



AAC Publications

SLIP ON ROCK WHILE LEADING

Canada, Québec, Chicoutimi-Nord

This incident occurred on April 24, around 2 p.m., as a female climber, age 27, was leading a dihedral on Post Scriptum (5.11d) in the Marshmallows Sector. The footholds were slippery, and as she held a gaston (a thumb-down grip on side-pull hold) at the level of her right shoulder, a foot slipped and she found herself out of balance with almost all her weight held by the gaston. The result was bursitis of the right shoulder.

ANALYSIS

Climbing difficult routes can lead to joint injuries. Spring often brings wet conditions and extra care must be taken. Climb cautiously or consider an alternative route. On a sport climb, it is sometimes better to let go and take a safe fall rather than hold on and strain to the point of injury. (Source: Fédération québécoise de la montagne et de l'escalade. Analysis: The Editors.)

Images

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