

Top Rope Instructor 3-Day Training Course

Call To Arrange Your Own Dates



HERE'S WHAT TO EXPECT:

This course is taught by AMGA certified instructors and is designed to help prepare a recreational climber for his or her role as a professional outdoor top-rope instructor.

WHERE:

Meet in the Lobby of the UMD Sports and Health Center at 8:00 am. From there we will car pool to outdoor locations near Duluth.

COURSE OVERVIEW:

Each day will begin at 8:00 am and go until around 5:00 pm. Please arrive each morning with your equipment, water, lunch, snacks and spare clothing packed in a backpack that you can hike in to a remote site. We will generally remain at a site for the entire day.

TOPICS:

- Placing and evaluating rock protection
- Knots and anchoring materials
- Building top rope anchors
- Protecting yourself at the cliff edge
- Teaching and coaching techniques
- Rappelling
- High angle rescue
- Group management strategies
- Managing risks in an outdoor/cliff side environment

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:

- Additional climbing equipment as needed, ropes, anchor materials and first aid kit.

COST:

\$345 per person (minimum 2 participants)

PRE-REQUISITES

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

CLIMBING EQUIPMENT YOU BRING:

- Harness with belay loop
- Helmet
- Belay/rappel device
- Gri-gri
- 2 prusik loops (6mm)
- Rope (50 or 60 meter)
- 1-2 cordelettes
- Standard rack (stoppers, cams, tri-cams, carabiners, runners, etc.)
- Locking pear-shaped carabiners (at least 4)
- Anchor line or webbing
- Climbing shoes

INFO & REGISTRATION

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