

‘Junior’ Climbing Wall

Thank you very much for choosing a Sport-Thieme product!

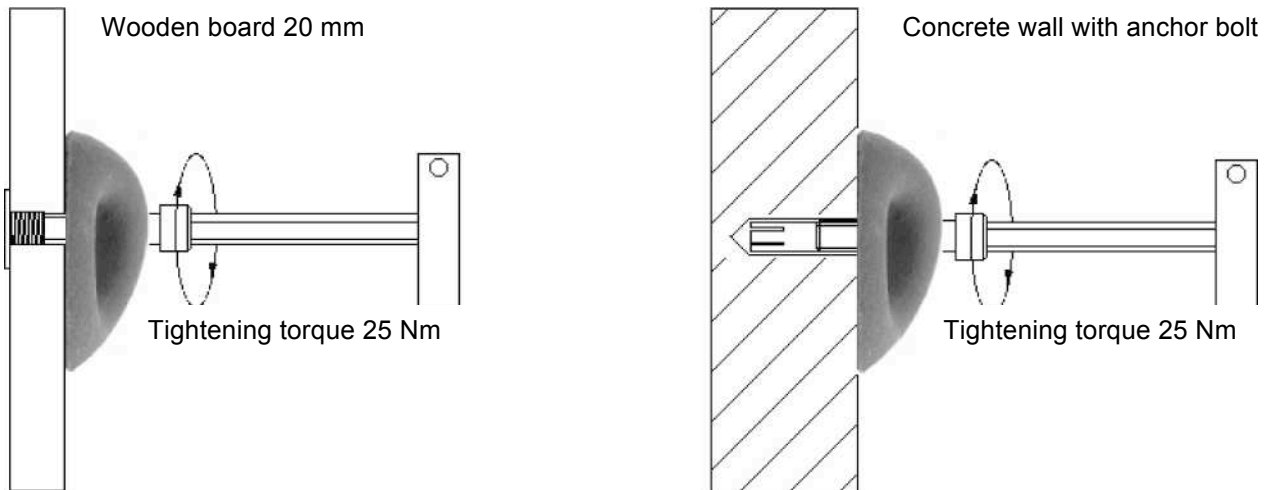
Please read the instructions fully before you assemble the equipment so you can enjoy the product and safety is guaranteed.

We are happy to respond to your questions and requests.



Assembly

The exterior holds are intended for mounting on even, supporting structures using cylinder head screws M10 (DIN 912) and a hex key, size 8. The required screw lengths can be taken from our online fact sheet (product info) or the mounting set included. The screws are inserted through the fixing hole and tightened to about 25 Nm (hand-tight). It is essential to ensure that the climbing hold sits flat as there is otherwise a risk of breakage. The holds become loose after certain periods of time through dynamic climbing loads or also through variations in temperature. Retightening the screws will potentially be required at certain intervals. Expect initial settling of the fixing, particularly with wooden panels with drive-in nuts. This also depends on the quality of the wooden panels.



Fracture protection EPS system

Above a volume of 100 cm³, the climbing holds are equipped with a special spring that prevents larger sections from falling off.

Designing routes

As a basic principle, a climbing route should be designed to suit the target group. Size and experience of the climbers are the decisive factors. Consider the age of the target group when positioning the holds.

Age of target group	Holds per m ²	Space between
from 4–10 years	7-8	approx. 25 cm
from 10–15 years	5-6	approx. 35 cm
over 15 years	3-5	approx. 40-50

More demanding and longer climbing routes can be created for lower wall heights using different line layouts and cross passages. When creating a climbing route, the largest possible number of technical climbing movements should be included.

Danger warning

The risk of falling and therefore injury exists in climbing! Suitable and approved safety equipment, such as hip belts, snap hooks, ropes etc. must be used. When bouldering (climbing at jump height), the fall zone should have crash pads, soft floor mats, gravel etc. to cushion the fall. **Warming-up and stretching of muscles is strongly advised!** Permanent damage e.g. to the knuckles and wrists, can arise from improper or over-intensive training.

Product information for prod. code 11 119 9101

Legal regulations and guidelines for climbing

Together, the German Statutory Accident Insurance (GUV) and the German Alpine Club (DAV) have developed a guideline for climbing walls in schools and similar institutions.

Guideline:

- soft ground (e.g. grass) for heights from 60 cm
- ground that will cushion a fall (e.g. gravel, synthetic fall protection) for heights from 1.5 m
- a safety rope must be used when climbing free falling heights from 2 m

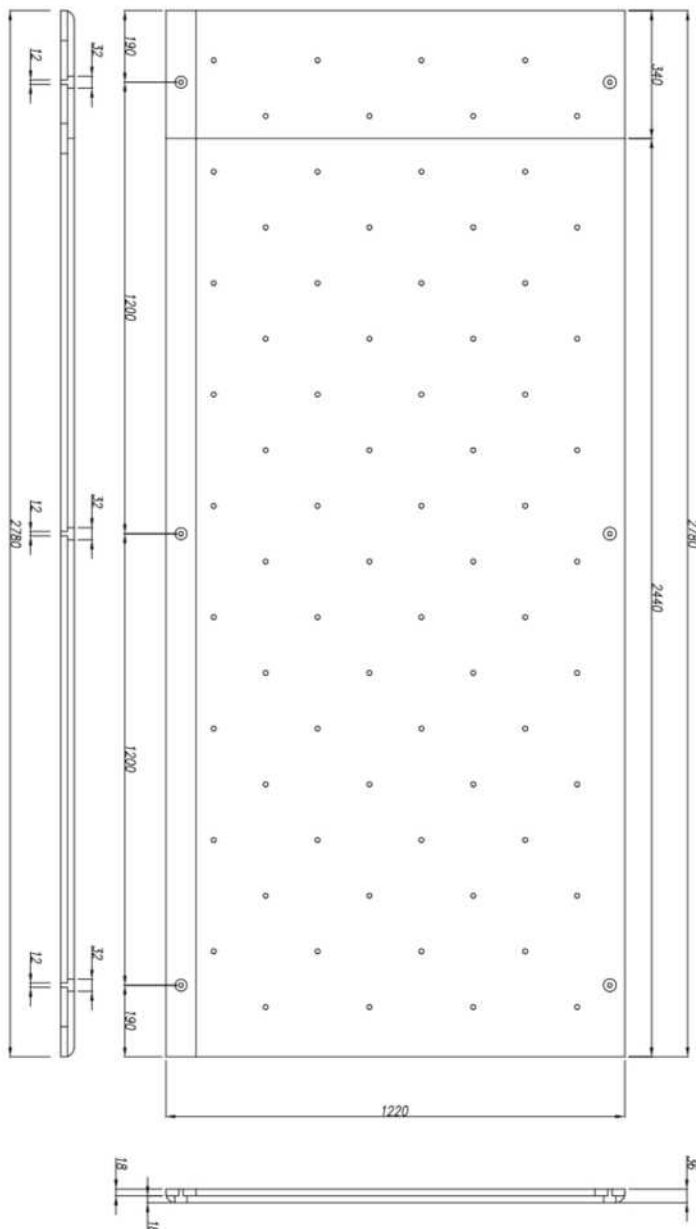
We are happy to respond to any questions you may have.

Repair

The damaged edges of climbing holds can cause injuries. For safety reasons, damaged holds may not be repaired under any circumstances. Defective holds must be disposed of.

Disposal

The climbing holds can be disposed as normal domestic waste.



Assembly instructions for prod. code 11 119 9101

Assembly instructions for a wooden climbing element 1.22 x 2.78 m

The wooden element comes with 6 mounting holes ex works. Choose the fixings according to the condition of the wall. Consider the thickness of the element you would like to mount when selecting the fixing screws. This is approx. 38 mm for a wooden element. Details on the selection of dowels can unfortunately not be given as different supporting structures and wall conditions cannot be recorded. Load capacity of the supporting structure must be ensured! The load capacity of the individual wall plugs used may not exceed 50 kg!

Mounting

1. Mark the mounting holes on the existing wall
2. Drill the holes for the corresponding dowels
3. Insert the dowels
4. Attach the wooden element using the correct screws

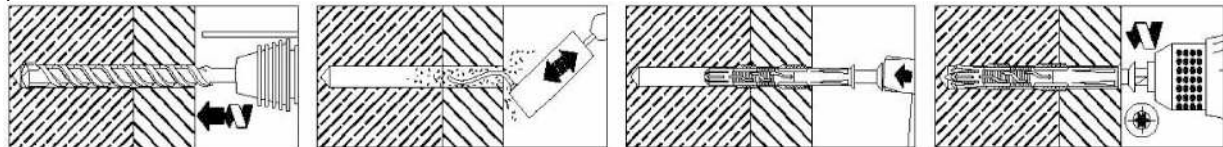
Mounting of the climbing holds

The climbing holds are attached to the existing hold grid on the element using hexagon socket screws M10. A size 8 hex key is required for this. When fixing the climbing holds, ensure that the climbing holds are sufficiently tightened (against spinning).

Caution!

The climbing holds should be tightened to a maximum torque of 25 Nm (hand-tight). There is a risk of breaking with a higher tightening torque.

Compact structure



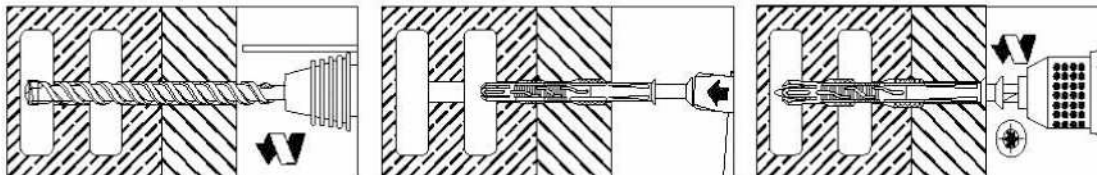
Drill hole

Blow out

Insert wall plug

Tighten

Hollow structure



Drill hole

Insert wall plug

Tighten