

ROCK CLIMBING BASED THERAPY FOR YOUTH

WHAT YOU NEED TO KNOW BEFORE YOUR FIRST SESSION



Location and Environment.

Grand River Rocks is located at 50 Borden Ave South, in Kitchener. I will meet you near the front desk for your session. The gym can be busy, so please make sure you have seen my picture on the website so that we can find each other! My work cell is always available too (519-721-4465), although I won't be able to answer calls or texts during other sessions. There are public sitting areas, washrooms, showers, a yoga studio and workout gym on site.

Getting There.

There are multiple bus/ ION stops nearby, and a large parking lot in the back of the climbing gym if you drive. There is bike parking on the side of the building. Please arrive early enough (usually 10-15 minutes) to use washrooms and gather your rental gear from GRR staff so that you are ready to climb. For your first session only, you will need to complete a climbing safety orientation with climbing staff. There are steps leading down into the gym, and if you have accessibility requirements please contact Grand River Rocks for any accessibility questions.

Arriving.

Your first session consists of a safety orientation by climbing staff at Grand River Rocks (only done once). Upon arriving, just let them know you are with Brandon at Get Out Adventure Therapy and that the youth needs an orientation. Please arrive at least 15-20 minutes early on your first day to allow time for this.

Grand River Rocks has provided access to Get Out Adventure therapy during both open hours, and during their off hours (between 9am-noon). Orientation sessions won't be available during their off hours (9-12). If you book a session for a time slot between 9am and noon, you will be asked to go to Grand River Rocks on your own prior to your session to complete the safe climbing orientation. This will be free of charge, although if you wish to climb that day on your own, you will be required to pay their normal fees.

What to Bring and What to Wear.

The climbing gym is normally kept at a comfortable temperature, but can be very warm in the summer. It's recommended to wear comfortable shorts or loose pants, a t-shirt, and maybe a light long-sleeve for the winter. You are welcome to use your own clean, closed-toe shoes for climbing, but there are climbing shoes available free of charge for your session, along with all other climbing gear needed. Please make sure you have a snack and water with you. There is a water fountain, cubbies, and snack food available in a vending machine on site.

What the Sessions Will be Like.

Each climbing session is designed specifically for the youth's needs, goals, and how their body is feeling that day. With that said, generally we will meet near the front desk, the parent/caregiver is welcome to find a seat in the public sitting areas, and the youth and I will find a semi-private space to stretch and do a check-in before we climb. This might include talking about how the week has been, what kind of stuff has been challenging, safety, and what type of climbing the youth would like to do that day. During the climbing portion of the session, we will be talking, and engaging in simple exercises to work on life skills (like mindfulness, discomfort tolerance, frustration, communication, etc). There are times we will climb side-by-side, and other times where I will be belaying or encouraging you from below. The session ends with us cooling down together, talking about how the session went and what we should focus on during the next session. We will then reconnect with the caregiver, and the youth will have the choice to share with the caregiver about their session.

Parents/Caregivers are asked to allow this one-on-one time with Brandon to build trust and create space to talk about life with someone outside of the family unit. Occasionally caregivers will be invited to come out on the climbing floor to watch youth from up close, take pictures, and celebrate the hard work the youth has been part of. There are also optional caregiver written reflections, to write a letter to the youth during our sessions regarding the theme of the day (for example: reflecting on the youth's strengths and abilities, etc). This can be a powerful experience for caregivers and youth alike.

Safety.

Indoor Rock Climbing is dangerous and it is important for you to be familiar with both Grand River Rock's waiver form, and that from Get Out Adventure Therapy. Please familiarize yourself with these, and bring up any concerns or accommodations you require to ensure your own safety, or that of your youth. The informed consent for Get Out Adventure Therapy outlines the unique risks of Adventure Therapy including physical risks, interactions with the public, and no guarantee of confidentiality in this form of therapy (given the public spaces we use). It is important for you to speak with your healthcare provider to determine if indoor rock climbing is safe for the youth to participate in. Please let Brandon know of any concerns you have, or accommodations we can take to make our time safer.

Forms.

You are asked to complete two online forms at least 24 hours prior to your session for Get Out Adventure Therapy, and two online waiver forms for Grand River Rocks. We require these forms before your session for a few reasons. One, spending time filling out forms during your session is not the best use of your time. Two, if you put a bit of time into completing these forms, it helps me make sure that we have a session that meets what the youth wants to get out of counselling. By having the form done early, Brandon can start planning for this early.

After you book your session online, Brandon will send you an email with two online form links. The two forms you will need to complete for Get Out Adventure Therapy are:

- 1) Informed Consent Form (know what you're signing up for)
- 2) Intake Form (help me get to know you)

The Forms required for Grand River Rocks are

- 1) Minor Consent Form <http://grandriverrocks.com/waiver/>
- 2) Adult Consent Form (for caregiver bringing youth) <http://grandriverrocks.com/waiver/>

After Your Session.

Directly after your session you are welcome to continue climbing if you are accompanied by an adult that has completed the GRR Adult Waiver, and has completed the safety orientation. There are change rooms and showers available if desired. Depending on if our climbing activity is different than your normal physical exercise, you may feel sore the following day. Make sure to consult with your health care provider if you have any concerns, or have experienced an injury during your session. Please inform me if you have hurt yourself in any way during your session. You are welcome to continue booking Adventure Therapy sessions at your convenience, and pending our availability. As always, if you are having trouble finding session times that match your schedule please write me directly at brandon@getoutadventuretherapy.com.

Payment.

Payment is required at the end of your session by credit or debit. You will only need to present your card once. All future sessions will be automatically and securely billed.

Cancellations.

Our cancellation policy is to give a full refund if the cancellation is done 48 hours or more in advance. Cancellations less than 48 hours prior to your session, or no-shows, will be charged 50% of your fee. Life happens, we know, so let us know if you need to reschedule and we will always try and work with you.