

Basic Rock Climbing Class

Southwest Outdoor Club

Tempe, Arizona

CLASSROOM SESSION #2

Phoenix Rock Gym

Purpose: To further develop the concepts of "Relatively Safe" climbing including the concepts - The BelayChain, Anchors, How to get off the mountain, How to get up if you can't get up, & Review the Climbing techniques learned so far.

- 1 Review - What we've learned so far, The textbook reading 6:00
- 2 The Belay Chain - each link is important beginning with the First One
- 3 Anchors - Directional vs Non Directional
 - Forces involved in a fall
 - Redundancy / Equalizing
 - The anchor must never fail
- 4 Now I'm at the Top, How do I get DOWN??? - Rappelling, or . . .
- 5 If I can't Climb up, what other alternatives do I have?
 - Go Down, maybe ...
 - Try to climb again ...
 - Climb the Rope - with Prussiks; or Jumars (a.k.a. Jugs), & etc.
 - Call for help ...
- 6 Climbing techniques - what to try the next time out
 - Balance
 - The feet - trust them!
 - Hands for balance
- 7 Discussion of next weekend's outing to Granite Dells, Prescott
- 8 Practice climbing at Phoenix Rock Gym. 8:30