

Additional Lead Lesson Details

Topics:

1. Equipment
2. Clipping
3. Climbing
4. Communication
5. Belay Positioning
6. Rope Management
7. Putting it all together

Objectives:

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

1. Demonstrate proper flaking of the rope & understand its purpose
2. Demonstrate proper clipping using both hands with gates facing both directions
3. Explain the concepts of back-clipping, z-clipping, foot position related to rope, & fall factors
4. Demonstrate proper fall position
5. Understand and implement proper belayer positioning and use of ground anchors
6. Demonstrate proper technique for giving and taking slack
7. Explain the importance of a “soft catch”

Difficulty/Skill Level: Intermediate

Prerequisites:

1. Comfortably/ confidently climb 3x 5.9s, in succession on top-rope (controlled, no rests) with staff witness
2. Minimum 12 months climbing experience with 6+ months of regular climbing (about once a week)
3. Qualified to top-rope belay in our facility

Size: **Min.:** 1 **Max.:** 8

Duration: ~4 hours (2 days @ 2 hrs ea. or 1 day @ 4 hrs)

Outcome: Upon passing the Lead Climb/ Belay evaluation, participants will be approved to lead climb and lead belay in our facility.

Notes:

Additional practice time mock leading (top-roping while trailing a lead rope) is required before scheduling an evaluation.

This course focuses on INDOOR lead climbing. While some aspects are applicable to outdoor leading, this workshop will not cover the various additional skills important to climbing outdoors. This additional content is covered in the Climb Management workshop of the Confident Outdoor Climber series, formerly called Gym to Crag: Sport Climbing.