# Confident Outdoor Climber Details

## Topics:

1. Gear & Planning
2. Leave No Trace for climbers
3. Bouldering
   1. Spotting
4. Top Roping
   1. Knots for outdoor climbing
   2. SERENE Anchors
   3. Getting Down: Rappelling & Lowering
   4. (If time allows) Belay takeovers w/ rope ascension

Objectives: Upon completion, participants in this workshop should be able to:

1. Explain how the Leave No Trace guidelines apply to climbing and why they’re important
2. Describe elements of proper crash pad placement and spotting
3. Establish a top rope anchor using natural and artificial protection (trees, boulders, cams, stoppers, etc.)
4. Evaluate a top-rope anchor using the SERENE framework
5. Apply the 5 elements of lowering to get down from the top of a climb

Difficulty/Skill Level: Novice/ Some Experience Required

Prerequisites: Top rope belayer & climber tie-in

Size: Min.: 2 Max.: 8

Duration: 4 days (Sat. – Tues. of Fall Break)