

Safe spotting

Basic rules;

- Spotting has to be **mutually consensual**, so make sure both persons feel safe and comfortable. Explicitly ask for it. This makes the spot safer in all aspects.
- If you are not comfortable or sure how to decline, here's some examples
 - o Could you spot me?
 - I am not so comfortable around that.
 - o Do you want me to spot you?
 - No, thanks
 - I don't feel so comfortable with that
 - No, thanks, I'd like to try by myself
- Know your limits, **in case of doubt, don't do it**. (This is for both parties, in executing a move, in spotting, etc.)

Spot communication

Makes sure the other party and you know what you are going to do.

Communicate well, think of the following points;

- Which move are you going to do and spot?
- How you spot that?
- Which degree of spotting? (Heavy spotting, spotting 'just in case', etc)
- How are you going to exit?
- If needed; discuss a safe word.
- After talk; How did it go? What is the next step?

Spot mechanics

It highly depends on the move how you spot. Always make sure you think about your position as a spotter. Make sure the person can **exit safely**, regarding both parties. Try **not to overspot**, let the person do their move. If you do not know how to spot, **ask your teacher**.

For position of the spotter, usually, the basic rule is;

'Pole, Person, Spotter'



Be a **strong base** as a spotter. If the person falls, you want to be able to keep your balance.

- Take a wide stance, bend knees, maybe even with one leg in front.
- Be conscious about your own position and the direction of force that you will spot
- If the person is low on the pole, go down to one knee, or even both knees.
- If you are on a mat, be aware that it impacts your stability too.

Spot options; (some suggestions, spotting is a custom job)

- Spot with a hand on the pole underneath the person. (Consider cupgrip, without a thumb)
- Spotting with a bent arm in the elbow. (This is stronger than a hand. Used for a.o. Handsprings and butterfly positions in the free shoulder)
- Spotting by pushing a person to the pole with your hip
- Spotting on the shoulder (In moves like the layback, stargazer etc.)
- Spotting by squeezing with both hands (Often in case of spotting grip or placement, like with basic climb)