

## **CLIMBERS QUICK START COURSE**

**Want to get out and do your own things?**

**This is the fastest, safest way for you to get outside and totally self sufficient. This comprehensive two day course teaches you all the skills you need. By the end of this course you will be able to safely lead moderate sport/bolt protected routes.**

### **WE WILL TEACH YOU**

- **Anchors**
- **Ropes and knots for climbing**
- **Abseil safety**
- **Tips and techniques**
- **Lead climbing**
- **Belaying**
- **Working routes**
- **Cliff and Climbing Safety**
- **Top-roping**
- **Belay techniques**
- **Environmental issues**
- **Route/crag selection**
- **Falling**
- **Lowering Off**
- **Protecting the Second**
- **Gear selection**

**You wouldn't let an unqualified mate teach you to scuba dive would you ?**

**Why risk it ?**

**This intensive two day program is the best way to learn**



### **What is included?**

Nationally Accredited Instructors. All the safety equipment – We supply all the ropes and hardware, and kit you out with harnesses, helmets, rock climbing shoes, and anything else you may need. Lunch and drinks.

We recommend doing the course with a person you often climb with, or plan to climb with outdoors. To get the most out of this course you should be able to second/top-rope grade 14-16 outside, or climb “yellow” in the gym.

- **Cliff and Climbing Safety**
  1. Cliff top safety
  2. Benefits of wearing helmets.
  3. Safety checks – ABCDEF
- **Environmental Issues**
  1. Cliff access routes
  2. lower-offs v toping out
  3. minimal impact techniques - chalk
- **Ropes and Knots for climbing**
  1. Rope management while climbing
  2. Rope storage/care, retirement.
  3. Knots – Figure 8’, Bowline, Clove Hitch, Alpine Butterfly, prussic – French and classic.
- **Gear Selection**
  1. Rack required – Climbing, Belay, Rescue
  2. Rack care/maintenance.
  3. Racking on the harness.
  4. Gear purchasing – What is good in our opinion.
- **Anchors**
  1. Anchor principles – Angles, loading.
  2. Types – Trees, bolts, bollards, natural protection.
  3. Lower-off anchors
- **Top Roping**
  1. Set up
  2. Through quickdraws/carabiners, not the rings.
- **Belay techniques**
  1. Bottom belay
  2. Top Belay
  3. Devices – ATC GriGri, Figure 8
- **Abseiling**
  1. Devices – ATC, Gri Gri, Figure 8, Improvised (Munter hitch)
  2. Abseiling Safety – belay options

- **Route/Crag Selection**
  1. How to read/interpret a guidebook
  2. Reading the route from the ground.
  3. Crag – What to consider: Sun/Shade, Steep/Slab etc.
- **Tips and Techniques**
  1. Stick Clipping
  2. Bunnies Ears.
  3. Batman starts.
- **Lead climbing**
  1. Clipping – Avoiding backclipping.
  2. Bolts: Rings, hangers, and plates.
  3. Avoiding having the rope behind the leg.
- **Belaying**
  1. Static and Dynamic belays
  2. Devices - ATC, Gri Gri, Figure 8
  3. Weight differences
  4. Paying out the rope, taking up the slack.
  5. Holding a fall
- **Falling**
  1. Where to have the rope.
  2. How to fall – “cat like”
  3. Soft falls v short falls – fall factors
- **Lowering Off**
  1. Threading the anchors
  2. Rethreading on long pitches.
- **Protecting the Second.**
  1. Tight rope to avoid ground falls.
  2. Protecting traverses.

Typical outline of training course.  
This may vary according to participant’s needs,  
and skill level

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