



User guide

# The Climbing Pads Harness padding system

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**Equal Adventure**

Developments

for everyone

No research and design project can be undertaken without the support, belief and understanding of a wide range of people and organisations. Each of the organisations and individuals have given of their time, or money, or of themselves to enable our hopes and aims to become a reality. The design team would like to offer their heartfelt thanks to all those people who contributed so much to the success of this project.

Sadly, it is impossible to name every person involved in the project to whom we owe thanks but to everyone who has listened to the story of hope, of needs, of aims, of objectives, and who has supported us in some shape or form, we offer sincere thanks.

**The Equal Adventure Development Team**

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# 1 Introduction

## Description

Low-cost, Velcro-attachable, padding system to make standard centre climbing harnesses more comfortable for a greater range of users. The pads are designed to protect the bony areas of the hip and upper thigh in order to:

- Reduce discomfort
- Reduce likelihood of disturbance of blood flow (numbness)
- Reduce bruising by spreading load on skin and tissue
- Protect sensitive areas.

## Uses

- Pads provide adaptable solutions to inclusive needs in a centre environment
- Suitable for use at climbing walls

- Suitable for use by climbing coaches in or out of doors.

## Features

- Two lengths for different user sizes
- Simple Velcro attachment
- Padding for hip belt and leg loops
- Machine washable.

Two Sizes



Simple attachment



Positioning options



In use



## 2 Safety

### When you should not use this product

- If the user is in any doubt as to their ability to use the product safely
- When there is skin breakdown or damage, especially on parts of the body in contact with the product
- When there is any orthopedic instability that has not been assessed by appropriate medical staff
- In an activity or task that the pads are not designed for without consultation with Equal Adventure
- If the device is excessively worn or has become damaged.

### Code of Conduct

Safety information and instruction related to climbing safety should be sought elsewhere.

Equal Adventure accepts no responsibility for injury or death occurring as a result of participation in such activities.

## 3 The Climbing Pads

The climbing pads are made up of 2 of each short and long padded strips that can be looped around webbing straps of a harness by means of a Velcro closure.



- 1. Long Pad      Qty 2
- 2. Short Pad     Qty 2
- 3. Velcro closure

## 4 Assembly and use

The pads are best fitted to the harness before it is fitted to the user. However, it is possible to fit them while the harness is being worn.

1. Lay harness strap over pad length, ensuring padding will be inside the strap when fitted the EA Man should be outside and upright
2. Fasten Velcro securely; repeat with other pads and adjust as necessary.



### Notes:

The Pads are supplied in a number of sizes, by combining different lengths it should be possible to fit a wide range of users.

There are a number of ways of fitting the pads, as shown opposite. Key areas that should be considered for protection are the bony parts of the hip at the front and rear, and the upper thigh bones. It should be possible to fit the pads to the harness, before it is fitted to the user, with minimal adjustment once in place. However, where adjustment is required careful consideration should be made to ensure dignity and protection from compromising situations.

For smaller users, 2 small pads can be used with a single long pad as shown.



For larger users, 2 small pads can be used on the waist belt with the long pads used on the leg loops



Make sure pads are fitted smoothly, with the padding inside and avoiding wrinkles in clothing between the harness and user.



A combination of all 4 pads on the waist belt can be utilised by larger users. If other pad sets are available they can be used to pad the leg loops.

## 5 Storage and Care

Store away from heat, direct light, chemical fumes and moisture

After use rinse in fresh water with addition of a small quantity of mild washing powder if required. Hang to drip dry away from direct heat and sunlight. Do not tumble dry and do not iron.

Even with careful and average use, the Pads are subject to natural aging. Equal Adventure recommends replacement after no more than 5 years of normal and competent use. If the Pads come into contact with aggressive chemicals or become damaged then immediate replacement is necessary.

Before use the Pads should be inspected for damage. If necessary please return directly to Equal Adventure for repair

## 6 Partners

**Designed by Equal Adventure Developments with support from:**

- The Calvert Trust

### **Pro-active partners**

**We invite you to become involved in the Climbing Pads project by providing feedback and sharing your experiences. Your support in this manner will ensure that new opportunities in integrated sport are identified, equipment is continually developed to remove barriers and that your involvement provides.**

This user guide introduces the Climbing Pads, their component parts and assembly instructions. For information on other featured equipment please refer to manufacturers' instructions and reference material.

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