Spotting Study Guide

1.       Spotting is the skill of preventing each other from being hurt.
·         Students are responsible for the safety of each other
·         We will NOT proceed with activities until EVERY student, and teacher, is **COMPETENT AND CONFIDENT** in their ability to prevent each other from being hurt.
·         We protect each other by spotting.

**Spotting has two parts.**

1.       Verbal Contract.
·         This is the communication between the participant and the spotters.  It is a contract.  Speak up and wait for the spotters to respond appropriately.  Never attempt an activity without a spotter.
2.       Physical
·         You should be able to move quickly in any direction.  Try to move safely by side stepping not shuffling or crossing your feet over.
·         **Feet:** Should be shoulder width apart with one foot ahead of the other.  Your feet are used for stability and balance.
·         **Knees:**  Should be bent.  This is for shock absorption.
·         **Hands:**  Should be palms up and facing out with fingers together.  One hand should be at chin height and the other a little higher.  This is for the safety of the spotter and the participant.
·         **Elbows:**  Should be bent.  This if for shock absorption.

**Key Points**

1.       Protect critical areas of participant. (Head, Neck, Back, all other parts of upper body).
2.       Provide 360 degrees of coverage.
3.       Give the participant 100% of your attention.  Eyes should not leave the participant.
4.       You should be close enough to the participant to protect them but not interfere with their movements.
5.       Expect the unexpected.
6.       DO NOT JOKE AROUND.
7.       Watch for flailing arms and legs.
8.       Protect yourself.
9.       Remember you are “On Spot” until you hear “All Clear”.
10.   Anticipate a fall.

Verbal Communication

Spotters Ready?

Ready!

Climbing.

Climb On.

Walking.

Walk On.

Climbing Down.

Climb On.

Spotters Clear.

All Clear.