



ROCK CLIMBING BASICS

OBJECTIVE

Train and learn basic climbing techniques, becoming able to join in multi-pitches routes and mountain climbing.

CONTENTS

General concepts:

- Introduction to rock climbing (history, characteristics of the rocks, different techniques)
- Mountain ethics and minimum impact conduct
- General concepts (Dynamic safety chain, fall factor, risk management)
- Orientation (reading topos and natural)
- Plan / Logistics/ Accident prevention

Safety equipment:

- Materials
- Certifications and specifications
- Inspection
- Correct use



Ropes and knots:

- Structure of ropes and knots
- Most important knots (figure eight, munter-hitch or UIAA dynamic knot, girth and clove-hitches, overhand, friction knots)

Climbing techniques:

- Preparation – Equipping and checking
- Communication
- Using the ATC to belay the guide and abseil
- Connection to the belay station
- Belay station and anchorages
- Belaying the guide from the station
- Aid climbing A0/ A1
- “Ferrata” climbing
- Setting and checking abseil system
- Abseil technique and belay
- Using the UIAA dynamic knot to belay and abseil
- Self-Rescue (rope ascension with friction knots)

DURATION

8 lessons (approximately 30hrs)

INCLUDED

All climbing gear except de climbing shoes (rent: R\$ 20 per class), climbing manual and certification issued by AGUIPERJ (local professional climbing guides association)

SCHEDULE

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

