

# TIPS FOR EQUAL TREATMENT

## OF FLINTA\* PEOPLE IN THE BOULDERING GYM

This poster shows FLINTA\* community members' difficult experiences with cis men in the bouldering gym and provides tips for creating a fairer, more enjoyable environment for everyone



### BETA SPRAYING

Beta-spraying is the act of sharing the beta (solution) to a boulder problem without consent.

- ✓ If someone is struggling with a boulder, assume they are enjoying the challenge of figuring it out.
- ✓ Always wait to be asked, or at least ask if someone wants your beta before sharing it.
- ✓ Acknowledge that someone's idea for how to solve the problem might work for them even if it wouldn't work for you.

- ✗ Don't rush in and climb the boulder yourself to show how you do it.
- ✗ Don't shout out what someone should do next while they are on the wall.



### GENDERING EXERCISE

When we gender a boulder or exercise, we typically categorise it as "for men" or "for women". This reinforces gender stereotypes and suggests that men and women should be doing different things.

- ✓ Categorise boulders based on their characteristics, such as being dynamic or static, more suitable for taller or shorter individuals, strength-intensive or flexibility-dependent, etc.
- ✓ Recognize that using gendered language may be discriminator to people who don't identify within the male-female binary.
- ✓ Respect individuals' preferences and choices in their exercise routine without imposing gender stereotypes.

- ✗ Don't use language that reinforces gender norms or stereotypes when describing boulders and exercises.
- ✗ Don't restrict individuals from exploring exercises that interest them because of their gender or how they appear to you.



### WATCHING, COMMENTING

Our looks and the remarks we make can significantly impact someone's well-being and sense of safety. It's important to be mindful of this influence.

- ✓ Be aware of how you use your eyes and the effect it may have on others.
- ✓ Practice empathy and sensitivity towards others. If someone appears uneasy with you, respectfully leave them alone.
- ✓ Before offering a comment to someone, consider if the comment is welcome and how it might make them feel to receive it.

- ✗ Don't stare at people, stand too close or follow strangers around in the gym.
- ✗ Don't look at people in a sexualized or objectifying manner; a bouldering gym is not a place to objectify others!



### NOT RESPECTING SPACE

Picture this: You're working on a boulder problem when a group of men decides to start bouldering right where you are without acknowledging your presence. They block your access to the wall, leaving you feeling frustrated and disrespected in your right to use the space.

- ✓ Be aware of who is around you and what you can do to make everyone feel seen and respected.
- ✓ Treat everyone in the gym as equal users, regardless of their gender or skill level.
- ✓ Respect other people's personal space.

- ✗ Don't step into someone's fall zone, ignore people waiting in line, or start a climb that interferes with someone else's.
- ✗ Don't dismiss others as valid users of training equipment or insist on using the same space or equipment as someone else.



### UNSOLICITED ADVICE

Unsolicited advice is when you give advice without knowing if the person wants it or not.

- ✓ Check if the other person wants your advice before sharing it.
- ✓ Remember that wanting to give advice might be about your own insecurities, trying to feel better about yourself by seeming more competent than others.
- ✓ Understand that giving unsolicited advice can cross a boundary and suggest that you don't trust the other person's abilities.

- ✗ Don't take the position of coach or expert unless this is agreed upon.
- ✗ Don't try to control how other people do things.



### INAPPROPRIATE FLIRTING

Flirting can cross people's boundaries when it is unwanted, persistent, or makes someone feel uncomfortable. Such behaviour can hinder a relaxed atmosphere and even lead to an abusive one.

- ✓ Listen for and respect any indication of a "no" to your behaviour, whether it's spoken or expressed nonverbally. Always respect a "no".
- ✓ Recognise that people come to the bouldering gym to prioritise bouldering and exercise. Even if your flirting isn't abusive, it can still be distracting and annoying.
- ✓ Understand that many FLINTA\* people have had bad experiences with unwanted flirting or harassment in the gym, and that your behaviour might add to that.

- ✗ Don't make inappropriate or objectifying comments about someone's appearance or body.
- ✗ Don't assume that everyone welcomes or enjoys being flirted with in the bouldering gym.

Do you recognise yourself in any of these behaviours?

Yes? Great! You are now in a much better position to improve how you treat others!

FLINTA\* — a German abbreviation that stands for "Frauen, Lesben, intergeschlechtliche, nichtbinäre, trans und agender Personen". In English: women, lesbians, intersex, non-binary, trans and agender people.

Cis men — adult men who were assigned male at birth and whose gender identity is male.

This poster is based on a survey conducted by Kosmos' FLINTA\*-AG