



GET A GRIP



PROGRAM IMPACT REPORT

May 2025

THE PROGRAM

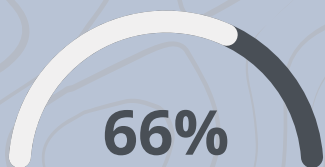
Program Description

In 2025, our Get A Grip program served 10 equity-deserving youth, exploring themes like Trust, Communication, and Self-Confidence. With two days of climbing outside in Skaha Bluffs Provincial Park, participants were able to practice what they learned in real-world scenarios and deepen their connection with nature and one another.

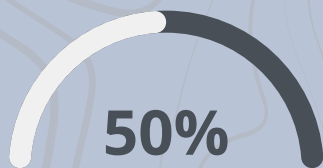
Our Goals are to...

1. Build trust among participants while increasing confidence using climbing safety systems.
2. Enhance physical health through outdoor activity.
3. Improve confidence, resilience, and emotional regulation.
4. Strengthen social connections and reduce isolation.

Demographics



of program participants identified as a member of the BIPOC community, including Indigenous and Métis youth.



of youth identified as female. Climbing is historically a male-dominated sport. Our programs work to make space for diverse youth.

BEYOND CLIMBING

Building Trust

Climbing can be an intimidating sport, requiring total trust that your climbing partner will keep you safe. We start by building strong connections and trust among participants to lay a strong foundation for the rest of the program.



Celebrating with Style



To help participants stick with climbing, they each receive climbing chalk, a chalk bag, and are eligible to access a prepaid punch pass at Beyond the Crux climbing gym for 3 years after they finish the program. This further supports their physical and mental health, and offers the youth a fun activity to do together in a safe environment.

THE IMPACT

Moving the Needle

**7%**

increase in measures of trust and confidence with climbing systems and measures of resilience

**11%**

increase in both emotional regulation and social connection.

**16%**

increase in measures of confidence

Participants love Get A Grip Because...

"They try hard to include everyone and make the participants get to know one another, and it works, making me feel included in programs and activities. It has helped me discover a love for the outdoors and meet new people. I look forward to program days and it gets me out of my room. Rock climbing outside was amazing, everyone working together and talking — I also find just the community aspect of the program amazing." - Maxine

And guardians shared that...

"The Elevation Outdoors programs and its positive reinforcement along with the mentorship provided has had a significantly noticeable positive outcome for both of [my dependents]. They are better community members as a direct result of this." - Casey



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THANK YOU!

None of this would be possible without supporters like you.
Thank you for all that you do! To continue to support this
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