

# **Who is Climbing? Understanding Participants Within Climbing Escalade Canada**

**Daniel Wigfield (PhD Candidate)**

**Dr. Ryan Snelgrove (Faculty Advisor)**

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UNIVERSITY OF  
**WATERLOO**

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# Research Purpose & Method

## Research Purpose

- This survey project was designed to offer insights into the demographics of the Canadian climbing community as well as the perceived constraints and facilitators to participating in climbing.

## Method

Five-part survey, covering:

- Climber characteristics (i.e., preferred discipline, years of experience)
- Motivations for climbing
- Constraints to participating in climbing
- Perceptions of equity, diversity, and inclusion in the climbing community
- Demographic information

# Data Analysis

## Sample Size & Demographics

- 844 were fully complete and deemed valid for analysis
  - Women (52%), Men (45%), Gender Minorities (5%)
  - White/Caucasian (74%), Racialized (26%)
  - Recreational climber with 3-5 years of experience

## Analysis Process

- Descriptive statistics used to summarize all sections.
- Inferential statistics (i.e., t-tests and ANOVA) were used to compare motivations, constraints, and perceptions of equity, diversity, and inclusion by gender (women, men, and gender minorities) and race / ethnicity (racialized, white).

# Findings: Motivations to Climb

## Motivators

- *Control* (i.e., being in control of oneself)
- *Escape* (i.e., being relaxed or at peace)
- *Social Influences* ( i.e., being with friends/community)

## Impact of Gender on Motivation

- Women were more likely to perceive *social factors* as a motivator than men or gender minorities.
- Men were more likely to perceive *control* and *competition* as motivators compared to women and gender minorities

## Impact of Race / Ethnicity on Motivation

- None of the motivators were found to differ significantly by race /ethnicity.

# Findings: Constraints to Participating in Climbing

Most mentioned constraints to participating in climbing:

- Lack of time (50%)
- Gym membership / access fees (34%)
- Lack of energy or being too tired (31%)
- No one to participate with (28%)
- Transportation issues (24%)
- Time spent on other interests (24%)

- **Women (3.65) and gender minorities (4.30) reported significantly more constraints to participate in climbing compared to men (2.83).**
- **Racialized people reported more constraints to participation than white people, regardless of their gender.**

# Findings: Perceptions of Equity, Diversity, and Inclusion in Climbing

- Overall, respondents *somewhat agreed* that climbing was a diverse sport.
- Women and gender minorities were significantly less likely to perceive climbing as a diverse sport than men.

*“I am a short, cisgender woman. I have looked around my gym on more than one occasion and been the only woman in the room. Depending on who is there, it can be really, really frustrating to try to climb surrounded by men because they often feel the need to spray beta at me or try to hit on me.”*

- Racialized people were significantly less likely to perceive climbing as a diverse sport than white people.

*“It’s a very white male dominated sport. And in most climbing gyms, it feels inaccessible for BIPOC folks.”*

# Implications

## Items for CEC to consider going forward:

- Women, gender minorities, and racialized groups all noted climbing experiences being negatively impacted by a fear of discrimination, exclusion, and lower sense of being accepted.
- Need to enhance self-efficacy with regards to climbing skills for women, gender minorities and racialized group.
- Climbing was perceived a high-cost sport – especially, by women, gender minorities, and racialized groups.
- Social benefits of climbing could be key to increasing participation numbers.

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**Daniel Wigfield**

Send questions to: [daniel.wigfield@uwaterloo.ca](mailto:daniel.wigfield@uwaterloo.ca)



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