

Basic Rock Climbing Class

Southwest Outdoor Club

Tempe, Arizona

CLASSROOM SESSION #1

Phoenix Rock Gym

Purpose: To introduce the student to roped alpine rock climbing, to begin learning some fundamental skills required, and to prepare for Saturday's "on the rock" trip.

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| 1 | Introductions and an introduction to Alpine Rock Climbing | 6:00 |
| 2 | Course Overview, what to expect and what to prepare for | |
| 3 | Conditioning - Aerobic, Flexibility, Strength | |
| 4 | A short break | |
| 5 | Knots <ul style="list-style-type: none">• Overhand• Slip• Water Knot• Figure-Eight Knot• Rewoven Figure-8 Knot | |
| 6 | Climbing Equipment <ul style="list-style-type: none">• The Rope• Carabiners ("biners" or "links" for short)• Slings, webs, quick draws, runners, loops - all the same• Chocks, nuts, pro, piece• Bolts & Hangers & drills• Harness• Rock Shoes• Climbing Chalk | |
| 7 | A short break | |
| 8 | Other Equipment: Clothing, Pack, Water, Sun Screen, etc | |
| 9 | Belaying and Belay Signals | |
| 10 | References - text book &, other literature | |
| 11 | Discussion of upcoming field trip | 8:30 |