

Top Rope Instructor Skills Update

9:00 am - 4:00 pm

Call to Set Your own Time and Date



HERE'S WHAT TO EXPECT:

Work with an AMGA certified instructor to update and refresh your skills for setting up outdoor top rope climbs for organized groups and for teaching climbing, belaying and rappelling.

WHERE:

We'll meet in the **Lobby** of the Sports and Health Center at **9:00 am**. From UMD, we'll drive to a local climbing area.

COURSE INFORMATION:

This course is hands-on in nature. Course topics are listed in the sidebar and will be presented in segments with opportunities for discussion and practice in between. Come prepared to be outside all day in all types of weather.

WRAP UP:

The course will end by 4:00 pm with a final review and practice recommendations for participants that will allow you to combine the skills you know for high quality, professional top rope instructor.

REQUIREMENTS:

Successful participants of this tune-up will have some previous experience or familiarity with leading top rope climbing, climbing knots, placing natural and artificial rock protection, setting up top rope anchor systems and rappelling.

EQUIPMENT:

Owning your own equipment is helpful for this course but not required. If you have any of the following items, please bring them to use. If you don't, call Kaija at (218)726-6257 and let her know what equipment you will need and we will provide it.

- harness with belay loop and gear loops
- rock climbing helmet
- belay device
- rope (9-11mm, 50 or 60 meter length)
- 2 prusik loops
- rock protection (stoppers, cams, etc.)
- slings, cordelette, webbing and/or anchor line
- 4 locking & 6 - 10 non-locking carabiners
- lunch, filled water bottle and snacks

Course Topics:

1. Safety considerations for the cliff edge and climbing sites.
2. Belay technique review, different belay devices and the principles of a safe belay.
3. Placement of natural and artificial anchor points.
4. Combining anchoring components with various knots and equipment to form a well-constructed outdoor top rope anchor.
5. Steps in setting up a rappel system, checking it for safety and rope retrieval.
6. Considerations for safe and professional instruction in a group climbing setting.

CONTACT INFO:

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For more climbing info or to schedule a climbing program call Kaija Webster at (218) 726-6257.

COST: \$220 per person

The Real Classroom is outside...Get into It!