

Store these instructions with the enclosed maintenance checklist in a safe place. You may also access them on our website.

Instruction Sheet

Convertible Climbing Wall - Block/Brick Wall 110010



Take time to familiarize yourself with the use and maintenance of this equipment before using. Please file this Instruction Sheet in an accessible location: the Instruction Sheet must be read and familiar to anyone who is using Southpaw Enterprises Equipment.

IMPORTANT: Please check equipment immediately for any damage that may have resulted during shipping. If any damage has occurred, please contact Southpaw Enterprises, Inc. immediately.

Caution should be used at all times when using this equipment. It is imperative that clients be under constant supervision while climbing. Mats of appropriate thickness should be used. A client's strength, skills, and abilities must be taken into consideration when determining how closely to spot him or her. Some clients will require almost constant, hands-on support, while others may be able to climb completely without assistance. You, as the therapist, must make this decision based on your knowledge of the client's skills and aptitude. Do not have more than one client on the wall at a time unless proper supervision can be administered for each client. Failure to take these things into consideration increases risk of mishap or injury.

MATERIALS LIST:

- 3 - 29" X 57" Wood Panels
- 2 - Upright Assemblies
- 20 - Hand-holds with attachment bolts
- 1 - Hardware Package
- 1 - Instruction Sheet
- 1 - Maintenance Checklist

TOOLS NEEDED:

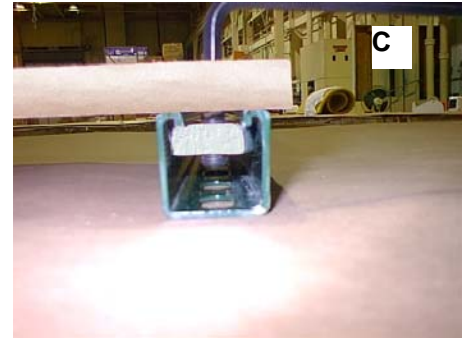
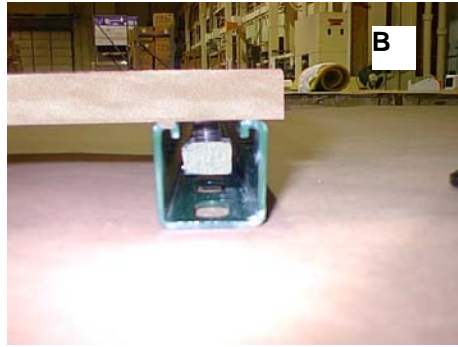
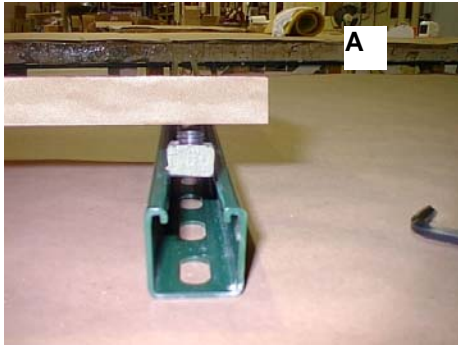
- Drill and 7/8" masonry drill bit
- 7/32" and 5/16" Hex Allen Wrenches
- Tape Measure
- Pencil or Marker
- Level
- Step Ladder

TWO PEOPLE REQUIRED FOR ASSEMBLY

WEIGHT LIMIT: 300 LBS.

ATTACHING THE CENTER PANEL TO THE VERTICAL CHANNEL (Figure 1):

1. Lay the two upright assemblies on the floor with the open side facing up and the wheels to the right (**see figure 1**). Measure up from the bottom (the end with the wheels) and make a mark at 43-5/8" on each of the **inside** channels. Put one of the locking channel nuts (with spring) into the opening of each inside channel. With the center of the hole at the mark, turn the handle clock-wise to hold the nut in place. This nut accepts the 3/8" flat head socket head bolt which will allow you to lock the climbing wall in a vertical position.
2. To attach the panel to the channel you will use the 1/2-13 x 1-3/4" flat head socket head bolts. Put a bolt through each of the four attachment holes in the panel from the front side (**see figure 1**), the front side of the panel does NOT have the metal inserts. Put a channel nut on each bolt with the grooves on the nut facing the wood panel. (Channel nuts are rectangular nuts with two toothed grooves on one side).
3. Measure up from the bottom of the channel and make a mark at 29-1/4" on each outside upright. Lay the wood panel on the uprights with the bottom of the panel on the 29-1/4" mark. Following sequence A, B, and C below, line up the nuts with the opening in the outside channel (A), set the panel onto the strut with the nuts going into the channel (B), and tighten all four bolts (C). Check to be sure that the bottom of the panel is on the 29-1/4" marks.



ATTACHING THE UPRIGHTS TO THE WALL (Figure 2):

1. Measure up from the bottom and mark the slotted holes at 23", 67", and 83" on both of the **slotted** pieces of channel.
2. Set the upright/center board assembly against the wall in the desired location with the channels positioned against the block or brick wall. When set upright, the two inside pieces of channel will slide down and rest on the floor, while the two outside pieces will rest on the wheels (*see figure 2*).
3. Make sure that the inside channels are pushed against the outside channels. With a pencil or felt tip marker, put a mark on the wall through the slots of the inside channels at 23", 67", and 83" up from the floor. This will be where you drill the 7/8" holes in the wall to attach the channels. Remove the channel and board assembly from the wall.
4. Use a 7/8" masonry bit to drill a hole 2-1/4" deep at the six marked locations. Clean the dust from the holes and insert an anchor in each hole, making sure that the anchor will go into the hole far enough to be flush with the wall.
5. Position the channel/board assembly against the wall and line up the slots with the anchors in the holes. Insert a 1/2" flat washer inside the channel by tipping it sideways through the opening in the front. Put a 1/2-13 x 2-1/2" socket head bolt through the washer and the slot in the channel. Put six 1/2" fender washers (1/2" I.D. x 2" O.D.) onto the bolt behind the channel and start the bolt into the anchor. Do not tighten the bolt at this time. Start the other five bolts into the anchors in the same manner. After starting all six bolts, tighten each one securely using a 3/8" hex allen wrench.

ATTACHING THE TOP AND BOTTOM PANELS (Figure 3):

1. Put a 1/2" x 1-3/4" flat head bolt through each of the four attaching holes from the front. Start a channel nut on each bolt with the grooves in the nut facing the head of the bolt (*see figure 3*).
2. The panels have hand-hold holes in rows of 3 and 4, on opposite ends. We recommend that you turn the panels so that the rows are staggered, i.e. middle panel with three holes on the left side, and the top and bottom panel with four holes on the right side. This will maximize the usefulness of the holes when placing the hand-holds (*see figure 3*).
3. Turn the nuts so that they will go into the opening of the outside channel. Set the bottom edge of the top panel on the top edge of the middle panel making sure that the panel is turned as described above. Push the panel against the channels and tighten the screws.
4. Install the screws and nuts in the last panel making sure that the nuts are turned properly. Put the panel on the bottom. Lift up on the bottom panel until the top is against the bottom of the middle panel. Tighten the screws.

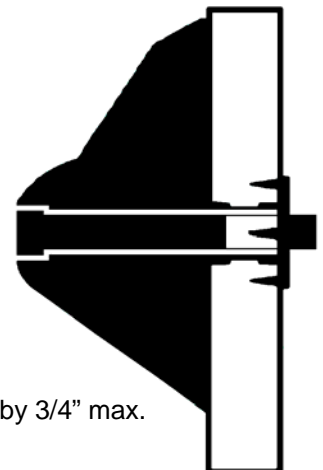
ATTACHING THE HAND-HOLDS:

1. Attach the hand-holds by using the appropriate length socket head bolt through the hole in the hand-hold into the threaded holes in the panel and tighten with the hex wrench provided. These may be placed to suit the activities and skill level of the users.
2. Check carefully inside the hole of each hand-hold to see if there is a washer present in order to select the proper bolt (*see picture at right*).

Correct bolt usage:

Holds with washer

Holds without washer



Each bolt only needs to clear the back of the hold by 3/4" max.

3. Place the bolt in the hold, through the wall, and into the t-nut. Tighten with an allen wrench until the hold is snug and does not spin. Use caution as over-tightening may result in hold breakage, especially with smaller holds.
4. The hand-holds are color coded to make instruction easier and to help design climbing "routes" by order of difficulty. The **GREEN** are the easiest. **YELLOW** is an intermediate, and **RED** is the most challenging. The orientation of the hand-holds can also make a difference - an easy hand-hold, turned sideways or upside down, may become more difficult. This allows for a tremendous number of different motor planning challenges. Adjust them however it fits your situation. You can even keep a "map" of your hand-holds by client, so they can gauge their progress over the same route.

LOCKING THE PANELS IN THE VERTICAL POSITION:

1. The panels can be used in a vertical position, or the bottom will slide out to a sloped position for clients who lack sufficient strength to hold on to a vertical surface. **Note: the panels are locked in the vertical position with two 3/8" x 1-3/4" flat head screws in the middle panel (see figure 3). These screws must be in place and engage the locking nuts on the inside channel when using the panels in the vertical position. Failure to observe this could result in injury if the panel were to slide out when in use.**
2. To use the panels in the sloped configuration, remove the two locking screws, grasp the bottom panel and slide it out. The panels will roll on the wheels and stop in the proper position. **Always make sure that the panels are pulled completely out before using in the sloped configuration.** Put the two bolts that were removed in a safe place out of the reach of clients.

MAINTENANCE CHECKLIST:

All of the following wear points should be checked as indicated and recorded on the checklist enclosed.

Weekly:

- All hand-holds **MUST** be checked and tightened on a daily or weekly basis, depending on the frequency of use. These holds **WILL** loosen with frequent use and changes in humidity.
- Check the bolts holding the wood panels to the strut system on a weekly basis. Tighten when necessary.

Monthly:

- On a monthly basis, the bolts holding the upright strut pieces to the wall should be checked and tightened if necessary. You will have to remove the wooden climbing surfaces in order to do this.
- Check the wheels to see that they roll freely. Remove any lint or hair that may be clogging it. Check that the "axle" of the wheel is tight. Tighten if necessary.
- Check the shoulder bolt of the slide mechanism at the top of the strut pieces. If the shoulder bolts are loose, tighten before continuing use.
- Check for cracked or broken hand-holds. In the unlikely event that one breaks or cracks, discontinue use immediately.
- Check the wood surfaces and edges for splinters. If found, discontinue use until repaired. You may repair it by sanding the area smooth with a medium grit sandpaper, and applying two coats of clear lacquer to the repaired area.

STORAGE PROCEDURES:

- Keep hex wrenches in a safe location, out of reach of clients.
- Keep the 3/8-16 x 1-1/2" flat head socket head screws in a safe location, out of reach of clients, when they are removed for conversion to an angled climbing surface. These **MUST** be replaced when the wall is in the vertical position.

CLEANING INSTRUCTIONS:

- Check for client allergies first.
- Check with your infectious disease department before using these procedures.
- Clean wall with a damp cloth and a mild surface cleaning solution.
- Let air dry, or wipe dry with a cloth.
- Hand-holds may be cleaned by soaking them in hot soapy water and then rinse with a sprayer. Hand-holds will air dry quickly.

Safety Precautions - The safety of your clients is dependent on the appropriate choice of activity to match, yet challenge their physical abilities. Use appropriate spotting / safety techniques. In addition, the layout of your activity area, proper installation and maintenance of your equipment is critical. Southpaw equipment is not intended for recreational or outdoor use. Under no condition should this equipment be used without proper supervision.

This sheet is for example only. It is not meant to, in any way, replace local, county, state, or Federal standards. Be aware - it is your responsibility to find all pertinent safety information that pertains to your facility.

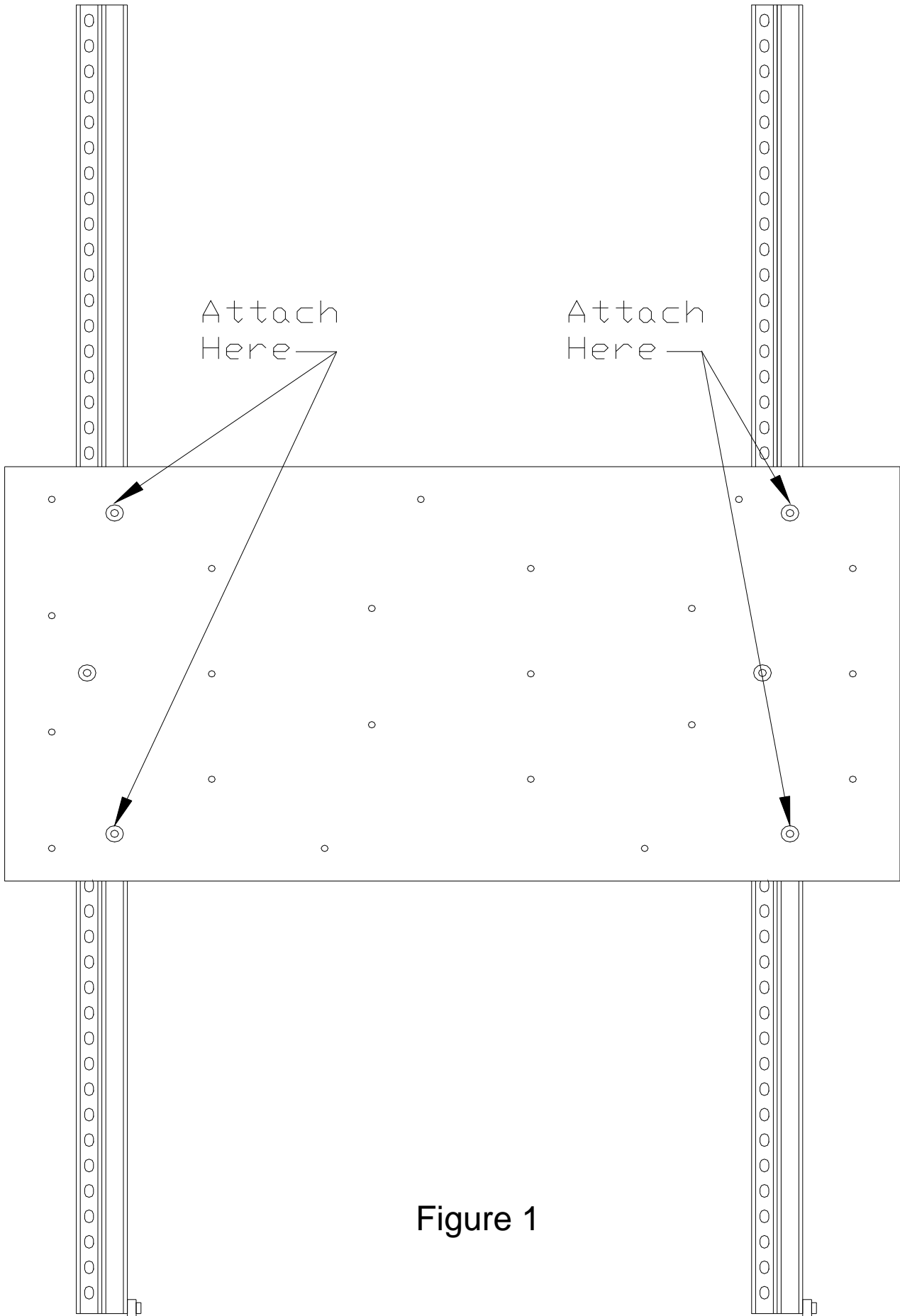


Figure 1

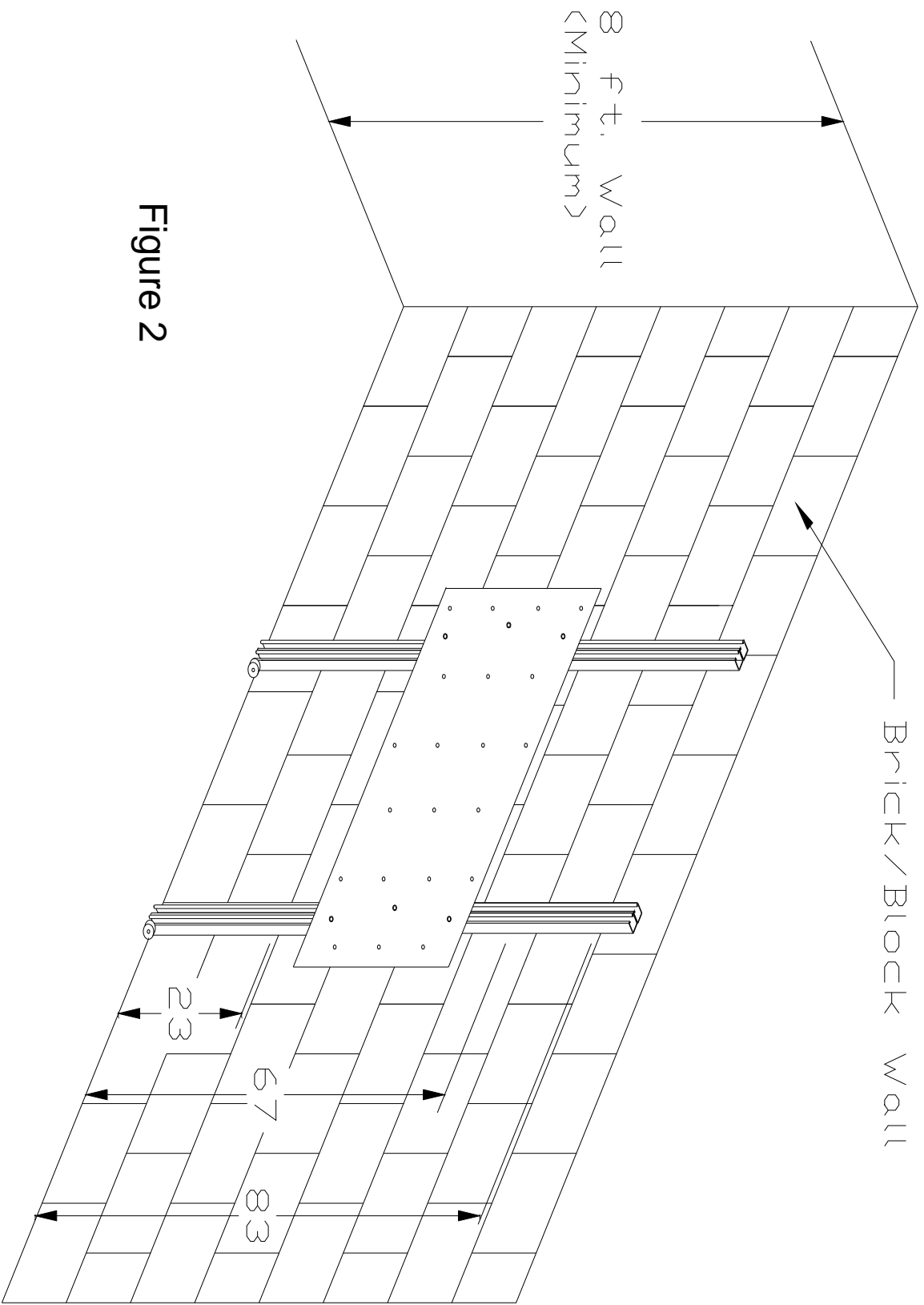


Figure 2

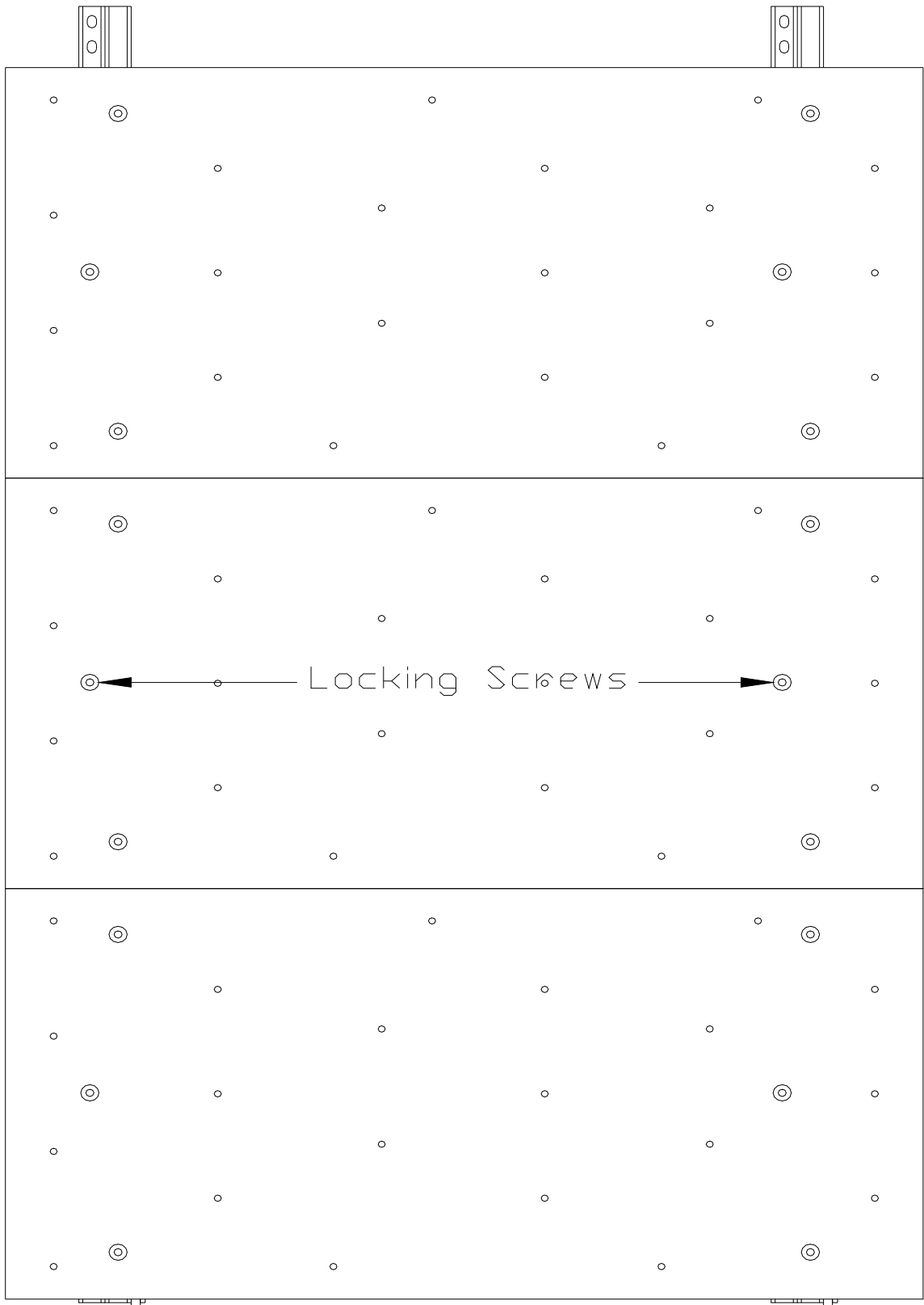


Figure 3



southpaw enterprises, inc.®

Instruction Sheet

Convertible Climbing Wall - Wood Stud Wall 110011

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Take time to familiarize yourself with the use and maintenance of this equipment before using. **Please read this instruction sheet completely, and familiarize yourself with all of the drawings and diagrams BEFORE starting assembly of the unit(s).** File this Instruction Sheet in an accessible location, as this Instruction Sheet must be read and familiar to anyone who is using Southpaw Enterprises' equipment.

IMPORTANT: Please check equipment immediately for any damage that may have resulted during shipping. If any damage has occurred, please contact Southpaw Enterprises, Inc. immediately.

Caution should be used at all times when using this equipment. It is imperative that clients be under constant supervision while climbing. Mats of appropriate thickness should be used. A client's strength, skills, and abilities must be taken into consideration when determining how closely to spot him or her. Some clients will require almost constant, hands-on support, while others may be able to climb completely without assistance. You, as the therapist, must make this decision based on your knowledge of the client's skills and aptitude. Do not have more than one client on the wall at a time unless proper supervision can be administered for each client. Failure to take these things into consideration increases risk of mishap or injury.

MATERIALS LIST

- 3 - 29" x 57" Wood Panels
- 3 - 1-5/8" x 13/16" x 50-1/4" Slotted Channels
- 2 - Upright Assemblies
- 20 - Hand-holds with attachment bolts
- 1 - Hardware Package
- 1 - Instruction Sheet
- 1 - Maintenance Checklist

TOOLS NEEDED:

- Drill and 7/32" drill bit
- 1/2" Socket and ratchet
- Tape measure
- Pencil or Marker
- Level
- Step Ladder

TWO PEOPLE ARE REQUIRED FOR ASSEMBLY

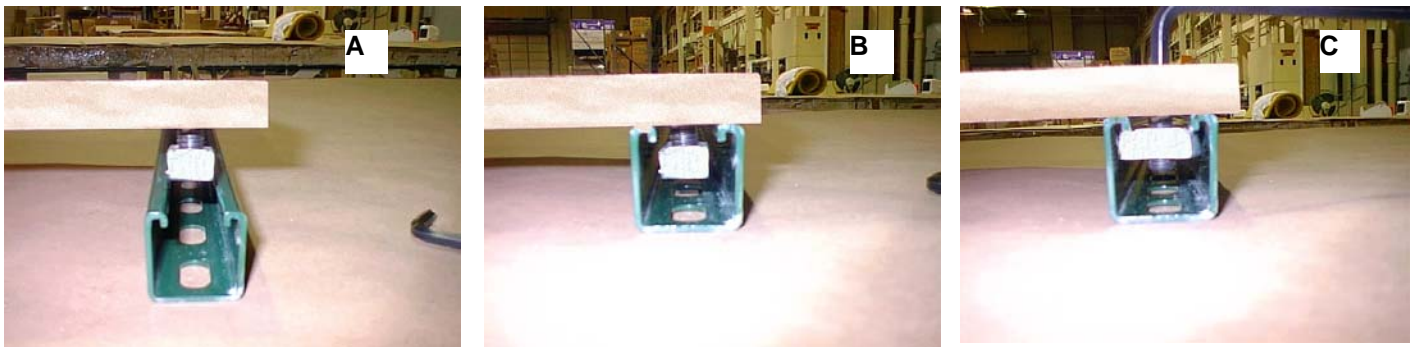
WEIGHT LIMIT: 300 LBS.

ATTACHING HORIZONTAL CHANNEL TO WALL (Figure 1):

- The horizontal channel will span four studs which are typically 16" apart (**see figure 1**). Find the centers of the four studs you will use and check this measurement. Mark the center of each stud.
- On one of the end studs, measure up from the floor and make a mark at 23", 67", and 83". Using a level, draw a line between the outside studs at each mark. Mark an intersecting line at the center of each stud on each of the three horizontal lines. **Note: it is very important to make your mark at the exact center of the studs. Failure to do this will result in diminished holding power of the lag bolts. This could cause the unit to become detached from the wall resulting in injury to users.** Drill a 7/32" pilot hole into the studs at each of the intersecting lines.
- Place the channel against the wall with the open side facing out to make sure that the slotted holes in the channel line up with the holes drilled in the wall.
- Put a 5/16" washer on a lag bolt. Because the 1-3/8" washers are too large to simply place it into the strut, you will need to slide it into the end of the channel and line it up with one of the end slots. Line up the end slot/washer with the far-left, bottom pilot hole. Put the lag bolt w/ 5/16" washer through the big washer and the channel (from the open side of the channel) into the pilot hole. Screw the lag bolt into the pilot hole, but do not tighten all the way. Repeat on the opposite end of the channel, then in the two center slots using a 5/16" and an 1-3/8" washer on each bolt. Now, tighten the lag bolts while holding the center of the channel on the horizontal line. Repeat this operation on the remaining two lines.

ATTACHING THE CENTER PANEL TO THE VERTICAL CHANNEL (Figure 2):

1. Lay the two upright assemblies on the floor with the open side facing up and the wheels on the right side (*see figure 2*). Measure up from the bottom (the end with the wheels) and make a mark at 43-5/8" on each of the *slotted* channels. Put one of the locking channel nuts (with spring) into the opening of each channel. With the center of the hole at the mark, turn the handle clock-wise to hold the nut in place. This nut accepts the 3/8" flat head socket head bolt which will allow you to lock the climbing wall in a vertical position. Removing that bolt will allow the bottom of the panel to slide out into the "convertible" position.
2. To attach the panel to the channel you will use the 1/2-13 x 1-3/4" flat head socket head bolt. Put a screw through each of the four attachment holes in the panel from the front side (*see figure 2*), the front side of the panel does NOT have the metal inserts). Put a channel nut on each screw with the grooves on the nut facing the wood panel. (Channel Nuts are rectangular nuts, with two toothed grooves on one side).
3. Measure up from the bottom of the channel and make a mark at 29-1/4" on each non-slotted channels. Lay the wood panel on the uprights with the side with four hand-hold holes to the left, and the bottom of the panel on the 29-1/4" mark (*see figure 2*). Following Sequence A, B, and C below, line up the nuts with the opening in the non-slotted channel (A), set the panel onto the strut with the nuts going into the channel (B), and tighten all four screws (C).



Check to be sure that the bottom of the panel is on the 29-1/4" marks.

ATTACHING THE UPRIGHTS TO THE WALL (Figure 3):

- The uprights will be attached to the horizontal channel using the 3/8" x 1" button head socket head screws and the 3/8" channel nuts. These screws and nut will work the same way as when you attached the panel to the uprights.
- Measure up from the bottom and mark the slotted holes at 23", 67", and 83" on both of the *slotted* pieces of channel.
- Take the six button head screws and put a 3/8" flat washer on each one. Slide the 1-3/8" flat washers into the end of the channel and line them up with the marked slots. Put a screw and washer through the 1-3/8" washer and slot and put a 3/8" channel nut on the screw. Be sure to put the grooves in the nut are towards the head of the screw. Do this at all six of the marked holes.
- Place the uprights against the horizontal channels. Orient the nuts so that they will slip into the opening of the horizontal channels. Center the uprights on the horizontal channels. The two outside pieces of channel should be resting with the wheels on the floor, and the two slotted channels should have the ends of the channel contacting the floor - this lets the *floor* support much of the working load of the wall, instead of the wall itself. Make sure that the inside channels are pushed out against the outside channels. Tighten the screws securely.

ATTACHING THE TOP AND BOTTOM PANELS (Figure 4)"

- Put a 1/2" x 1-3/4" flat head screw through each of the four attaching holes from the front. Start a nut on each screw with the grooves in the nut facing the head of the screw.
- The panels have hand-hold holes in rows of 3 and 4, on opposite ends. Turn all the panels so that the row with four holes are on the left side (*see figure 4*).
- Turn the nuts so they will go into the opening of the outside channel. Set the bottom edge of the top panel on the top edge of the middle panel making sure that the panel is turned as described above. Push the panel against the channels and tighten the screws.
- Install the screws and nuts in the last panel making sure that the nuts are turned properly. Put the panel on the bottom. Lift up on the bottom panel until the top is against the bottom of the middle panel. Tighten the screws.

ATTACHING THE HAND-HOLDS:

- Attach the hand-holds by using the appropriate length socket head bolt through the hole in the hand-hold into the threaded holes in the panel and tighten with the hex wrench provided. These may be placed to suit the activities and skill level of the users.

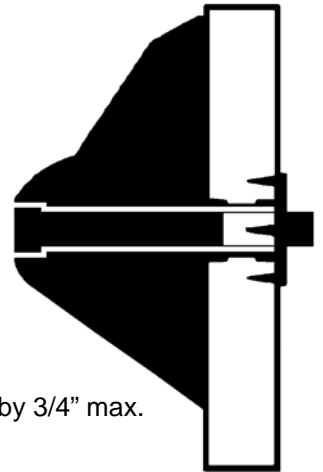
Correct bolt usage:

- Check carefully inside the hole of each hold to see if there is a washer present in order to select the proper bolt (**see picture at left**). Place the bolt in the hold, through the wall, and into the t-nut. Tighten with an allen wrench until the hold is snug and does not spin. Use caution as over tightening may result in hold breakage, especially with smaller holds.

Holds with washer



Holds without washer



- The hand-holds are color coded to make instruction easier and to help design climbing “routes” by order of difficulty. The GREEN handholds are the easiest. YELLOW is intermediate, and RED is the most challenging. The orientation of the handholds can also make a difference - an easy handhold, turned sideways or upside down, may become more difficult. This allows for a tremendous number of different motor planning challenges. Adjust them however it fits your situation. You can even keep a “map” of your handholds by client, so they can gauge their progress over the same route.

LOCKING THE PANELS IN THE VERTICAL POSITION:

- The panels can be used in a vertical position, or the bottom will slide out to a sloped position for clients who lack sufficient strength to hold on to a vertical surface. **Note: the panels are locked in the vertical position with two 3/8 x 1 -3/4” flat head screws in the middle panel (see figure 4). These screws must be in place and engage the locking nuts on the inside channel when using the panels in the vertical position. Failure to observe this could result in injury if the panel were to slide out while in use.**
- To use the panels in the sloped configuration, remove the two screws, grasp the bottom panel and slide it out. The panels will roll on the wheels and stop in the proper position. **Always make sure that the panels are pulled completely out before using in the sloped configuration.** Put the two bolts that were removed in a safe place out of the reach of clients.

MAINTENANCE CHECKLIST:

All of the following wear points should be checked as indicated and recorded on the checklist enclosed.

Weekly:

- All hand-holds **MUST** be checked and tightened on a daily or weekly basis, depending on the frequency of use. These holds **WILL** loosen with frequent use and with changes in humidity.
- Check the bolts holding the wood panels to the strut system on a weekly basis. Tighten when necessary.

Monthly:

- On a monthly basis, the lag screws holding the horizontal strut pieces to the wall should be checked for tightness, and tightened if loose. Likewise, the bolts holding the upright strut pieces to the horizontal strut should be checked and tightened if necessary. You will have to remove the wooden climbing surfaces in order to check this.
- Check the wheels to see that they roll freely. Remove any lint or hair that may be clogging it. Check that the “axle” of the wheel is tight. Tighten if necessary
- Check the shoulder bolt of the slide mechanism at the top of the strut pieces. If the shoulder bolts are loose, tighten before continuing use.
- Check for cracked or broken hand-holds. In the unlikely event that one breaks or cracks, discontinue use immediately
- Check the wood surface and edges for splinters. If found, discontinue use until repaired. You may repair it by sanding the area smooth with a medium grit sandpaper, and applying two coats of clear lacquer to the repaired area.

STORAGE PROCEDURES:

- Keep hex wrenches in a safe location, out of the reach of clients
- Keep the 3/8-16 x 1-1/2" flat head socket head screws in a safe location, out of the reach of clients, when they are removed for conversion to an angled climbing surface. These MUST be replaced when the wall is in the vertical position.

CLEANING INSTRUCTIONS:

- Check for client allergies first.
- Check with your infectious disease department before using these procedures.
- Clean wall with a damp rag and a mild surface cleaning solution.
- Let air dry, or wipe dry with a cloth.
- Hand holds may be cleaned by soaking them in hot soapy water and then rinse with a sprayer. Hand holds will air dry quickly.

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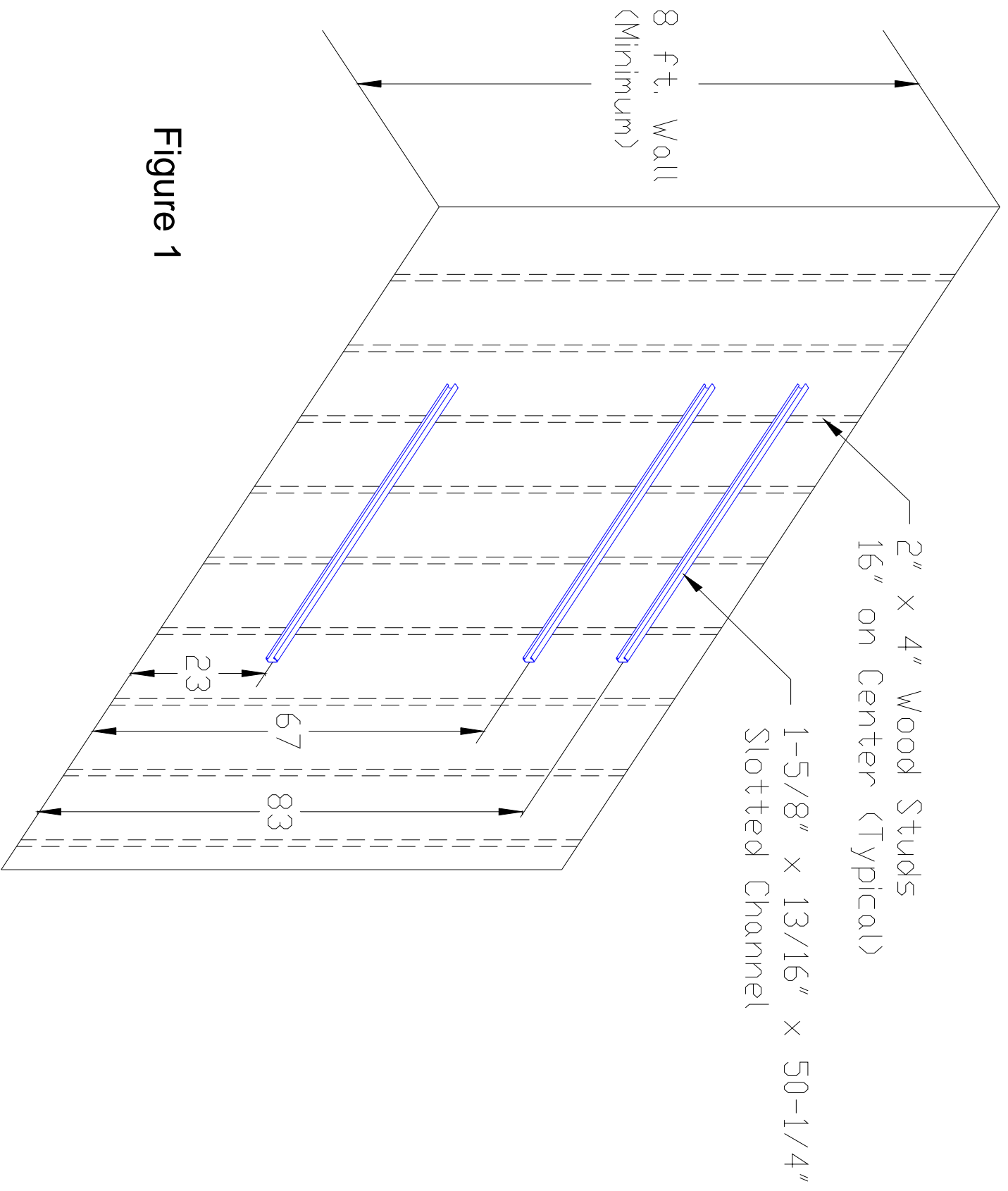


Figure 1

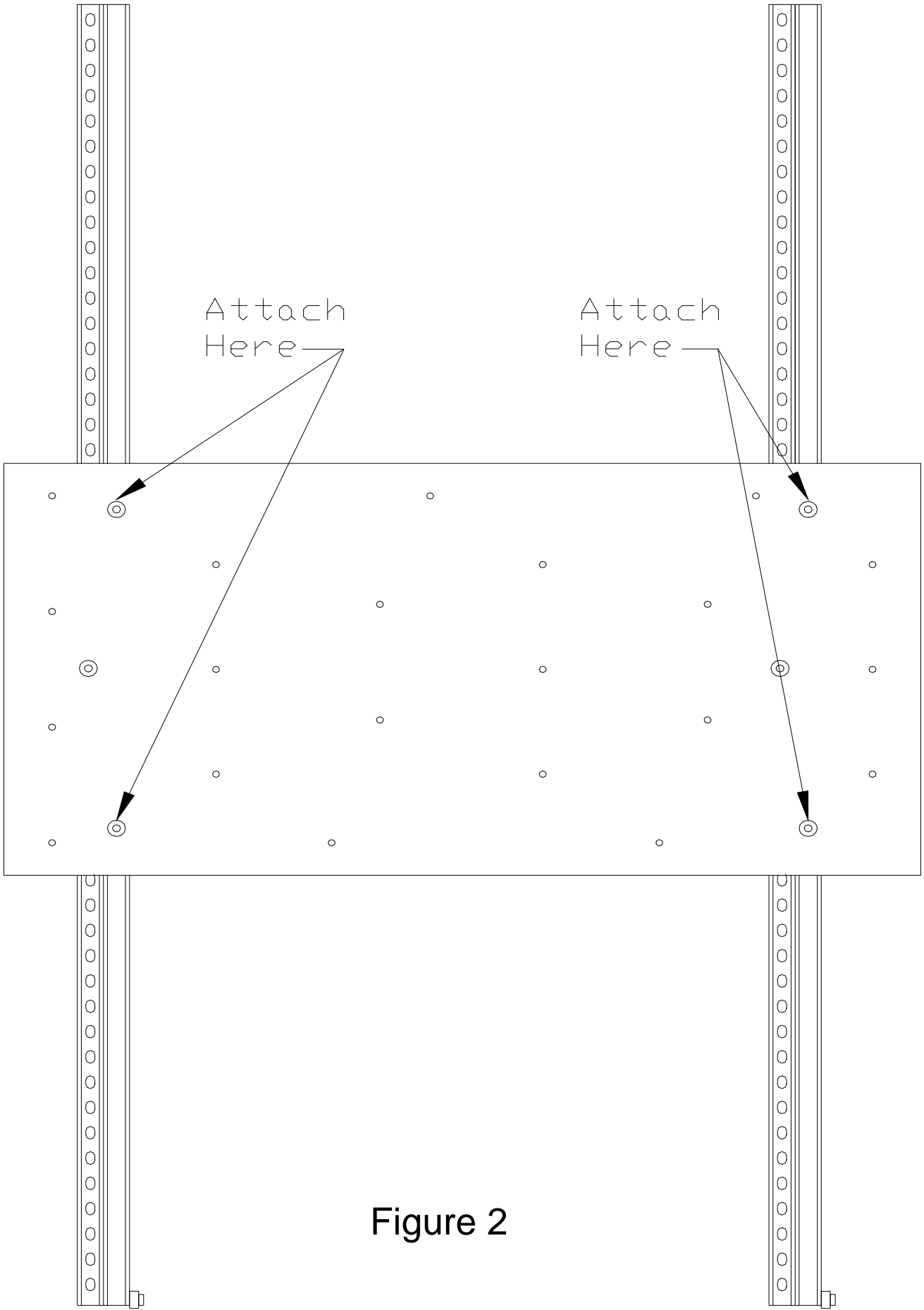


Figure 2

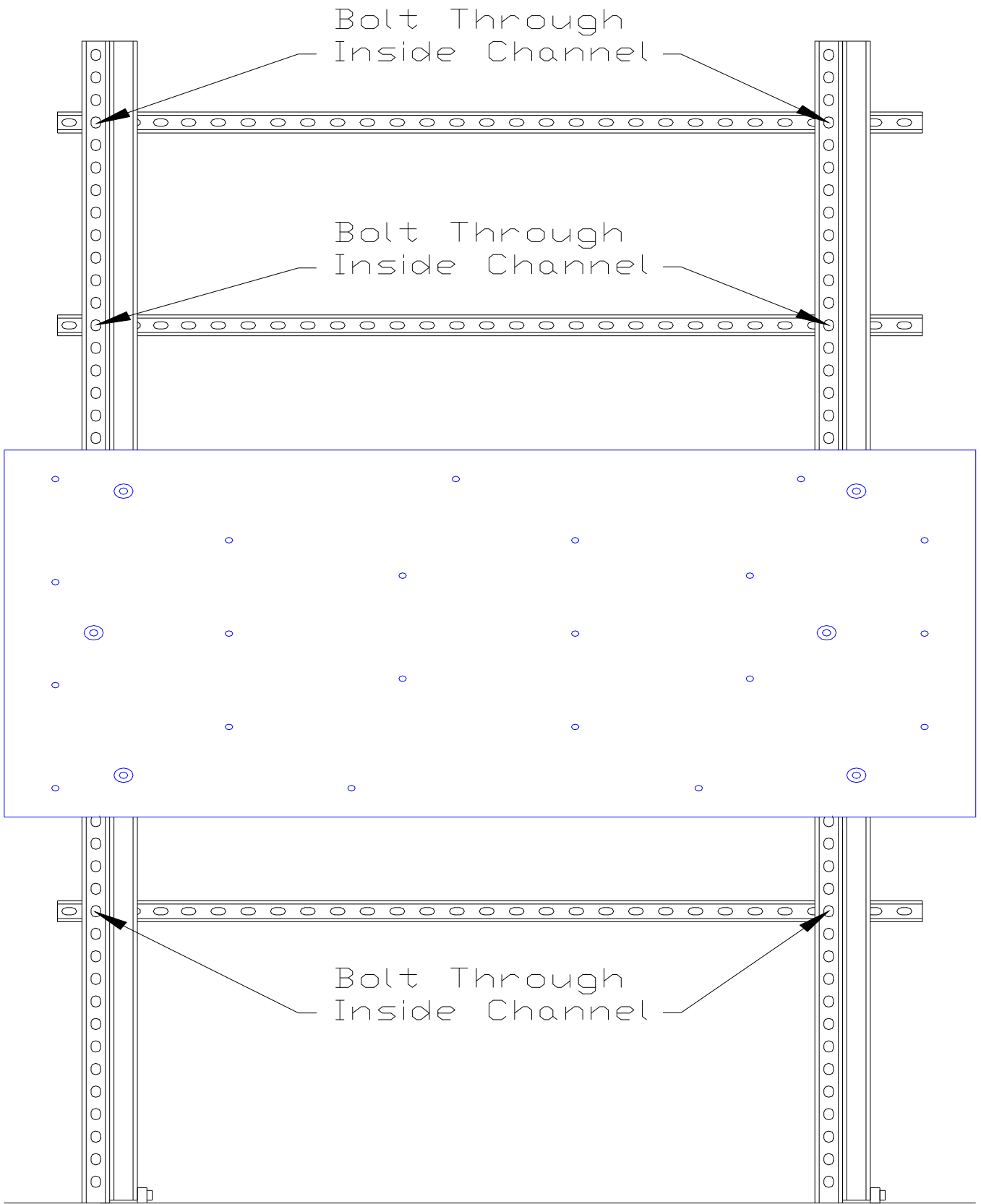


Figure 3

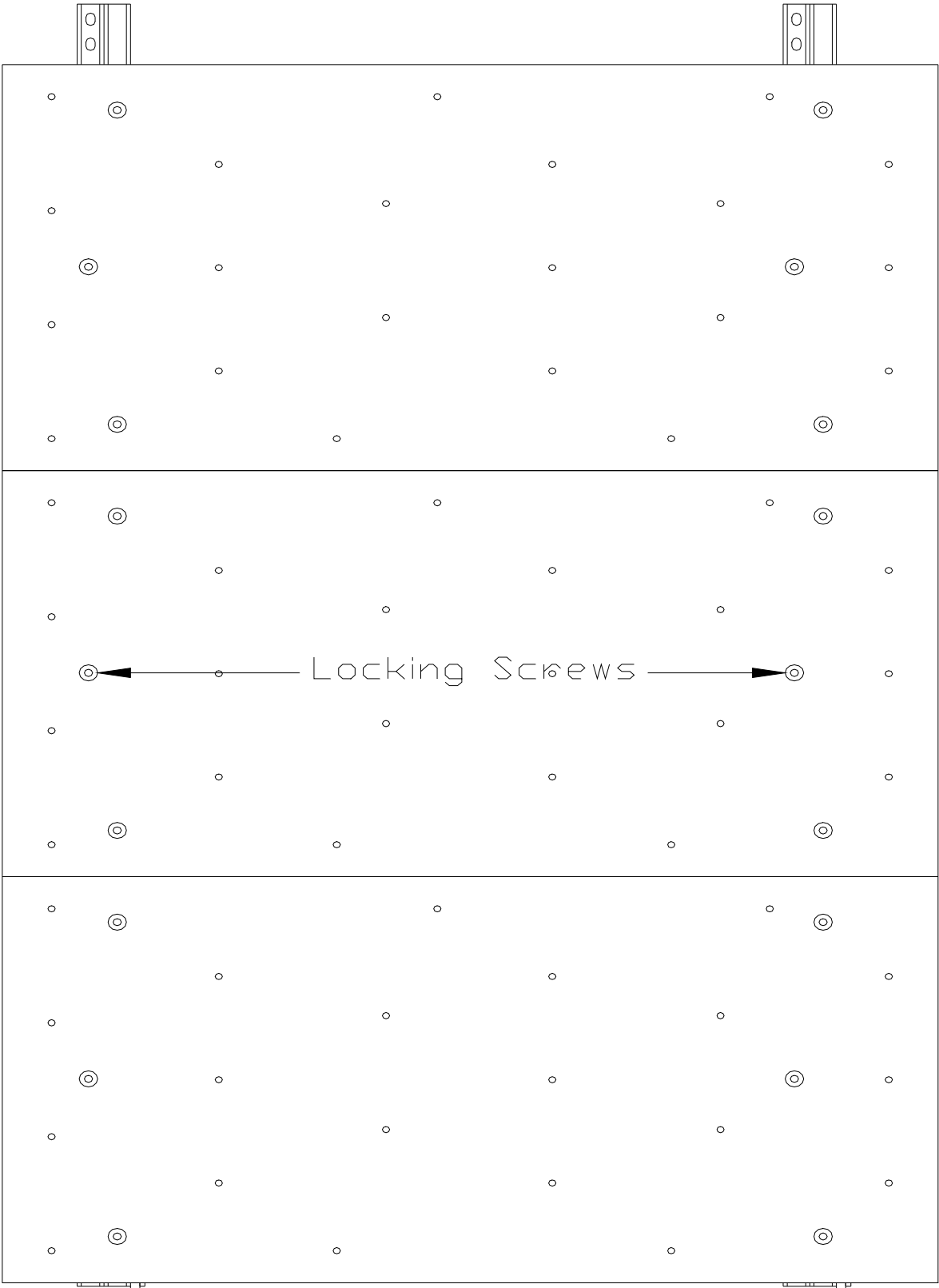


Figure 4

Instruction Sheet

Convertible Climbing Wall - Metal Stud Wall 110012

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MATERIALS LIST:

- 3 - 29" x 57" Wood Panels
- 3 - 1-5/8" x 13/16" x 50-1/4" Slotted Channels
- 2 - Upright Assemblies
- 20 - Hand-holds with attachment bolts
- 1 - Hardware Package

TOOLS NEEDED:

- Drill and 11/16" drill bit
- Flat or Phillips blade screwdriver
- Tape measure Pencil or Marker
- Level Step Ladder

TWO PEOPLE ARE REQUIRED FOR ASSEMBLY

WEIGHT LIMIT: 300 LBS.

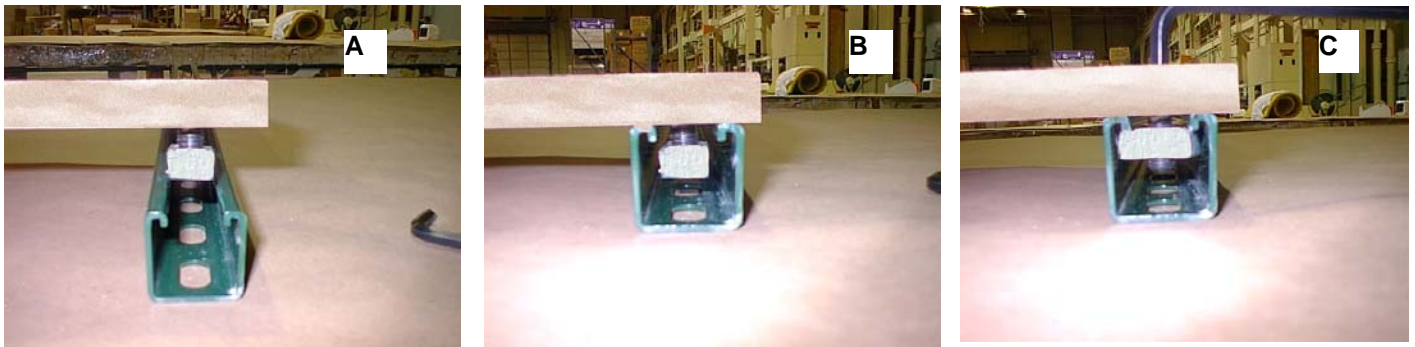
ATTACHING HORIZONTAL CHANNEL TO WALL (Figure 1):

- The horizontal channel will span four studs which are typically 16" apart (*see figure 1*). Find the centers of the four studs you will use and check this measurement. Mark the center of each stud.
- On one of the end studs, measure up from the floor and make a mark at 23", 67", and 83". Using a level, draw a line between the outside studs at each mark. Mark an intersecting line at the center of each stud on each of the three horizontal lines. **Note: it is very important to make your mark at the exact center of the studs. Failure to do this will result in diminished holding power of the toggle bolts. This could cause the unit to become detached from the wall resulting in injury to users.** Drill an 11/16" hole into the studs at each of the intersecting lines.
- Place the channel against the wall with the open side facing out to make sure that the slotted holes in the channel line up with the holes drilled in the wall.
- Put a 5/16" washer on a toggle bolt. Because the 1-3/8" washers are too large to simply place it into the strut, you will need to slide it into the end of the channel and line it up with one of the end slots. Line up the end slot/washer with the far-left, bottom hole. Put the toggle bolt w/ 5/16" washer through the big washer and the channel (from the open side of the channel). Screw the spring loaded toggle onto the bolt so that the toggle will fold back towards the head of the bolt.
- Push the toggle bolt into the hole, but do not tighten all the way. Repeat on the opposite end of the channel, then in the two center slots using a 5/16" and an 1-3/8" washer on each bolt. Now, tighten the toggle bolts while holding the center of the channel on the horizontal line. Repeat this operation on the remaining two lines.

ATTACHING THE CENTER PANEL TO THE VERTICAL CHANNEL (Figure 2):

1. Lay the two upright assemblies on the floor with the open side facing up and the wheels on the right side (*see figure 2*). Measure up from the bottom (the end with the wheels) and make a mark at 43-5/8" on each of the **slotted** channels. Put one of the locking channel nuts (with spring) into the opening of each channel. With the center of the hole at the mark, turn the handle clock-wise to hold the nut in place. This nut accepts the 3/8" flat head bolt which will allow you to lock the climbing wall in a vertical position. Removing that bolt will allow the bottom of the panel to slide out into the "convertible" position.
2. To attach the panel to the channel you will use the 1/2-13 x 1-3/4" flat head socket head screws. Put a screw through each of the four attachment holes in the panel from the front side (*see figure 2*), the front side of the panel does NOT have the metal inserts). Put a channel nut on each screw with the grooves on the nut facing the wood panel. (Channel Nuts are rectangular nuts, with two toothed grooves on one side)
3. Measure up from the bottom of the channel and make a mark at 29-1/4" on each **non-slotted** channels. Lay the wood panel on the uprights with the side with the four hand-hold holes to the left, and the bottom of the panel on the 29-1/4" mark. Following Sequence A, B, and C below, line up the nuts with the opening in the **non-slotted** channel (A), set the panel onto the strut with the nuts going into the channel (B), and tighten all four screws (C). Check to be sure that the bottom of the panel is on the 29-1/4" marks.

ATTACHING THE UPRIGHTS TO THE WALL (Figure 3):



- The uprights will be attached to the horizontal channel using the 3/8" x 1" button head socket head screws and the 3/8" channel nuts. These screws and nut will work the same way as when you attached the panel to the uprights.
- Measure up from the bottom and mark the slotted holes at 23", 67", and 83" on both of the **slotted** pieces of upright channel.
- Take the six button head screws and put a 3/8" flat washer on each one. Slide the 1-3/8" flat washers into the end of the channel and line them up with the marked slots. Put a screw and washer through the 1-3/8" washer and slot and put a 3/8" channel nut on the screw. Be sure to put the grooves in the nut are towards the head of the screw. Do this at all six of the marked holes.
- Place the uprights against the horizontal channels. Orient the nuts so that they will slip into the opening of the horizontal channels. Center the uprights on the horizontal channels. The two non-slotted pieces of channel should be resting with the wheels on the floor, and the two slotted channels should have the ends of the channel contacting the floor - this lets the **floor** support much of the working load of the wall, instead of the wall itself. Tighten the screws securely.

ATTACHING THE TOP AND BOTTOM PANELS (Figure 4):

- Put a 1/2" x 1-3/4" flat head screw through each of the four attaching holes from the front. Start a nut on each screw with the grooves in the nut facing the head of the screw.
- The panels have hand-hold holes in rows of 3 and 4, on opposite ends. Turn all panels so that the row with four hand-hold holes are on the left side (*see figure 4*).
- Turn the nuts so they will go into the opening of the non-slotted channels. Set the bottom edge of the top panel on the top edge of the middle panel making sure that the panel is turned as described above. Push the panel against the channels and tighten the screws.
- Install the screws and nuts in the last panel making sure that the nuts are turned properly. Put the panel on the bottom. Lift up on the bottom panel until the top is against the bottom of the middle panel. Tighten the screws.

ATTACHING THE HAND-HOLDS:

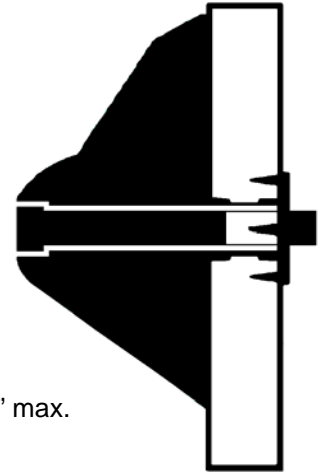
- Attach the hand-holds by using the appropriate length socket head bolt through the hole in the hand-hold into the threaded holes in the panel and tighten with the hex wrench provided. These may be placed to suit the activities and

skill level of the users.

- Check carefully inside the hole of each hold to see if there is a washer present in order to select the proper bolt (see picture at left). Place the bolt in the hold, through the wall, and into the t-nut. Tighten with an allen wrench until the hold is snug and does not spin. Use caution as over tightening may result in hold breakage, especially with smaller holds.
- The hand-holds are color coded to make instruction easier and to help design climbing “routes” by order of difficulty. The GREEN handholds are the easiest. YELLOW is intermediate, and RED is the most challenging. The orientation of the handholds can also make a difference - an easy handhold, turned sideways or upside down, may become more difficult. This allows for a tremendous number of different motor planning challenges. Adjust them however it fits your situation. You can even keep a “map” of your handholds by client, so they can gauge their progress over the same route.

Holds with washer

Holds without washer



LOCKING THE PANELS IN THE VERTICAL POSITION:

- The panels can be used in a vertical position, or the bottom will slide out to a sloped position for clients who lack sufficient strength to hold on to a vertical surface. **Note: the panels are locked in the vertical position with two 3/8 x 1-3/4” flat head screws in the middle panel. (See figure 4). These screws must be in place and engage the locking nuts on the inside channel when using the panels in the vertical position. Failure to observe this could result in injury if the panel were to slide out while in use.**
- To use the panels in the sloped configuration, remove the two screws, grasp the bottom panel and slide it out. The panels will roll on the wheels and stop in the proper position. **Always make sure that the panels are pulled completely out before using in the sloped configuration.** Put the two bolts that were removed in a safe place out of the reach of clients.

Each bolt only needs to clear the hold by 3/4” max.

MAINTENANCE CHECKLIST:

All of the following wear points should be checked as indicated and recorded on the checklist enclosed.

Weekly:

- All hand-holds **MUST** be checked and tightened on a daily or weekly basis, depending on the frequency of use. These holds **WILL** loosen with frequent use and with changes in humidity.
- Check the bolts holding the wood panels to the strut system on a weekly basis. Tighten when necessary.

Monthly:

- On a monthly basis, the toggle screws holding the horizontal strut pieces to the wall should be checked for tightness, and tightened if loose. Likewise, the bolts holding the upright strut pieces to the horizontal strut should be checked and tightened if necessary. You will have to remove the wooden climbing surfaces in order to check this.
- Check the wheels to see that they roll freely. Remove any lint or hair that may be clogging it. Check that the “axle” of the wheel is tight. Tighten if necessary
- Check the shoulder bolt of the slide mechanism at the top of the strut pieces. If the shoulder bolts are loose, tighten before continuing use.
- Check for cracked or broken hand-holds. In the unlikely event that one breaks or cracks, discontinue use immediately
- Check the wood surface and edges for splinters. If found, discontinue use until repaired. You may repair it by sanding the area smooth with a medium grit sandpaper, and applying two coats of clear lacquer to the repaired area.

STORAGE PROCEDURES:

- Keep hex wrenches in a safe location, out of the reach of clients

- Keep the 3/8-16 x 1-1/2" flat head socket head screws in a safe location, out of the reach of clients, when they are removed for conversion to an angled climbing surface. These MUST be replaced when the wall is in the vertical position.

CLEANING INSTRUCTIONS:

- Check for client allergies first.
- Check with your infectious disease department before using these procedures.
- Clean wall with a damp rag and a mild surface cleaning solution.
- Let air dry, or wipe dry with a cloth.
- Hand holds may be cleaned by soaking them in hot soapy water and then rinse with a sprayer. Hand holds will air dry quickly.

Safety Precautions - The safety of your clients is dependent on the appropriate choice of activity to match, yet challenge their physical abilities. Use appropriate spotting / safety techniques. In addition, the layout of your activity area, proper installation and maintenance of your equipment is critical. Southpaw equipment is not intended for recreational or outdoor use. Under no condition should this equipment be used without proper supervision.

This sheet is for example only. It is not meant to, in any way, replace local, county, state, or Federal standards. Be aware - it is your responsibility to find all pertinent safety information that pertains to your facility.

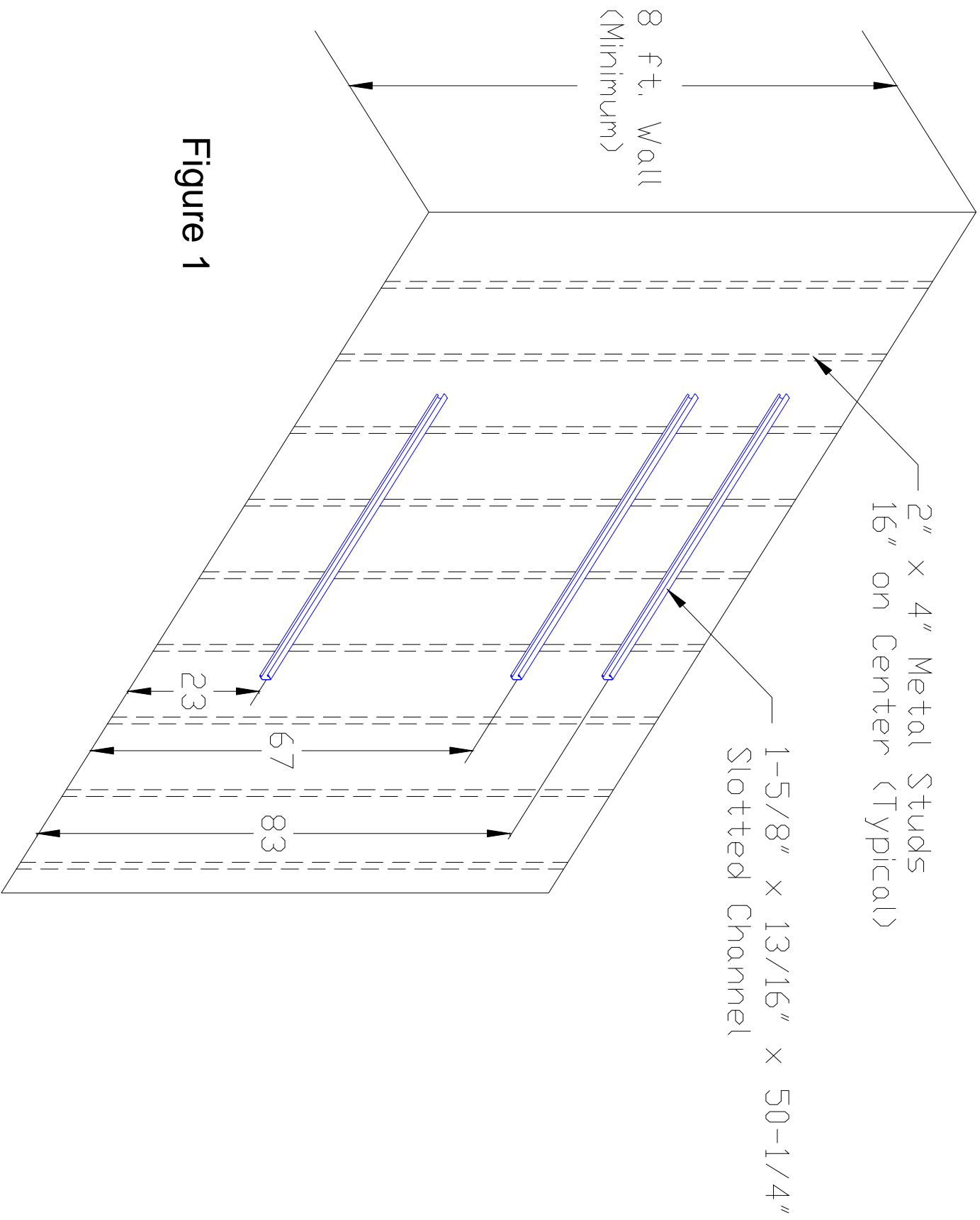


Figure 1

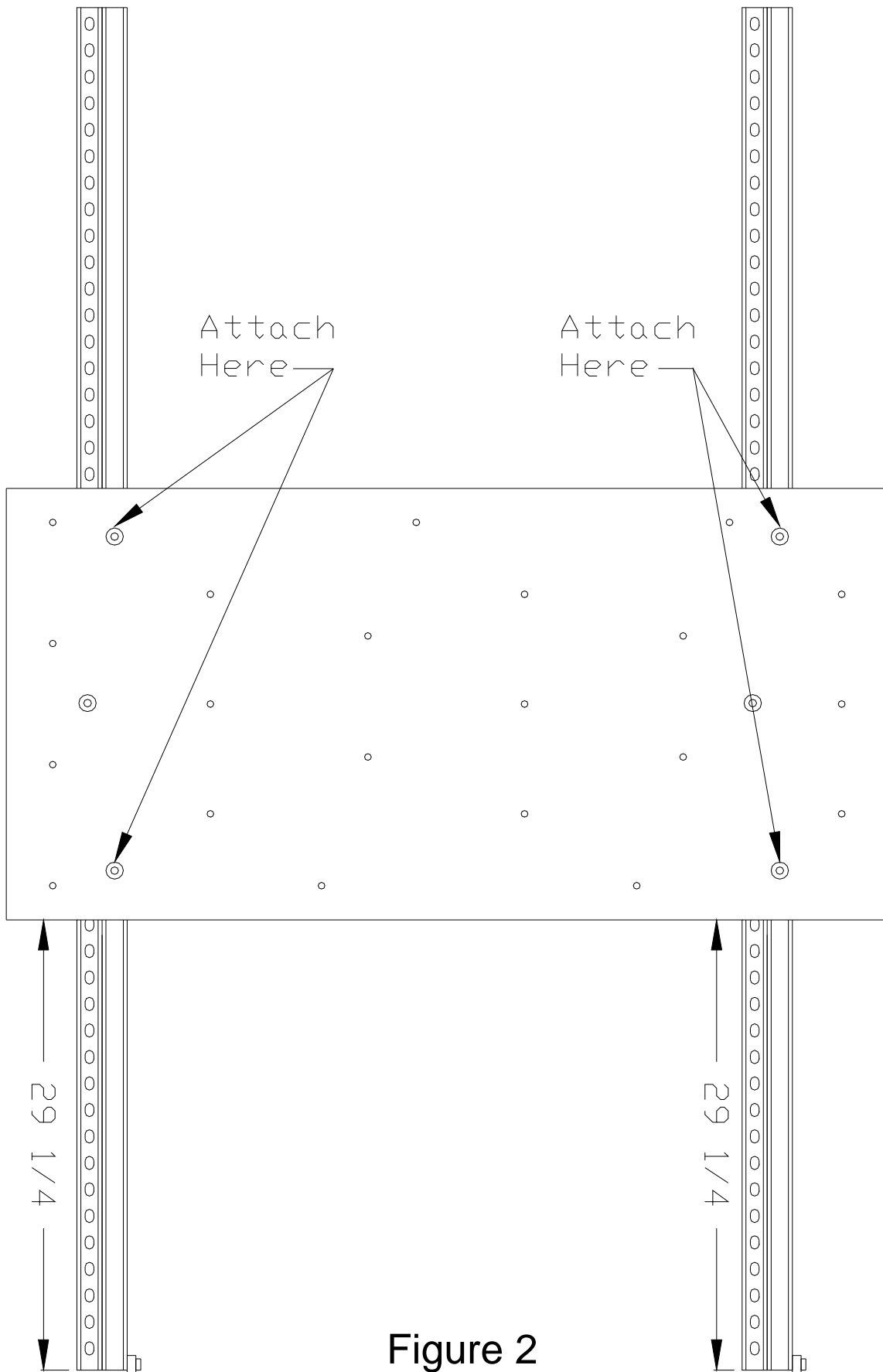


Figure 2

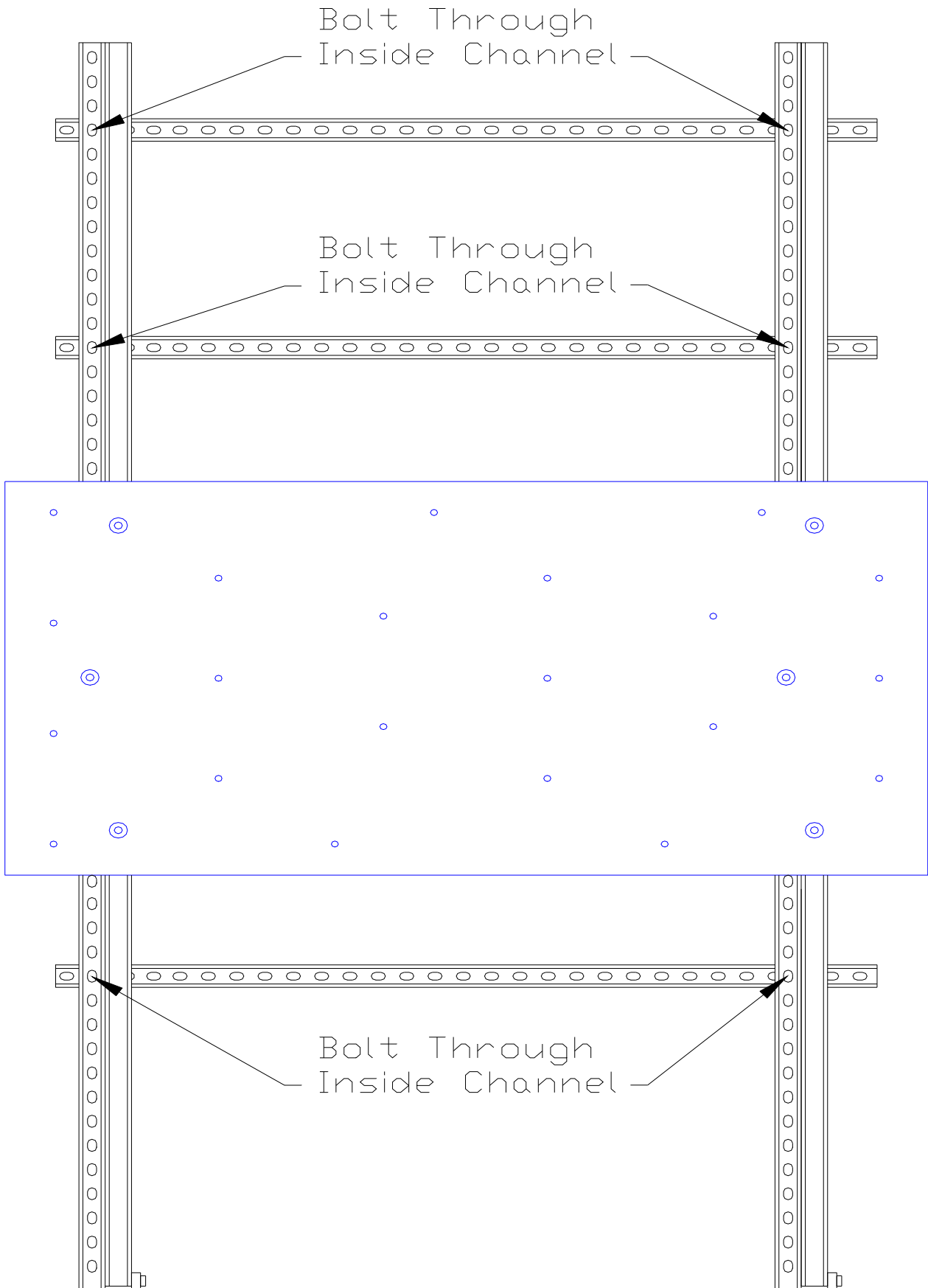


Figure 3

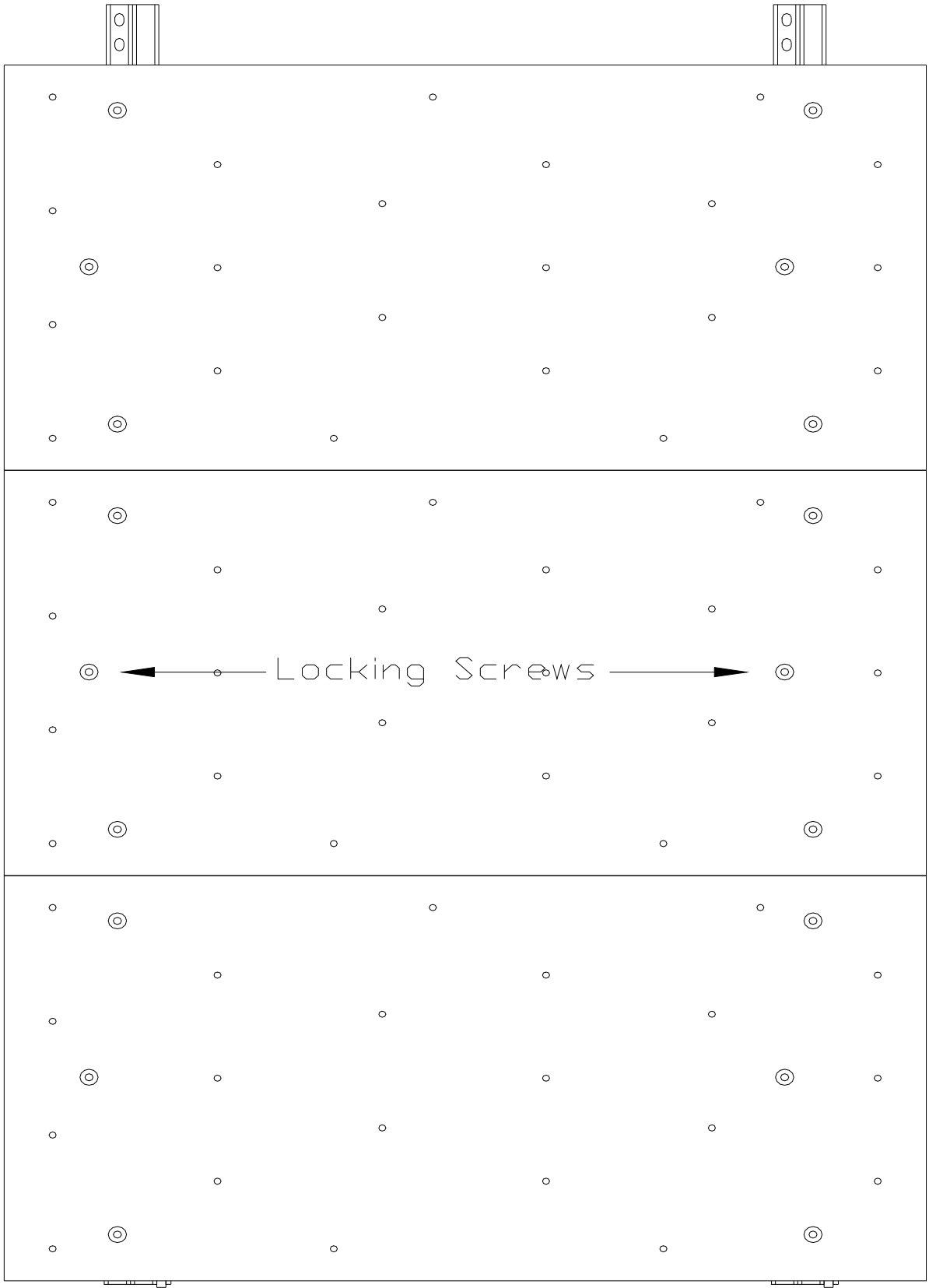


Figure 4

Instruction Sheet

Hand Holds Set of 20 - 110022

Store these instructions along with the enclosed maintenance checklist in a safe place. You may also access them on our website.



Take time to familiarize yourself with the use and maintenance of this equipment before using. Please file this Instruction Sheet in an accessible location: the Instruction Sheet must be read and familiar to anyone who is using Southpaw Enterprises Equipment.

IMPORTANT: Please check equipment immediately for any damage that may have resulted during shipping. If any damage has occurred, please contact Southpaw Enterprises, Inc. immediately.

Caution should be used at all times when using this equipment. It is imperative that clients be under constant supervision while climbing. Mats of appropriate thickness should be used. A client's strength, skills, and abilities must be taken into consideration when determining how closely to spot him or her. Some clients will require almost constant, hands-on support, while others may be able to climb completely without assistance. You, as the therapist, must make this decision based on your knowledge of the client's skills and aptitude. Do not have more than one client on the wall at a time unless proper supervision can be administered for each client. Failure to take these things into consideration increases risk of mishap or injury.

MATERIALS LIST:

20 - Hand-holds with attachment bolts

TOOLS NEEDED:

5/16" Hex Allen Wrench

ATTACHING THE HAND-HOLDS:

1. Attach the hand-holds by using the appropriate length socket head bolt through the hole in the hand-hold into the threaded holes in the panel and tighten with the hex wrench provided. These may be placed to suit the activities and skill level of the users.
2. Check carefully inside the hole of each hand-hold to see if there is a washer present in order to select the proper bolt
(see *picture at right*).

MAINTENANCE CHECKLIST:

Weekly:

- All hand-holds **MUST** be checked and tightened on a daily or weekly basis, depending on the frequency of use. These holds **WILL** loosen with frequent use and changes in humidity.

Monthly:

- Check for cracked or broken hand-holds. In the unlikely event that one breaks or cracks, discontinue use immediately.

CLEANING INSTRUCTIONS:

- Hand-holds may be cleaned by soaking them in hot soapy water and then rinse with a sprayer. Hand-holds will air dry quickly.

Safety Precautions - The safety of your clients is dependent on the appropriate choice of activity to match, yet challenge their physical abilities. Use appropriate spotting / safety techniques. In addition, the layout of your activity area, proper installation and maintenance of your equipment is critical. Southpaw equipment is not intended for recreational or outdoor use. Under no condition should this equipment be used without proper supervision.

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