

## 1 Day Course Lessons:

- Lesson 1 Equipment and Use: fit for climbing shoes, harness, helmet
- Lesson 2 Environment : leave no trace and wildlife discussion.
- Lesson 3 On site safety: outdoor rock climbing hazards and safety
- Lesson 4 Rock climbing terminology and commands
- Lesson 5 Essential climbing knots
- Lesson 6 Rock Climbing Movement : learn basic climbing techniques, balance, hand grips foot placements and more.
- Lesson 7 Belaying and safely tying into the rope: current belay techniques using belay device and gri-gri, getting others to safely belay you, safety checks.
- Lesson 8 Rope management: Learn about ropes, what you should buy, how to coil your rope for storage and transport and rope handling at the outdoor crag
- Lesson 9 Anchors: Introduction to different anchors, building, quality assessment and use
- Lesson 10 Top-rope set up: Accessing a climb either by leading a route or from the top to set up a top-rope.
- Lesson 11 Rappelling skills: setting up a rappel with safety considerations such as route length, threading the anchor for rappel, rope end knots and prussic back-up.
- Lesson 12 Threading the anchor: Anchor threading skills including safety considerations such as threading a bite, lowering on a bite or rope end, route length and commands.
- Lesson 13 Climbing grades: Understanding different climbing grades and your ability
- Lesson 14 Route selection: Reading guidebooks, understanding the route topo

\*\*Notice: MSAA pledges to always cover all of the critical skill sets. However, though rare, conditions or other constraints may cause for certain lessons to not be appropriate or safe to undertake. Be sure to address your instructor at the time if you have any concerns."