

# Introduction to Rock Climbing

## Goals

Provide a safe and fun introduction to the world of rock climbing and rappelling while ensuring that all participants:

- Have a basic understanding of climbing language, terminology, and equipment.
- Have a basic understanding of the types of climbing (mountaineering, alpine, traditional, sport, bouldering, aid climbing)
- Know how to tie a figure 8 follow through knot.
- Know how to belay and lower a climber using the PBUS belay system.
- Experience a rock climb.
- Experience a rappel/abseil.

## Sessions

The day will be broken up into several sessions:

### Preview and Introduction (15 minutes)

- Learn each others names, outline day, set goals and expectations

### Equipment and Safety (20 minutes)

- Become familiar with safety procedures and climbing equipment

### Preparing to Climb (30 minutes)

- Understand and practice the system of top-rope climbing, including figure 8 follow through and basic climbing language

### Climbing and Belaying on Top-Rope (90 minutes)

- Experience climbing and learn how to belay

### Lunch (30-45 minutes)

- Refuel, hydrate, rest, and develop relationships with other people in the course

### Big Rappel/Abseil (90 minutes)

- Develop a basic understanding of what it means to rappel/abseil and use your new skills to descend into the Anxiety State Crisis Cave

### Climb ON! (\*if time permits)

- Practice climbing and end the day on a high!

### Review and Conclusion (15 minutes)

- Go over the skills learned throughout the day and discuss next steps to continue progressing as a climber

