

Climbing Rescue Course

Call to arrange your date and time.



HERE'S WHAT TO EXPECT:

Join an AMGA certified instructor to practice the skills needed to raise or lower an injured climber to safety. This day-long course will emphasize technical rigging of anchors and rope work.

PRE-REQUISITES

Participants should have prior experience in top rope climbing and be able to set up climbs, belay and rappel without guidance.

WHERE:

Meet in the Lobby of the UMD Sports and Health Center. From there we will car pool to a nearby site. Please arrive with your climbing equipment, water, lunch, snacks and spare clothing packed in a backpack that you can hike in to an outdoor site.

TOPICS:

- Risk management and preventing accidents
- Protecting yourself at the cliff edge
- Tying off a climber
- Transferring the belay
- Ascending ropes
- Assisted lowers (conscious and unconscious person)
- Raising systems (2 to 1 and 3 to 1 advantage)

WHAT TO BRING:

- Clothing to be comfortable outside in sun, cold, wind and rain
- Small day pack with water bottle, lunch & other personal items
- Notebook and pencil
- Climbing equipment (see complete list in sidebar)

THE OUTDOOR PROGRAM PROVIDES:

- Climbing anchor materials, ropes, static line and first aid kit.

COST:

\$110 per person

CLIMBING EQUIPMENT YOU BRING:

- Harness with belay loop
- Helmet
- Belay/rappel device
- Gri-gri
- 2 prusik loops
- 1-2 cordelettes
- Locking pear-shaped carabiners (at least 4)
- Climbing shoes (optional)

NOTE:

This course will not cover anchor building or providing specific medical care for injured patients. These are skills that you should learn and practice prior to this course.

EXPLORE MORE WITH THE UMD OUTDOOR PROGRAM:

- PCIA Climbing Instructor Certification Courses, May 2008

INFO & REGISTRATION

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The Real Classroom is Outside...Get Into It!