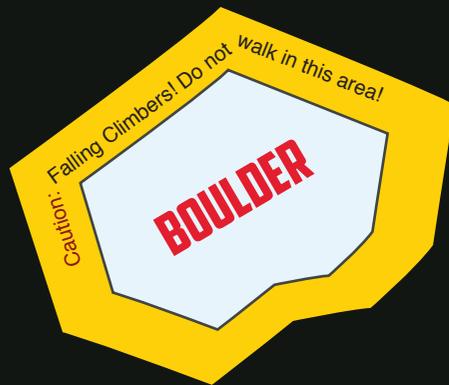


WELCOME TO THE CIRCUIT!

We're proud to offer a wide variety of bouldering ranging from beginner-friendly to extremely advanced. To help you get the most out of your visit, we've compiled some basic information about the gym. If you have any questions or would like to learn more, do not hesitate to ask!

GYM RULES

- Never stand, walk or climb underneath another climber.
- No running, skipping or jogging.
- Kids 12 and under must be closely supervised at all times.
- No climbing barefoot.
- You must be 14 or older to use weight areas and training equipment.
- Do not climb up the slides, ramps or ladders to access top-out boulders.
- Climb only on dedicated climbing terrain. Do not climb on poles, cross beams, etc.
- Do not wear climbing shoes in the bathrooms.
- No food or drinks on the carpet.
- Report spinning or broken holds and missing tape.
- No Climbing under the influence of drugs or alcohol.



We have a zero tolerance policy; anyone breaking the rules or behaving unsafely will be asked to leave.

Adult supervisors are responsible for ensuring that kids are following all rules while in the gym.

THE
CIRCUIT
bouldering gym

The Circuit NE: 503-719-7041 * The Circuit SW: 503-246-5111
www.thecircuitgym.com * info@thecircuitgym.com

BOULDERING BASICS



CLIMBING TIPS

- Plan out your route before you leave the ground to give you an idea of which direction to head.
- Keep your weight on your feet as much as possible. Instead of pulling yourself up the wall with your arms, try pushing yourself up with your legs.
- If you're having trouble reaching a hold, look for higher options for your feet, or check to make sure you are standing up all the way on your legs.
- Take frequent breaks and drink lots of water to recover between attempts.
- Climbing should be fun! While climbing make sure you are in your comfort zone, its ok not to climb to the top.

EQUIPMENT



CLIMBING SHOES

Climbing shoes are designed to give you more friction and support on small holds. For the best performance, climbing shoes should have a snug fit, and are not meant for walking around in. Be sure to take your shoes off every 15 minutes or so to give your feet a break.

Chalk keeps your hands dry while climbing, preventing your hands from slipping and allowing you to climb with confidence. It is a good idea to chalk up every time before you start climbing.

In the gym all chalk must be contained in a chalk bag or chalk bucket. Loose chalk is only allowed in large chalk buckets.

WARNING: Rock Climbing is a dangerous sport, please use caution at all times!



CHALK CONTAINER

SHARE THE WALL! BOULDERING ETIQUETTE

Being aware of other climbers will ensure that everyone has a fun, productive session at the gym.

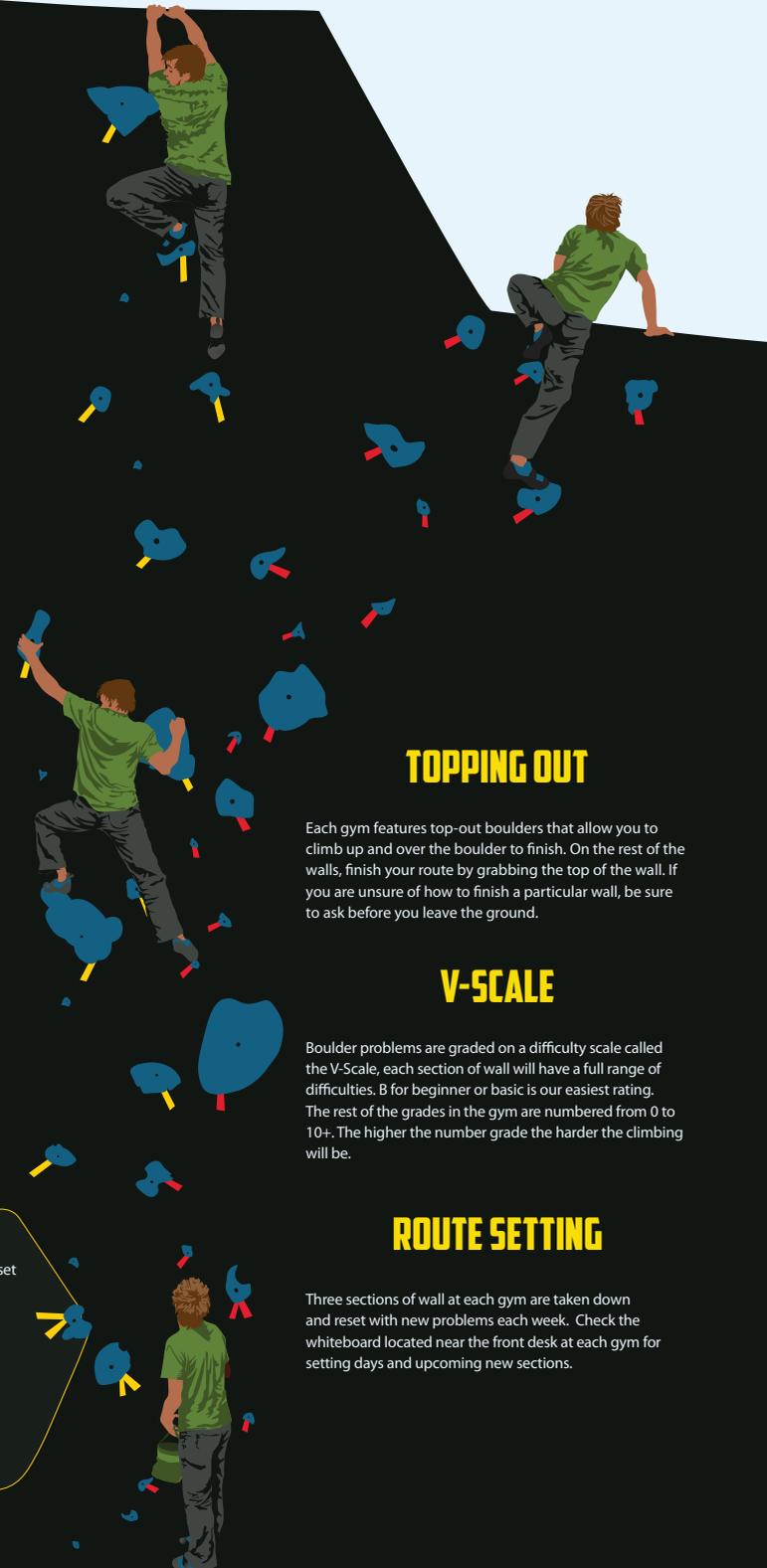
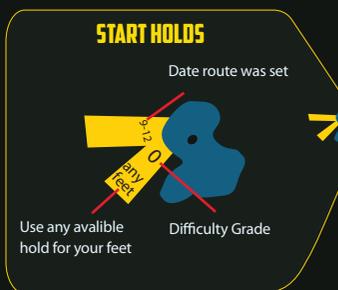
- Check to make sure the coast is clear – before starting a climb make sure that nearby climbers aren't on routes that overlap with yours.
- Take turns - After you've tried a problem, step back and let others who are working in the same areas have a turn.
- Let everyone enjoy the process - Refrain from giving advice on a climb unless asked, many climbers enjoy the problem solving aspect of bouldering and prefer to work through challenges on their own.

HOW BOULDER PROBLEMS WORK

In the gym, colored tape is used to mark out different routes, called boulder problems, to the top of the wall. This allows for a variety of different challenges to exist in the same space.

The starting hand holds of each problem are marked by two pieces of tape that form an upside down V shape. Problems may have one or two start holds. When starting a problem, leave your hands on the start holds until your feet are on the wall, then proceed up the climb.

- Difficulty Grade – The most obvious number on the tape is the V-scale grade of the problem.
- Date –The small date indicates when the route was set up.
- Any feet – When noted on the starting tape this means you may use any hold on the wall for your feet. If "any feet" is not marked, use only the taped holds for your hands and feet.



TOPPING OUT

Each gym features top-out boulders that allow you to climb up and over the boulder to finish. On the rest of the walls, finish your route by grabbing the top of the wall. If you are unsure of how to finish a particular wall, be sure to ask before you leave the ground.

V-SCALE

Boulder problems are graded on a difficulty scale called the V-Scale, each section of wall will have a full range of difficulties. B for beginner or basic is our easiest rating. The rest of the grades in the gym are numbered from 0 to 10+. The higher the number grade the harder the climbing will be.

ROUTE SETTING

Three sections of wall at each gym are taken down and reset with new problems each week. Check the whiteboard located near the front desk at each gym for setting days and upcoming new sections.