

# CARGO NET CLIMBING GUIDE & INSTRUCTIONS

## CLIMBING NET USE:

Keep these instructions and safety tips and review periodically.

- Climb the net using only your hands!
- How high can you climb?
- Can you move so that you will go over or under someone else?
- In how many different directions can you move?

## TOTAL INVOLVEMENT:

Introduce each class and / or climber to net climbing by first explaining and demonstrating proper use and spotting techniques. The more students on the net the more spotters you will need involved. This can keep several or as many as the whole class busy and active at the same time. A good idea is to match spotters to those of equal physical stature. Do not exceed heights where spotters cannot be effective. On first time play, the number of students on the net and the heights to which they are allowed should be limited. Do not allow climbers to drop or jump off net. Climbers should descent to the bottom of the net before dismounting.

## EXERCISE AND CONDITIONING:

**Straight Pull Ups** - Standing or kneeling, reach up and grab the net at the highest point. Pull body up and let down using only arms.

**Upper Body** - Kneeling in front of the net, reach and grab the net at the highest point. Pull body up and reach for the next rope. Alternate arms and continue as far as possible.

Beginner: While pulling up, push up off toes and straighten leg to assist.

Intermediate: Arm your way several steps until body is fully upright.

Advanced: Climb as high as possible not using legs. When climber cannot ascend any further, apply feet to the net and descend.

Expert: Climb as high as possible not using legs and descend only using arms.

**Horizontal Holds** - Facing the net, reach one hand to an area on the net over your head and grab. Place the other hand on net approximately at hip level and grab. One hand above your head and one hand at hip level, pull yourself horizontally on the net.

Beginner: Use your toes to help you "walk" to a horizontal position and help support yourself in position.

Intermediate: Hold your position for several seconds with no extra support other than your arms.

Advanced: Hold position for several seconds and reverse sides without touching the floor.

## CLIMBING SKILLS AND SPECIAL AWARENESS:

- Several students can be on the net at the same time.
- Students go up and down the same side of the net climbing with both hands and feet.
- Climb up one edge, climb sideways to one edge of the net, come back around the other edge, then to the middle and descend.
- Two students climb opposite edges of the net, climb sideways to the opposite side of the net. Students must pass each other by going over, under, above, or below each other.
- How high can you jump? While spotters hold the net firm, have students jump and grab onto the net at the highest point. Run up to the net and jump as high as possible onto the net. Is it higher than the standing jump?

## GAMES:

**Leap Frog:** The first student climbs the lower section of the net. The next climbs up and over the first. For more skilled climbers, a third can climb over the first two. This can be done going up or coming down the net. Proper spotting and height selection is important.

**Relays:** Make it a relay race with children either hopping, skipping, or running up to the net, climbing up with hands or hands and feet and down again - run back and tag the next person in line. (Elementary Level, 12" square mesh nets only) Pick any row or lower square mesh openings on the net. Crawl through mesh squares, come back through another square, run/skip/hop back to touch the next person in line. All games require spotters, supervisors, and mats.

**Math:** Direct climber to a specific square (example: 10 up, 8 from the right).

**Use Props:** Ribbons or markers on the net to direct climbing heights and / or routes to follow.

The activities suggested above are just a few of the many ways a climbing net can be used. As students and teacher become more familiar with its' use, variations on the above activities, as well as net activities, will come forward.

**NO SWINGING ALLOWED!**

*Proper Inspection and Maintenance  
Must Be Performed After Each Use.*

**SAFETY FIRST!**



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JAMMAR MFG

## SPOTTING TECHNIQUES:

All ages and skill levels can enjoy experiencing the dynamics of Cargo Net Climbing. There are important considerations before and during use of the Cargo Net that only the supervisor and / or experienced physical educator can determine. To maintain an injury free environment, selection of the net activities regarding age / skill level is important. Any student can experience Cargo Net Climbing without ascending to the very top. Height levels should be responsibly set for the climbers.

Forethought and correct spotting greatly reduces the change of serious injury and must be always maintained regardless of age / skill levels. Never use without a spotter at the net. Correct spotting includes spotting behind the climber to ensure safe and secure grip and footholds and "side of net" spotters to give the net firmer action sideways and allow anchoring the net tight to floor to ensure easier footholds when descending. If more than one climber, double the spotters on the net. We do not recommend permanent anchoring of cargo nets. The net should be raised to the ceiling or up a wall after use to avoid unauthorized / unsupervised use. Permanently anchoring the net may lead to the tendency not to raise the net. Do not allow climbers to drop or jump off the net.

Mats are essential under and around the net area, and a soft landing mat should be directly under the climbing area. These mats are popular mats and can generally be used for many other activities and are often already being used within the school system. For further information, contact Jammarmfg directly.

## SAFETY AND STORAGE:

In addition to the necessary safety practices when using any climbing equipment (i.e. proper mats, correct spotting techniques, supervision, etc.), Jammarmfg highly recommends hoisting the climbing equipment out of reach when not in use. Hoisting the equipment out of the area of play will not only get the net out of the way of other activities, but it will also prevent injuries and / or unauthorized use. Jammarmfg offers various means of hoisting the equipment out of reach.

- RN-1, Manual Net Hoist
- MLBH-1, Manual Net Hoist with Metal Lock Box
- SIGNAGE, Safety Wall Signage (recommended for Any Hoist System)

