

Learn to Lead Sport Climbs



TUESDAY, FEBRUARY 24, 2009
4:00 - 6:00 PM

HERE'S WHAT TO EXPECT:

Lead climbers start at the bottom of a climbing route and clip their rope to anchors as they climb up. We will discuss and practice techniques for safely lead climbing on bolted "sport" terrain.

WHERE:

We'll meet in the North Shore Wall in the Lower Level Fitness Center.

COURSE INFORMATION:

Placements we cover will include:

- ___ equipment: ropes, carabiners, quick draws
- ___ belaying a leader
- ___ proper clipping technique
- ___ avoiding common clipping and belaying mistakes
- ___ overall safety strategies
- ___ falling safely

EQUIPMENT:

We provide climbing equipment for examples and for practice. If you have any of your own equipment, please bring it along to the workshop and use it for practice. It's best to learn with your own gear.

LEAD CLIMBING AT UMD:

Those wishing to lead climb at UMD must pass a lead climbing test during which they demonstrate that they can safely lead climb and safely belay a lead climber on the North Shore Wall. This course is a good first step toward taking and passing the Lead Test. There will not be time to offer the lead test during this workshop. Interested climbers can schedule a lead test during regular open climbing hours.

COST:

\$5 UMD Students/ \$15 Others
Please register by Monday, February 23



INFO & REGISTRATION:

RSOP Day Office:
153 Sports and Health Center
(218) 726-7128
rsop@d.umn.edu
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