

# Top Rope Anchors III: Outdoor Practice

**SATURDAY, MAY 1, 2010**

**9:00AM - 5:00 PM**



## PREREQUISITES:

You need to be able to place and evaluate rock gear such as stoppers and cams and know how to tie off natural protection to form individual anchor points. You have an understanding of combining anchor material such as webbing and of strategies of protecting yourself from a fall at the cliff edge.

## HERE'S WHAT TO EXPECT:

Practice building and evaluating top rope anchors at an outdoor climbing area, Whoopie Wall in west Duluth.

## WHERE:

We'll meet at the Trailhead in the Lobby of the Sports and Health Center and car pool to the climbing area.

## COURSE INFORMATION:

We'll review and practice the following:

- building 2, 3 & 4 point anchors
- using a systematic approach to evaluating the systems for strength and safety
- personal safety at the cliff edge while building anchors
- throwing ropes
- problem solving things that can go wrong with set ups



## EQUIPMENT:

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

## INFO & REGISTRATION:

RSOP Day Office:

153 Sports and Health Center  
(218) 726-7128  
rsop@d.umn.edu  
www.umdrsop.org

**COST:** \$15 UMD Students/ \$55 Others

Sign up by Noon Wednesday, April 28.