

Rock Climbing Course Level I and II

The objective of the courses is to develop the practical skills to safely practice rock climbing, focusing both in beginners and, intermediate climbers.

To build a solid foundation regarding safety knowledge.

To grow criteria, fluency and autonomy in different climbing environments.

To expand the possibilities of the people who practice this sport.

Rock Climbing Level I

Contents:

- History and beginnings of climbing.
- Classification of climbing.
- Quality standards and sale of climbing equipment.
- Climbing gear materials.
- Basic knots for sport climbing.
- Types of routes and graduation systems.
- Basic concepts and management of technical climbing jargon.
- Belaying specific techniques.
- Climbing progression systems (top rope, leading and following).
- Rappelling techniques.
- Introduction to multipitch climbing.
- Cleaning gear techniques.
- Rock climbing techniques. Gestures and body movement.

Course duration:

- 4 Theoretical classes
- 5 field full days rock climbing
- 1 day of theoretical and practical exam

Rock Climbing Level II

Contents:

- Traditional multipitch climbing.
- Basic concepts and management of the technical climbing jargon.
- Safety and climbing gear.
- Safety chain. How it works.
- Belaying methods and techniques.
- Climbing progression systems (top rope, leading, following).

- Rappelling techniques on multipitch walls (abseiling rappel, descent without a device).
- Pulley systems.
- Belaying a following climber.
- Descending to the partner techniques.
- Ascending a rope.
- Rock climbing techniques. Gestures and body movement.

Course duration:

- 4 Theoretical classes.
- 5 field full days rock climbing
- 1 day of theory and practical exam.