



ROCK CLIMBING INTRODUCTION

OBJECTIVE

Introduce the student to the safe rock climbing practice. After the course the student will have basic knowledge of rope management, knots, belay, rappel and climbing techniques and will be able to participate on 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 candidate must practice physical activities regularly and can't have any health limitation to rock climbing such as vertigo or acrophobia (extreme fear of heights).



SCHEDULE

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

COURSE PLAN

1st Lesson: 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
- Ethics
- Dynamic safety chain/ fall factor
- Risk management
- Planning / Logistics
- Orientation (Topo and natural)

Equipment:

- 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

2nd Lesson: Practice (belay and rappel)**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

3rd 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)