



Climbing Fall Belay Course

The main focus of the course is to teach participants how to minimize the impact of falls through dynamic belaying techniques, increasing the safety and confidence of both the climber and the belayer. The course is designed for climbers of all levels, from beginners to advanced, who wish to improve their belaying skills and learn advanced fall management techniques on natural rock.

- For people who want to train or improve their skills in securing falls while climbing on rock or artificial walls
- Number of participants: Max. 4
- Duration: 2 days
- First day: Indoor (8 hours)
- Second day: Indoor (8 hours)

INCLUDED

- Liability insurance and assistance
- Rock climbing Sports Technician
- Transfer
- If necessary, personal equipment (climbing shoes, helmet, and harness)
- Collective material (ropes, carabiners, slings, belay devices, etc.)

NOT INCLUDED

- Snack
- Lunch
- Water

WHAT TO BRING

PERSONAL MATERIAL:

- Technical clothing appropriate for the time of year and sporting activity (fleece, windbreaker, waterproof and breathable jacket, gloves, etc.). A windbreaker or thin fleece is always useful, even in summer.
- Comfortable clothing that is neither tight nor bulky
- Backpack between 40 and 45 liters
- Approach shoes or sneakers
- 1L water bottle
- Picnic
- Sun protection (sunglasses, sunscreen, lip balm, cap, or hat)
- A pencil and paper

TECHNICAL MATERIAL:

- Climbing helmet
- Climbing harness
- Climbing shoes
- 2 Safety carabiners
- 1 HMS safety carabiner
- 1 insurer (grigri type)
- 1 Single rope of 80 m
- 9 quickdraws
- 1 HMPE sewn ring 60 cm

If you are missing any technical material, we can lend it to you or advise you on the purchase.

Any questions about the recommendations of the material do not hesitate to contact us.

REQUIREMENTS

- Age: 18 years
- Previous Experience: Necessary
- Previous training: Necessary
- Difficulty: Intermediate 6a is required
- Activity of medium technical difficulty and medium physical demand
- Normal physical condition and agility are required. The difficulty is adapted to the person's physical and technical capacity

GOAL

- Train participants in the use of dynamic securing techniques
- Understand the importance of the dynamic belaying technique
- Learn how to correctly apply dynamic belaying
- Develop the confidence needed to implement this technique in real climbing situations
- Identify the different types of insurance and their application
- Evaluate the appropriate equipment for dynamic securing
- Promote safety and responsibility in sport climbing
- Improve communication between climber and belayer
- Practice advanced belaying techniques
- Managing stress and anxiety during falls
- Analyze case studies of real falls
- Develop observation and error correction skills
- Implement assurance techniques in different scenarios
- Conduct self-assessments and receive feedback
- Promote a culture of safety in the climbing community

CONTENTS

- Assurance practices in adverse conditions.
- Real-time feedback and correction of techniques.
- Belaying techniques in different types of rock.
- Route evaluation and ascent planning.
- Rope management during climbing.
- Belaying techniques in different types of rock.
- Communication and coordination between the climber and the belayer.
- Practical techniques of dynamic assurance.
- Fall simulation exercises.
- Learn to manage independent, lead climbing of equipped single-pitch routes.
- Analyze by dividing the route into sections, to assess where I can commit to climbing and where falls are not allowed.
- To further develop our partner's dynamism/at what level of first/first in top-rope.
- Frog Pose
- Work zone, comfort zone, stress zone, panic zone
- Identify the stress zone
- Accompaniment of the fall
- Feedback on each drop in stress indicators
- Communication through objective language
- Commitment during climbing
- Objective decision making
- Commitment to Decisions
- Be aware of your breathing during the falling process
- Keep your eyes on the fall
- Maintain body position in the fall
- Safety exercises in the decision of the grip
- Grip Confidence Exercises
- Speed exercises when taking the grip
- Examination of a project route applying the contents

PRICE

1 person: €340/person.

2 people: €190/person.

3 people: €170/person.

4 people: €160/person.