inland section, which involved negotiating muddy sections and more fallen trees. We were starting to understand why so many write-ups had suggested this might be an extreme walk! Finally, as the tide rose, the beach became impassable, narrowing against the cliff. Ancient fallen trees that had tipped out of the forest blocked the way along the top of the beach and we weren't sure how far the next camp might be. Fortunately for us this impassable bit was just past a stream and a nice campsite, so we turned back and set up camp. Then we chilled out, watching a pair of fishermen with a boat setting lines on the beach, before we cooked dinner—tuna and pasta with a bar of chocolate for dessert.

It rained pretty much all night. In the morning, we packed up and stashed our rucksacks in a tree. We had read about foxes ripping into tents looking for food and seen their footprints on the sand the previous day, so we weren't taking any chances. We set off for our objective: a very large (24m) steel cross on the hillside above Cabo Froward—La Cruz de los Mares (The Cross of the Seas). Put up in 1987 it is the latest in a series since the first in 1913, the previous ones all ripped down by the extreme weather.

With one fairly light bag between us, we were hoping that the day, although long, would be easier. How wrong we were! Before long the pebbly beach became really slippery, as if there had been an oil slick—we found out later it was caused by algae. The going was treacherous and I was very happy I wasn't carrying a heavy pack. That point was reinforced when we had to climb a wet rope up a muddy slope to continue. Did I mention that it was also raining?

Eventually we reached the campsite at the base of the final 1.3km ascent to the Cross, 300m above the sea. The climb was muddy and boggy, as well as steep, including some sections of metal step ladders. When we got to the top the enormous Cross was enveloped in mist, the wind was ferocious and the mist and drizzle spoilt the view. Ben ran around taking pictures; I froze. Soon it was time to leave, for the tide wasn't waiting. Back down the wet



path. Sopping wet feet to add to the joys of the day and more slip-sliding along the beaches, crawling through forest, and down a muddy rope. Maybe a 'type 1.5—2.0 fun' day, I wasn't sure. At least the bags had stayed safe in their tree. As the weather had finally cleared up, we decided to stay at the same camp and dry out. The fishermen had caught a few fish and left our beach. We watched a few squalls and rainbows out to sea as we dined—tortellini with another bar of chocolate for dessert.

It drizzled overnight and into the early morning but stopped briefly as we took the tent down. Heading back, we knew we had at least two rivers to wade through and others to clamber over. Someone had left their walking poles carefully leaning

against a tree. We figured they weren't coming back for them and took them out with us, later giving them to a backpacker in our hostel in Punta Arenas. After a couple of hours we got back to Rio Nodales and found three Chileans who'd just crossed it drying out. Our first other hikers for two days! (As chance would have it we would meet one of them later on in Refugio Grey during our trek around the Torres del Paine.) We exchanged information, removed wet shoes, socks and trousers, put on wetter socks and crossed. This time it didn't get above our knees.

In the late morning, we chatted to a solo Chilean with a huge backpack heading in. We arrived at Rio San Nicholas de Gennes at about 1pm and right on low tide. Also with excellent timing: the intermittent rain had restarted, as had the wind, just as we removed trousers, shoes etc to cross. Again we went way out to sea on the gravel banks, and the water just passed our knees. The river seemed colder and there was a light dusting of snow on the mountains. Clothes back on, we tried to warm up by walking quickly along the beach before lurching in the woods out of the wind. Up and over the headland, through the bog, passing three guys walking very fast towards the river we'd recently crossed—they weren't stopping for a chat and were obviously on a mission to cross before the tide got too high.

Due to the lower tide we were able to walk along the coast, avoiding

some of the time-consuming inland sections and reaching Rio Yumbel at about 5pm. This time we crossed by balancing on the log jam. While looking for a campsite, we walked past the hut again and the occupants, fellow hikers, came out. It turned out the hut was a refuge with sleeping and cooking areas. We chatted and sampled their 'mate' tea before setting up camp nearby, having dinner, then returning to the hut to warm up by their stove and watch their dinner prep—they seemed to be constantly eating and drinking the whole time. Most of the six would be walking out the next day because they had misunderstood their tide-tables and so stayed in the hut chilling out instead of walking. It wasn't clear whether it was them we'd passed on our first day! (We would also meet one of them in the camp kitchen at Paine Grande on the Torres del Paine circuit, small world!)

The next morning we were up early again as we wanted to get out and try our hand at hitching back to Punta Arenas. The hut dwellers had talked about getting up early but were nowhere to be seen; it was very quiet as we passed by. The walk out was pretty straightforward. We smiled sweetly and greeted all the day trippers walking to the lighthouse in the hope that one of them would give us a lift when they returned.

Back at the start, we got a cuppa from the kiosk and had lunch by the side of the road. The wind picked up again. If hitching didn't work we



would need to walk to the bus stop 10km away. As there wasn't much traffic, we decided to walk along to keep warm. We found the German kayakers camped by the road and stopped briefly to chat. They were waiting for a friend from Punta Arenas to come out and pick them up.

As we got closer to the bus stop a ute with a hiker already in the tray picked us up as well. They weren't going to Punta Arenas but they could take us to the geographical centre of Chile, a big roundabout complete with monument a few kilometres along the road. (Apparently if you count Chilean Antarctica then the geographical centre of Chile turns out to be quite a way south.) We waited at the roundabout for a while before another ute pulled

over. Putting our packs in the back, we jumped in and set off. I could smell alcohol and when the driver veered towards the edge of the road we became somewhat alarmed. Fortunately he wasn't going far, just to his home at the bottom of the hill. We got out, grabbed our packs and went out to the roadside, where he spent a while trying to persuade us to join him for a drink! As we were starting to walk away, a 4WD pulled up and out jumped our rescuer who spoke with the drunk and put us in his car. It turned out he was the lighthouse keeper and knew the drunk, who was a local fisherman. The lighthouse keeper took us to Punta Arenas, where we checked back into our hostel, breathed a sigh of relief and had hot showers.

Heather Murray



Turning Points

Keith 'Nod' Lockwood, VCC life member, guide and lifetime Natimukian, turns his mind back 50 years to reflect on two climbs that proved to be turning points in more ways than one. Both climbs at Mt Buffalo involve the same three characters Chris Baxter, Geoff Gledhill and Nod.

Chris Baxter, known to all as Melon, had a new route in mind (as usual). So he and I headed around to the Hump in 'the Red Tomato'—his bright red VW Beetle. After some work we got up the chosen line which Chris named the Initiation. It ended in a chimney, Sunshine Superman, which Chris and Geoff had pioneered a month earlier. On the belay Chris suggested I peg up a crack on the right wall instead of doing the chimney. I can't remember whether the crack was new territory or part of Sunshine Superman, but I can recall Melon foisting a swag of bongs onto my rack to aid the crack. 'It'll go free,' I protested, selecting two or three bongs for protection. Melon heartily demurred, as only he could, but agreed to humour me.

To add some background: in the early 1970s crack climbing was a bit of a mystery in Victoria, with Frog Buttress in Queensland and Mt Vic in NSW the main centres for jamming. It took John Ewbank from NSW to show Victorians how to climb the Rack at Arapiles. I had climbed at both Frog and Mt Vic and was pioneering the main crack lines at Werribee Gorge, so I could thrash my way up a crack if need be.

The Mt Buffalo crack turned out to be pretty straightforward jamming and we reached the top of the Hump quite satisfied with another good day out on the hill.

The afternoon sunshine, euphoria of another good new route, and new-found jamming expertise induced Melon to invite me along on one of his other projects, a crack system on a new buttress in the Buffalo Gorge. He had aided a pitch or two with Geoff, and reckoned the three of us might be able to knock it off—with some parts going free.

So a fortnight after the Initiation, Melon, Geoff and I headed down the south side of the Gorge. Chris suggested the first pitch might go free, with a couple of bongs for aid. It went free, but the second pitch crack was full of vines and



Above: *Where Angels Fear to Tread*. Photo: John Morris; Right: *On the 5th pitch of Angels direct showing the crackline, the bulge and the original and direct finishes* (Argus April 1972). Photo: Bill Andrews

required aid. Up we went, across the lovely traverse and on up the continuing crack. A bulge across the wall loomed ahead so Melon, in the lead, told us he was going to tension traverse six metres right across a blank wall into a scrubby chimney. Geoff and I protested vigorously, telling him to stay in the line and jam through the bulge. But he insisted, telling us he had checked it out through binoculars from the opposite side of the Gorge. He said the chimney system was the main line, led to the top, and afforded the best chance of success.

The upshot was that the first ascent of *Where Angels Fear to Tread* ended in a series of disappointing chimneys, the Gledhill twins returned to do the direct line a year later (now a three-star classic), and I subconsciously came to relish the heady mix of adrenaline, fear, commitment, utter focus and excitement when pushing into unknown territory on the sharp end.

*'Where Angels Fear to Tread.
The angels are all in heaven, but few of the fools are dead.'*

DRAGONFLIES vs ALIENS

by Bogong Equipment

When it comes to protecting yourself with placements in shallow horizontals, or those little pockets on the Watchtower Faces at Arapiles, the gold standard in hardware has historically been the Alien cam. These small cams have a stem that is flexible, allowing greater versatility—you can put them in cracks or pockets in positions that would shear the stem of a regular cam. Flexi-cams are also less likely to ‘walk’ in placements due to movement from your rope as you climb.

Last year, DMM released its own version of a flexible-stem cam, dubbing it the Dragonfly. These microcams come in six sizes and are designed to complement DMM’s range of ‘normal’ cams (DMM Dragons).

Like most DMM products, the Dragonfly handles ergonomically really well. However, DMM didn’t reinvent the wheel creating Dragonflies. Structurally, Dragonflies use the same technology as Aliens. The main differences are in the expansion range, camming angle and materials.

Expansion Range

Fixe Alien Revos (the latest iteration of Aliens) have a larger expansion range than the Dragonfly. This means that you get more ‘value’ in each cam. For every Alien, you can use it in a wider range of cracks. This also means that you’re more likely to reach for the correct size first go, when you’re placing gear in a hurry.

Camming Angle

The camming angle is measured in degrees and 13.75° is widely regarded to be the ‘magic’ cam angle that gives the optimum balance between the cam’s expansion range and its holding power (i.e. grip strength). When manufacturers decrease the camming angle, it increases the cam’s holding power—however, this happens at the sacrifice of range. Also, the opposite is true: a greater expansion range sacrifices grip. Fixe Alien Revos have a bigger



Zac Vertrees placing a Dragonfly at Mount Piddington (NSW). Photo: Matt Adams

camming angle than the Dragonfly, allowing them to have a bigger expansion range per cam unit. But the Dragonfly uses the magic 13.75° camming angle, giving the best trade-off between range and strength.

Materials

The Fixe Alien’s metal lobes are made from a softer alloy. This means that the cam lobes are less durable than ones on the DMM Dragonfly. The reason Alien lobes are made from a softer alloy is to address the sacrifice in holding power, due to its larger expansion range and cam angle. Having said that, the only people we’ve heard of who have mushed the heads of their Aliens are aid climbers regularly bounce-testing Aliens in placements, which loads them above bodyweight repeatedly—or people who have had horrendous falls.

Size	Colour	Active Strength (kN)	Weight	Expansion Range
Dragonfly 1	Green	6kN	55g	7.8–11mm
Dragonfly 2	Red	6kN	56g	8.7–12.9mm
Dragonfly 3	Gold	8kN	65g	10.2–15.2mm
Dragonfly 4	Blue	8kN	67g	12.1–17.9mm
Dragonfly 5	Silver	9kN	70g	15.1–22.5mm
Dragonfly 6	Purple	9kN	73g	19–28.3mm
Dragon 1	Purple	14kN	103g	20–33mm

Size	Colour	Active Strength (kN)	Weight	Expansion Range
N/A	N/A	N/A	N/A	N/A
Alien Revo 1/3	Black	5kN	46g	8–14mm
Alien Revo 3/8	Blue	6kN	48g	10–17mm
Alien Revo 1/2	Green	7kN	52g	13–22mm
Alien Revo 3/4	Yellow	10kN	58g	15–25mm
Alien Revo 7/8	Grey	10kN	59g	17–30mm
Alien Revo 1	Red	10kN	61g	20–33mm

Strength Comparison: DMM Dragonflies are stronger.

Weight Comparison: Fixe Aliens are lighter.

Expansion Range Comparison: Fixe Aliens have greater range per unit.

Points of Note

The Dragon 1 and Alien 1 have the same expansion range (20–33mm). However, the Dragon 1 is stronger (14kN vs 10kN), but the Alien Revo 1 is lighter (103g vs. 61g). The Dragonfly 1 is smaller than the smallest Alien.

Summary

The DMM Dragonfly doesn’t revolutionise the genre of flexible-stem microcams. However, it provides a solid offering with DMM’s hallmark qualities: durable materials, smooth ergonomics and a technically ideal camming angle. Coming in six sizes, Dragonflies are the perfect complement to a set of DMM Dragon Cams.



YOUNG CLIFFHANGERS

Three Wonderful Life Skills Every Child Can Get From Climbing

Climbing can teach kids and youth many valuable life skills. In particular, creativity, perseverance, and seeing failure as progress. Let's explore each of these, with a little inspiration from young climber Ashima Shiraishi's TEDxTeen talk, *Just Climb Through It*.

1. Creativity

Climbing problems require creativity to solve. How to reach that hold so far away? The problem encourages a young climber to explore movement, to see what happens when they bring their foot higher. Or change the position of their body. Or bring their left hip closer to the wall, drop their left knee and reach up with their left hand. Or simply leap for it.

'I would fall and fall and fall, but always pop back up to my feet. And think to myself, was it my hands or my feet. And reposition my body...' That's Ashima, describing her climb of Golden Shadow in South Africa, which made her the second female in the world to scale a V14.

Creative climbing triggers exploration and a sense of play. It prompts kids to create a plan in their minds.

One they can test and get instant feedback, allowing them to eventually conquer the move.

This approach can help them tackle tricky maths problems. It can help them navigate friendships. It can help them come up with ways to clean their room as quickly as possible so mum or dad will let them go to the movies. Creativity also helps them express themselves and build skills through music, art, or even Lego.

2. Perseverance

Our children were born with perseverance. It gave them the ability to hold up their heads, crawl, and eventually walk. They never thought 'I can't do this' and gave up.

Yet over time fear and doubt seep into their minds, perhaps from being surrounded by adults and our fears and doubts. Also, kids soon realise they can get what they want with little effort—they watch us get food without leaving our cars or homes and be entertained at the click of a button. In a society conditioned for instant gratification, it's valuable for our kids to appreciate the importance of persevering toward a goal.

Ashira described her struggles with the V14: 'I climbed until my hands were bloody and my eyes were full of tears. I was really desperate for this. And stubborn... But I knew I had to try at least one more time. So I said why not give it one more go? I put my shoes back on and chalked up my hands, and it just happened.'



Perseverance will help our kids to master a song on an instrument that seems complicated. It can help them see that their bridge model didn't hold up because they made a critical mistake—and see that not as failure, but feedback. Through dogged determination, they will understand that they can do more than they ever thought possible. This leads to confidence, the willingness to give things a go, and powerful self-belief.

Stubborn persistence can overcome hurdles. It can reframe their question from 'Why can't I?' to 'How can I?' Persistence can make the seemingly impossible possible.

3. Failure is part of progress

No kid likes the idea of failing. Whether it's a race, a game, or a test. They learn from an early age that it sucks to lose. Because losing seems to mean failure. And that they're not good enough.

Climbing is a great way to challenge this way of thinking. In conquering the V14, Ashima shared: 'I realised that 99% of climbing is falling, what you might consider failing. That means I fall on my butt over and over.

Success, that's only 1%, but it's so worth it. I agree with what Bill Gates said: "Success is a lousy teacher." From climbing, I've learned that homework is part of the 99% to success. I've learned that nothing worth doing is going to be easy, but the effort you put into it is going to pay off in the end. I think it's important to endure and climb through your problems.'

Climbing encourages our kids to explore other areas of life and helps them understand that failure is feedback. It's not an excuse to give up. Instead, it's the necessary 99% for the 1% bliss of success.

Summary

Climbing is about so much more than clambering up a wall. Climbing can nurture creativity, perseverance and a healthy approach to failure. These are skills that can help our young climbers navigate the many challenges that come with growing up, so they can grow into healthy, balanced adults.

Cynthia Marinakos

FlashBACK

to the June '08 *Argus*—an ominous foreshadowing of the rise of hand sanitiser?



Climb Clean

The Club strongly encourages members to follow the climbing code:

- Observe all access restrictions and agreements.
- Use existing access tracks.
- Do not disturb nesting birds or other wildlife and protect all native plants especially at the base of cliffs.
- Respect Aboriginal sites.
- Minimise your use of chalk.
- Minimise the placement of fixed gear and respect established 'no bolting' areas.
- Carry out all your rubbish, bury your waste, and avoid all risk of fire.

The VCC represents your interests and protects your climbing future. Your membership is important to us. ●

MEMBERSHIP

Welcome to new and returning members

Melbourne Climbing School
Jeremy Maddox
Jack Lewis
Sebastian Kastner Lanjus
Joseph, Miriam & Evie O'Connell
Chris Williams
Bipin Manezhi
Michael Eason
Braden Keil
Tom Scott
David Lia

Life members in memoriam

Chris Baxter
Michael Stone

Celebrating our life members

Bill & Cheryl Andrews
Tony Brotherton
Peter Canning
Rupert Freeman
Geoff Gledhill
Peter Jackson
Keith Lockwood
Jacqui Middleton
David Mitchell
Stan Mizon
Clive Parker
Barry Revill
Iain Sedgman
Tracey Skinner
Simon Todman
Michelle Tusch
Peter Watling
Peter Watson
Ben Wright

GOAT OF THE MONTH!

July's goat is back in the gym and observing social distancing!
Now, how do I send this again?



Photo: [Tamsin Cooper](#)

VCC SUPPORTERS

*The following climbing gyms offer VCC members concession entry
Discounts are also usually available on memberships and 10-visit passes
Some of the gyms offer discounts in their gear shops*

Bayside Rock Carrum Downs
www.baysiderock.com.au



Cliffhanger Altona North
www.cliffhanger.com.au



Gravity Worx Coburg
www.gravityworx.com.au



Hardrock CBD
www.hardrock.com.au



Hardrock Nunawading
www.hardrock.com.au



The Lactic Factory Abbotsford
www.thelacticfactory.com.au



Northside Boulders Brunswick
www.northsideboulders.com



Northside Boulders Northcote
www.northsideboulders.com



North Walls Brunswick
www.northwalls.com.au



The Rock Adventure Centre
Geelong
www.rockadventures.com.au



Urban Climb
Collingwood
www.urbanclimb.com



La Roca
Oakleigh
www.laroca.com.au



*Please support these gyms as they support the VCC and Cliffcare
Show your VCC Membership Card to obtain discounts*

VCC SUPPORTERS

*The following retailers offer discounts to VCC members
These discounts are usually 10% off RRP or 'non-sale' prices
Contact individual retailers for more details and specials*

Bogong Equipment

Melbourne CBD
www.bogong.com.au



The Wilderness Shop

Box Hill
www.wildernessshop.com.au



Arapiles Mountain Shop

Natimuk VIC
Phone: (03) 53871529



Climbing Anchors

Online Store Coffs Harbour, QLD
www.climbinganchors.com.au
Contact Steve for 10% discount



Rock Hardware

Online Store Bendigo, VIC
www.rockhardware.com.au
Contact Steve for 20% discount



Open Spaces Publishing

Online Store Natimuk VIC
www.osp.com.au
Contact OSP for 15% discount



BJR Climbing Equipment

Online Store Blackheath, NSW
www.bigjohn.com.au
10% discount, including resoles



Mosaic Myotherapy

Coburg & Richmond Clinics
www.mosaicmyotherapy.com.au
\$10 off all appointments and rehab equipment & supplies



Other retailers may offer a discount to VCC members. Show your VCC membership card and ask!

*Please support these retailers as they support the VCC and Cliffcare
Show your VCC Membership Card to obtain discounts
Call the online retailers before ordering*

Footscray Bouldering Wall Rules and Etiquette

20 Person Maximum

Maintain Social Distancing

Keep 1.5m away from other climbers at all times

Make way for others

Sharing is caring. Consider making way for new arrivals

Plan short sessions

An hour and a half is plenty, lets keep turnover high and numbers low

Use liquid chalk.

Reduce the risk of contamination and keep holds cleaner, longer

@Footscrayboulderingwall

Follow us on instagram and facebook for updated information



BURNLEY RULES

Break these and we shut down.

20 person maximum

Maintain social distancing

VCC REQUESTS

Check the Facebook Page. Things may change quickly, stay informed.

Use Liquid Chalk. Reduce the risk of contamination and keep holds cleaner, longer.

Plan Short Sessions. An hour thirty is plenty, let's keep turnover high and numbers low.

Make Way. Sharing is caring, consider making way for new arrivals after an hour thirty.

Police Yourself. Be civil, sensible and accountable, let's keep Burnley open together.

TRAINING WALL

This wall has been designed for training during COVID 19 restrictions. Please be mindful of other users. Save timed training for off-peak times and be prepared to share, even if it means interrupting your set. Thanks and stay safe,

The Burnley Team

USING THE WALL

Download the **Stokt** app for free on Android or iOS.

In the **My Profile** section tap the **Home Gym** field; select **Burnley**.

In **My Profile** use the **Grades** field to choose **V** or **Font** grades.

Use the **Hold Icon** bottom left to **Search Problems**.

Use **Add New Problem** to make your own.

