

CLIMBING COURSE AGENDA - Day 1 Lecture

		<u>START</u>	<u>END</u>
Registration & Donuts	0:30	8:30 AM	9:00 AM
*Introduction	0:30	9:00 AM	9:30 AM
Intros & Course Objectives			
Opening Slides (Climb On Safely)			
Ropes & Slings	0:45	9:30 AM	10:15 AM
Theory, Care & Aging (<u>handout</u>)			
Rope Bags & Rope Coiling Practice (HO)			
BREAK	0:15	10:15 AM	10:30 AM
Knots (<u>handout</u>)	0:45	10:30 AM	11:15 AM
Theory plus practice tying Knots & Slings (HO)			
Grading Systems (<u>handout</u>)	0:15	11:15 AM	11:30 AM
Personal Equipment	0:30	11:30 AM	12:00 PM
Shoes (approach & climbing), Gloves, Clothes			
Helmets & Harnesses (HO)			
LUNCH	0:45	12:00 PM	12:45 PM
John Long Video			
Belaying	0:45	12:45 PM	1:30 PM
Belay Techniques & comfort			
Carabiners, Locking Biners & Belay Devices			
Commands & Belay Practice (HO)			
Prussiks, Triblocs & Ascenders (HO)			
Rappeling	0:15	1:30 PM	1:45 PM
Anchors & <u>ERNEST</u>	0:45	1:45 PM	2:30 PM
Pitons & Bolts			
Nuts, Friends & Natural Anchors			
Rack, Placements, Runout, Redundancy & Removal			
BREAK	0:15	2:30 PM	2:45 PM
Rock Types, Walls, Hazards & Conditioning	0:30	2:45 PM	3:15 PM
Scouting Guidelines (<u>handout</u>)	0:30	3:15 PM	3:45 PM
Wrap Up	0:15	3:45 PM	4:00 PM

HO = hands on practice

*Intros and Objectives start at 9:00 am sharp!