

Additional Intro. to Indoor Climbing Details

Topics:

1. Types of Indoor Climbing
2. Personal Protective Equipment (PPE)
3. Basic technique/ movement
4. Belaying
5. Routes & difficulty rating systems

Objectives:

Upon completion, students in this workshop should be able to:

1. Implement appropriate safety strategies for bouldering (i.e. spotting, pad placement, fall technique, etc...)
2. Properly put on and adjust a climbing harness
3. Demonstrate proficiency in belaying a top rope climber
4. Properly tie and check the climber's knot(s)
5. Identify climbs or routes that are appropriate for their skill level
6. Utilize basic climbing techniques for moving around the wall

Difficulty/Skill Level: Novice/ No Experience

Duration: ~2 hours (3 days @ 2 hrs ea.; 6 hrs total)