

1 Day Course Lessons:

- Lesson 1 Equipment: Overview and fit for trad climbing equipment
- Lesson 2 Environment : Leave no trace and wildlife discussion.
- Lesson 3 Onsite safety: Current hazards and safety protocols.
- Lesson 4 Introduction to Trad Protection: Cams, nuts, pitons etc.
- Lesson 5 Introduction to Trad terminology, principles and physics: direction of pull, passive vs. active, etc.
- Lesson 6 How to place and remove different pieces of trad protection
- Lesson 7 Building Anchors: Using the IDEALS & SRENE acronym for a solid anchor
- Lesson 8 Building Anchors: Using appropriate soft materials for anchors
- Lesson 9 Lead Climbing Strategies: Racking up for your lead
- Lesson 10 Simulated Leads: Placing and removing protection on top rope
- Lesson 11 Building and Assessing Anchors: When topping out on your trad climb
- Lesson 12 Trad climbing multi-pitch seconding technique & considerations
- Lesson 13 Natural anchors- assessment and use
- Lesson 14 Trad leading session (for those with previous leading experience)
- Lesson 15 Climbing: Professional Coaching and Application

**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."