

# Rock Climbing Introduction



## Objective:

Introduce the student to the safe rock climbing. After the course the student will have basic knowledge of climbing technique and will be able to join rock climbing activities under the supervision of a experienced guide.

## Contents:

### General concepts:

- ✓ Introduction to rock climbing
- ✓ Mountain ethics and minimum impact conduct
- ✓ General concepts (Dynamic safety chain, fall factor, risk management)
- ✓ Plan / Logistics

### Safety equipment:

- ✓ Materials
- ✓ Certifications and specifications
- ✓ Inspection
- ✓ Correct use

### Ropes and knots:

- ✓ Rope and knot structures
- ✓ Most important knots

### Climbing techniques:

- ✓ Preparation – Equipping and checking
- ✓ Communication
- ✓ Using the ATC to belay the guide and rappel
- ✓ Free climbing technique
- ✓ Belay station and anchorages
- ✓ Abseil technique

Duration: Three lessons (approximately 10hrs)

## Included:

- ✓ Full equipment
- ✓ Rock climbing manual
- ✓ Certification issued by AGUIPERJ (local professional climbing guides association)
- ✓ 1 cord for knots training and rope maneuvers

## Observation:

The rock climbing student must have a minimum physical condition and can't have any health issue that forbids him to join sportive activities or rock climbing.

## Schedule:

The locations and contents can be modified along the course if necessary. The lessons will be scheduled according to student and guides availability.

# Course Plan

## 1<sup>st</sup> Lesson: Theory (introduction)

Location: Babilônia (Urca - Sugar Loaf area)

General Concepts:

- ✓ Climbing history (worlds and Brazilian)
- ✓ Rock characteristics (slabs, holds, cracks, dihedrals)
- ✓ Different styles and techniques
- ✓ Minimum impact conduct
- ✓ Ethycs
- ✓ Dynamic safety chain/ fall factor
- ✓ Risk management
- ✓ Planning / Logistics
- ✓ Orientation (Topo and natural)

Equipments:

- ✓ Materials
- ✓ Certifications and specifications
- ✓ Inspection
- ✓ Correct use

Ropes and knots:

- ✓ Structure of ropes and knots
- ✓ Most used climbing knots (figure eight, munter and clove hitches, double fisherman, prussik)

Climbing techniques:

- ✓ Preparation – Equipping and Double check
- ✓ Communication

## 2<sup>nd</sup> Lesson: Practice (Belay and abseil)

Location: Cantagalo

- ✓ Knots review
- ✓ Preparation – Equipping and Double check
- ✓ Communication
- ✓ Using the “ATC” belay device
- ✓ Belaying the guide
- ✓ Climbing in top rope
- ✓ Connection to the belay station
- ✓ Setting descent system
- ✓ Abseil technique

## 3<sup>rd</sup> Lessons: Multi-pitch climbing/ Graduation

Location: Sugar Loaf (Urca)

- ✓ Knots review
- ✓ Preparation – Equipping and Double check
- ✓ Communication
- ✓ Using the “ATC” belay device
- ✓ Belay the guide
- ✓ Climbing in top rope
- ✓ Connection to the belay station
- ✓ Anchors and belay station
- ✓ Belay the guide from the station
- ✓ Multi-pitch climbing
- ✓ Abseil with self-belay (2 pitches)