



CHECKLIST

Pole grip checklist for your next session

- ☐ Clean the pole and dry it before you start

- ☐ Wash and dry your hands, and keep lotion off them

- ☐ Warm the hands and wrists before the first hold

- ☐ Set each hold in the web of the hand

- ☐ Check that the fingers can wrap the far side

- ☐ Note which holds slip and where the pole lands

- ☐ Take any grip aid off for the last attempt
