

# Basic Rock Climbing

Southwest Outdoor

Tempe, Arizona

## SYLLABUS

### Classroom Session 1

- Introduction and Overview
- Equipment – The Basics for Climbing + Clothing & etc.
- Conditioning – Stretching & Strengthening + Aerobic
- Knots and Rope handling – Care & Encouragement of Rope Handlers
- Belaying & Belay Signals – a.k.a. Siamese Climbers
- Reference Books & Magazines

Climbing Trip 1 (usually the 1<sup>st</sup> Saturday following the classroom)

### Classroom Session 2

- Anchors – How to Recognize a Good One when you See One
- Rappelling – a Necessary Evil
- Prusiking – or Ascending the Hard Way
- Fundamental Climbing Techniques – Balance & How to use Hands & Feet

Climbing Trip 2 (usually the Saturday and Sunday following the classroom)

### Classroom Session 3

- Belaying the Leader – Additional Responsibilities
- More Climbing Techniques – Smaller Holds & Steeper Walls
- Protection & Cleaning – What the Leader Does, the Follower
- Weather – How to Read It & Prepare for it

Climbing Trip 3 (usually the Saturday following the classroom)

### Classroom Session 4

- First Aid Overview – Arizona's Top 10
- Navigation – Maps, Compass, GPS, Terrain
- Rescue Techniques – Self Rescue & Team Rescue
- Climbing Ethics – A Survey with Individual Involvement

Climbing Trip 4 – Graduation Climb