

**READ THE TEXT (CLASS BOOK LESSON 6) AND ANSWER THE QUESTIONS.**

**RULES OF INDOOR CLIMBING**

A climbing wall is an artificial wall to practise rock climbing. Some climbing walls are outdoors, but most are indoors in sports centres. A PE teacher at Leeds University in England made the first climbing wall in 1964. He put pieces of rock into a corridor wall.

Today most climbing walls are made of wood or brick. The walls have hand holds and foot holds. These are different colours to show different climbing routes.

Lead climbing is a style of rock climbing with two people. The lead climber climbs up the wall with a rope. He or she has to wear a harness. The other climber must hold the rope at the bottom for safety.

Bouldering is a style of rock climbing without a rope. The climbers must wear rock climbing shoes and they have to climb over a crash pad, so they don't hurt themselves if they fall. Some climbers use chalk to make their hands dry. They don't have to use chalk, but it helps them to climb.

Climbers don't have to be adults. Children can use climbing walls too, but they have to follow the safety rules. They mustn't climb without a helmet and they mustn't climb directly under another climber.

- 1** What's a climbing wall?
  
- 2** When did a PE teacher make the first climbing wall?
  
- 3** What does the lead climber have to wear?
  
- 4** What is bouldering?
  
- 5** Do climbers have to be adults? Why? Why not?
  
- 6** Are the children allowed to climb without a helmet?