

Cortland County Family YMCA

Climbing 101: Introduction to Climbing

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Course Description:

Students will learn about the fundamental skills and equipment necessary for a safe and enjoyable wall/rock climbing experience. Students will spend time learning terminology, knots, safety, belay skills, better climbing technique, injury prevention, anchoring, and rappelling. The basics of climbing will be mastered at our rock wall before students are given the opportunity to join us for a climbing trip in the great outdoors.

Tentative Schedule

Class 1:

Intro

-overview

-climbing experience?

-stretching and injury

-safety and communication

-the basic gear

-what to bring (pen/pencil, pad, loose clothes, tight shoes)

-terminology: harness, carabiner, gate, hold, daisy chain, belay device, gear loops, take

Class 2:

-terminology: arête, ascent, jug, heel hook, roof, cross, through, pinch, crimp(er)

-muscles used vs. straight arms

-fingers

-core

-figure 8, 8 on a bite

Class 3:

-terminology: beta, bomber, pumped, beast, chalk, crux, flag, gaston, match

-body control and flagging

-static and dynamic moves

-hand holds

-hips

-bowline

Class 4: Catch Up and Brush Up

Class 5:

-terminology: aid climbing, sport, big wall, trad, boulder, builder, DWS, top rope

-types of climbing

-spotting

-figure 8 follow through

Class 6: terminology quiz

-terminology: campus, double back, flash, mantel, smear
-trust falls and spotting

Class 7:

-terminology: ascenders, crash pad, deck, hang dogging, grading
-belaying
-gear
-square knot and becket bend

Class 8: Catch Up and Brush Up

Class 9:

-terminology: break hand, gri gri, atc, free climb, free solo, sloper
-mid term
-belaying

Class 10:

-terminology: active/passive protection, cam, draw, nut, clipping, follow, lead
-belaying
-top rope vs. lead/follow

Class 11:

-terminology: anchor, bolt, YDS, exposure, fixed protection, open hand, pitch
-anchor
-slings
-communication
-water knot

Class 12: Catch Up and Brush Up

-terminology quiz

Class 13:

-terminology: buttress, dyno, flake, guide book, gumby, rappel, run out
-rappelling
-communication

Class 14:

-terminology: approach, face climbing, fall line, hanging belay, haul bag, runner
-rappelling

Class 15:

-terminology: crack climbing, crampons, hand/fist/finger jamming, multi pitch, whipper
-terminology quiz

Class 16/17/18: Catch Up and Brush Up

-skills examinations

Class 19:

-comps
-gyms
-the outdoors

Class 20: final

