



Sport Leading Climbing Course

The introductory sport climbing course aims at people who want to gain autonomy and confidence when climbing on rocks or walls. The course will allow you to climb sport climbing routes of up to one pitch with complete independence and safety.

- For people who want to train in rock climbing or artificial walls
- Number of participants: max. 6
- Duration: 2 days

First day: Indoor climbing wall (8 hours)

Second day: Outdoor on the rock (8 hours)

INCLUDED

- Liability insurance and assistance
- Rock climbing Sports Technician
- Transfer
- If necessary, personal equipment (climbing shoes, helmet, and harness).
- Collective material (ropes, carabiners, slings, belay devices, etc.).

NOT INCLUDED

- Snack
- Lunch
- Water

GOAL

- Learn to lead and independently climb equipped single-pitch routes
- Perform basic self-help techniques to resolve incidents practically and safely
- Learn how to belay a partner who is leading or top-roping
- Pass the rope safely through the lowering
- Know the sport climbing equipment
- Know the basic knots for sport climbing

CONTENTS

- What is sport climbing?
- Types of anchors and meetings
- Basic sport climbing equipment
- How to equip yourself
- How to tie yourself with a figure-eight knot
- Belaying techniques, with basket and grigri (basic and advanced technique)
- Basic gesture technique
- Veneering and stapling techniques
- Cross-check
- Rope passage through the double descent
- Knots: eight per whip and sine
- How to catch the wall with all four limbs and dynamically secure a fall
- Rope passage through the single and double descent
- Rope handling and guidance
- Pulley climbing and false first
- Lead climbing.
- Setting up a top rope
- Self-rescue techniques: receiving equipment from the belayer and safely descending from a single point.
- Knots: Prusik and double fisherman
- Tips and tricks, when and how to put the tape with rope on the first bolt of the route from the ground

REQUIREMENTS

- Age: 18 years
- Previous Experience: Not necessary
- Previous training: Not necessary
- Difficulty: Initiation IV / V
- Normal physical condition and agility are required. The difficulty is adapted to the person's physical and technical capacity

PRICE

- 1 person: €340/person.
- 2 people: €220/person.
- 3 people: €190/person.
- 4 people: €170/person.
- 5 people: €160/person.
- 6 people: €150/person.