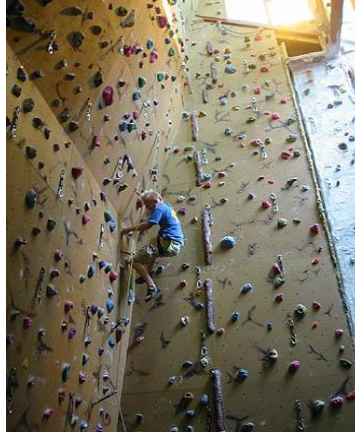


Indoor Climbing



Don Robinson, a lecturer in Physical education was the person to create the UK's first Indoor Climbing wall in 1964. From here on Indoor Climbing has become a major activity and competitive sport throughout the UK.

The walls are constructed from plywood over a metal frame and then coated with a textured spray to simulate a rock face, resin hand holds are then screwed to the wall. The walls vary in height and steepness; you can even find some walls that have horizontal roofs.

There are over 20 indoor climbing walls in Scotland. Furthermore Scotland is host to the Worlds largest indoor climbing arena; EICA, Edinburgh International Climbing Arena, Ratho.

Indoor climbing is for all ages and skill levels, from complete beginners to competing as a sport. For complete beginners it is advised to have a few lessons so that you get to know & understand not only the proper climbing technique but also the equipment used.

The benefits of indoor climbing are endless; there is no need to worry about the weather or darkness setting in. It can be seen as a safer and more controlled environment in terms of structural integrity and equipment and qualified staff will always be on hand supervising the session.

The physiological and psychological benefits of indoor climbing are immense, a great deal of concentration is required for climbing therefore you have to focus solely on what your are doing therefore taking your mind off daily tasks such as work etc. Physiologically, arm, back, finger and core strength will develop quickly. With progression to more challenging climbs there will be an improvement to the strength and endurance of calves, shoulders, agility, strength-to-weight ratio, and flexibility in hips and hamstrings.

Overall indoor climbing is an excellent form of exercise and improves the following;
Muscular endurance Muscular strength Body composition Flexibility

Furthermore indoor climbing never becomes boring, once you achieve a climb there are always more challenging climbs waiting for you.

For more information on indoor climbing walls in your area visit

<http://www.indoorclimbing.com/scotland.html>.

<http://www4.rgu.ac.uk/rgusport/facilities/page.cfm?pge=37455>

<http://www.ed.ac.uk/schools-departments/sport-exercise/sports-centre/sports-activities/climbing/climbing-facilities>

<http://www.hw.ac.uk/sports/climbing-wall.htm>

<http://www.st-andrews.ac.uk/sport/Facilities/Indoor/>