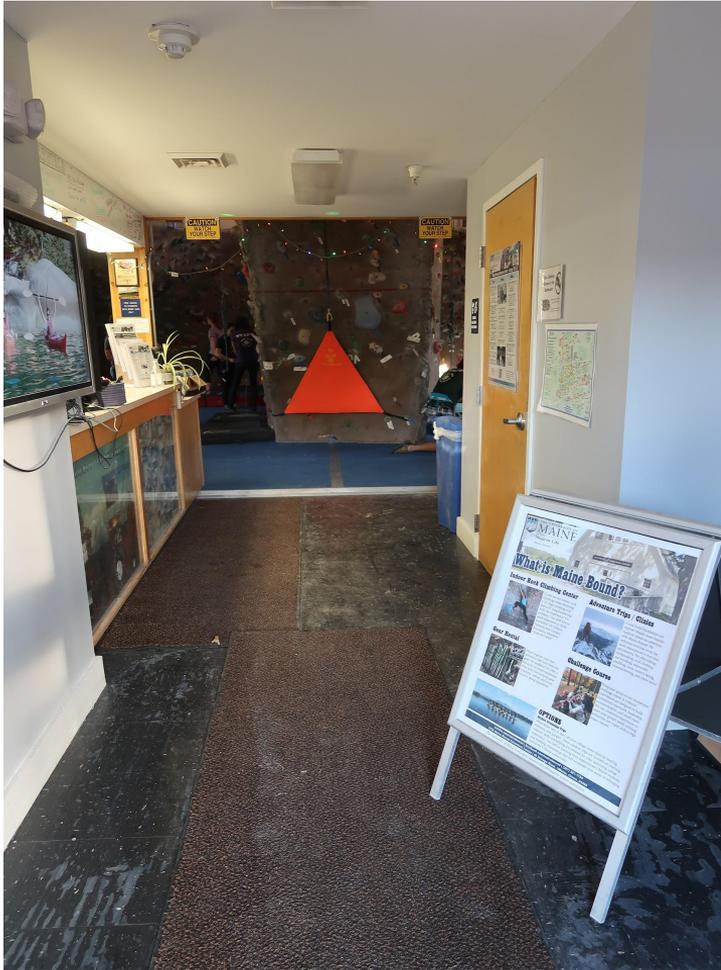


I am going to Maine Bound Adventure Center!



I will enter the building through this door. When I go inside, it may be busy with other climbers and loud with music and voices.





First, I will go to the desk where I will sign in and pick up my harness and climbing shoes.

If I need to go to the bathroom while I am here, the bathroom is across from the front desk.



Next, I will enter the gym. An Adaptive Outdoor Education Center staff member will greet me when I arrive!



I can put my jacket and shoes
in a cubby while I climb!



Next I will meet my climbing buddy! My climbing buddy will help me put on a harness and climbing shoes. These will be snug on my body to keep me safe. I can ask my buddy questions if I have them!



Now I am ready
to climb! My
climbing buddy
will show me
around the gym
so that we can
choose where I
would like to
climb!



I can climb up
high on the
wall,



or I can climb down low. These mats are soft like a pillow in case I fall.



I will be attached to the rope with a figure 8 knot on my harness. I will wait to start climbing until my buddy tells me it is okay to climb.



While I climb, my buddy will keep the rope tight using their belay device to keep me safe while I climb.

Sometimes it may get hot in the gym, but I can ask my buddy to take a break to get a drink of water and rest if I need to.



Climbing can be very exciting!

If I need help, I can ask my buddy. Climbing is not about getting to the top, it is about having fun and trying something new!



When I am done climbing, I can take off my shoes and harness. I will give these to my climbing buddy.



Now I am finished with my climbing session!
Climbing at Maine Bound can be really fun!



This social narrative was developed by:



**ADAPTIVE OUTDOOR
EDUCATION CENTER**



**THE UNIVERSITY OF
MAINE**

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