

Basic Rock Climbing Class

Southwest Outdoor Club

Tempe, Arizona

CLIMBING TRIP #1

Purpose: to Introduce the student to Roped Climbing, Use of Climbing Signals, Proper Belaying Technique, Observe the placement of Anchors, evaluate potential risks involved,

Also to challenge the student to stand on steep surfaces which have smallish holds for feet and hands.

Proposed Itinerary

- 1 Sign Release forms. Identify "Next of Kin for purposes of accident/injury"
- 2 Inspect students packs for proper equipment
- 3 Review knots and rope handling (Don't step on the ROPE!)
- 4 Tie Seat Harnesses
- 5 Practice Belaying and Climbing on Low Angle Slabs
- 6 Inspect Anchors for general awareness
- 7 Transit to steeper climbing via a circuitous route, practicing various types of steps along the way.
- 8 Set up anchors, have students inspect
- 9 Climb 2 to 4 routes on steeper faces
- 10 Review techniques learned
- 11 Retire to convenient Food & Beverage establishment to refresh & relive the day's experiences