

Rock Climbing Essentials

Goals

Enhance and develop top rope climbing skills while ensuring that all participants:

- Demonstrate the ability to clean and lower/rappel from an anchor safely
- Demonstrate the ability to tie a figure 8 on a bight, girth hitch, auto block, and stopper knot
- Demonstrate the ability to belay a climber who is cleaning a route
- Experience rock climbing at a level near their limit
- Display a strong understanding of climbing equipment, language, and the PBUS belay system

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

Warm Up & Review (30 minutes)

- Review and practice tying knots, climbing commands, PBUS belay system
- Warm up on an easy climb

Cleaning an Anchor to Rappel (60 minutes)

- Develop an understanding of the system of cleaning an anchor to rappel

Following a Lead Climber (60 minutes)

- Guide will lead route and client will follow on top rope. Client will experience climbing, cleaning, and rappelling off of a route

Lunch (30-45 minutes)

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

Climb ON! (90 minutes)

- Gain experience through practice of cleaning anchors and learn improved climbing techniques

Review and Conclusion (15 minutes)

- Go over the skills learned throughout the day and get excited about climbing more

