

# Basic Rock Climbing Class

Southwest Outdoor Club

Tempe, Arizona

## CLASSROOM SESSION #3

### Phoenix Rock Gym

Purpose: To prepare the student for multi-pitch climbing - Clipping in, Belaying the Leader, Cleaning a Pitch, Rope Management and Managing other Equipment, Evaluating Environmental conditions, such as Weather.

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|---|---|------|
| 1 | Granite Dells Follow up - What we've learned so far   | 6:00 |
| 2 | What the Leader does - the Sharp end of the Rope <ul style="list-style-type: none"><li>• Placing Protection</li><li>• How far to fall, or when to place the next piece</li><li>• Fall Factor, the severity of the fall</li><li>• Setting a Multi-directional Anchor, for Second &amp; for next Lead</li><li>• Types of Pro</li><li>• Reliability of Placernents</li></ul> |      |
| 3 | Belaying the Leader , Cleaning the Pitch - <ul style="list-style-type: none"><li>• Omni-Directional Anchor</li><li>• Potential Forces are Great</li><li>• Belay Devices</li><li>• Cleaning - the First Step in Learning to Place Pro</li><li>• Tools &amp; Techniques of the "Cleaning Trade"</li></ul>   | 7:00 |
| 4 | Weather & Other Environmental Considerations <ul style="list-style-type: none"><li>• Predicting Weather / Sources of Information</li><li>• Respond appropriately - Hot / Cold / Wet / Sun / Thunderstorms &amp; etc.</li><li>• Clothing in your pack / on your body (i,e, wear it or carry it)</li></ul>  | 7:30 |
| 5 | Next Field Trip to Granite Mountain, Prescott   | 8:00 |
| 6 | Practice Climbing at Phoenix Rock Gym   | 8:30 |