

# Rock Climbing Basics

The Beginner's Guide to Indoor Climbing



VDiff Climbing

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**The Beginner's Guide to Indoor Climbing**

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## **Warning: Climbing is Dangerous**

With padded floors, top ropes and perfect climbing weather, indoor walls are ‘safer’ than outdoor crags. However, a cavalier attitude towards risk can actually make them more dangerous environments. Remember that gravity works the same indoors and out.

This book is intended to be supplemented with practical instruction from qualified professionals. Do not rely on it as your primary source of rock climbing information.

If you are unsure about any of the information given in this book, it is strongly recommended that you seek qualified instruction. Failure to do this may result in serious injury or death.

The writers and employees of VDiff disclaim all responsibility and liability for any injuries or losses incurred by any person participating in the activities described in this book.

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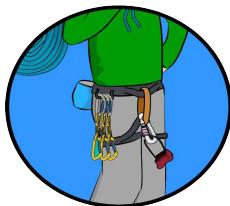
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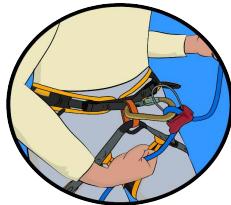
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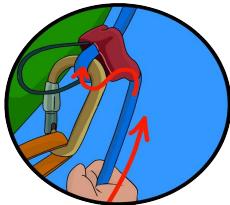
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