

Gym to Crag: Sport Climbing

Topics:

1. Treating your gear right
2. Guidebook use
3. Outdoor ethics & etiquette
4. Pre-climb safety considerations
5. On-climb safety considerations

Objectives:

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

1. Inspect and care for basic Personal Protective Equipment (PPE)
2. Explain basic principles for crag etiquette & minimizing impact
3. Properly protect the climb, climber, & belayer
4. Bail from a route
5. Clean your gear from a route
6. Get down from a route safely (rappelling &/ or lowering)
7. Conduct a weighted belay takeover
8. Properly coil a rope

Difficulty/Skill Level: Novice/ Some experience strongly encouraged

Duration: 2 hours