

# ROCK CLIMBING BASED THERAPY FOR ADULTS:

## WHAT YOU NEED TO KNOW BEFORE YOUR FIRST SESSION



### Location and Environment.

Grand River Rocks is located at 50 Borden Ave South, in downtown 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 our website so that we can find each other! My work cell is always available (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 a workout gym on site.

### Getting There.

There are multiple bus and 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 get your rental gear so you are ready to climb. There are steps leading down into the gym, and if you have accessibility requirements please contact Grand River Rocks for any accessibility questions.

### Arriving.

Before your Adventure Therapy session, all climbers need to complete a safety orientation by climbing staff at Grand River Rocks. Upon arriving, just let them know you are with Brandon at Get Out Adventure Therapy and that you need an orientation. Please arrive at least 15-20 minutes early on your first day to allow time for this, otherwise we will have to use our session time for this important step.

Grand River Rocks has provided access to Get Out Adventure Therapy during both open hours, and during their off hours (between 9am-noon). Safety Orientations won't be available during these off hours). If you book an Adventure Therapy session for a timeslot between 9am-noon, you will need 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 is 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 closed-toe shoes during rock climbing, but there are climbing shoes available for free during your session, along with all other climbing gear needed. Please make sure you have a snack and water with you that can be kept in cubbies. There is a water fountain, and snack food available in a vending machine on site.

### What the Sessions Will be Like.

Each climbing session is designed specifically for your needs, goals, and how your body is feeling that day. With that said, generally we will meet near the front desk, and 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, hopes for counselling that day, and what type of climbing you would like to do. 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.

## **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. The Informed Consent Form for Get Out Adventure Therapy outlines the unique risks of Adventure Therapy including physical risks, interactions 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 you 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 an online waiver form for Grand River Rocks, found at [www.grandriverrocks.com/waiver/](http://www.grandriverrocks.com/waiver/). These must be done before your session for a few reasons. First, 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 you want to get out of counselling. By having the forms done early, I can start planning for this early so that we make the most out of our time together.

After you book your session online, I will send you an email with two online form links for Get Out Adventure Therapy.

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

## **Checklist for Being Ready for Your First Session**

- Informed Consent (Get Out Adventure Therapy)
- Intake Form (Get Out Adventure Therapy)
- Online Waiver for Grand River Rocks ([www.grandriverrocks.com/waiver/](http://www.grandriverrocks.com/waiver/))
- Safe Climbing Orientation at Grand River Rocks (done anytime prior to your first session)

## **Payment.**

Payment is required at the end of your session by credit or debit. You only need to present your card for the first session, all following sessions are booked automatically and securely.

## **After Your Session.**

Directly after your session you are welcome to continue climbing on your own. 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 Brandon if you have hurt yourself in any way during your session. You are welcome to continue booking Adventure Therapy sessions online 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 [brandon@getoutadventuretherapy.com](mailto:brandon@getoutadventuretherapy.com)

## **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.