



Self-Rescue Course on Multi-pitch Routes

The course prepares and teaches you to deal with unexpected situations and handle the necessary equipment with confidence and safety. You learn to master essential self-rescue techniques in climbing with intensive practical and theoretical training.

- For people who want to train in self-rescue techniques on multi-pitch rock climbing routes 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
- Magnesium bag
- Anchor rope (Multichain) with safety carabiner
- 5 Safety carabiners (1 of them HMS)
- 1 reverse type descender/ ATC
- 1 Double rope of 60 m
- 9 quickdraws extendable to 60cm
- 1 HMPE 120cm sewn ring stretch quickdraw
- 2 rings of 60 cm ribbon
- 1x 120cm HMPE sewn ring
- 1 5 m cord (7mm minimum if it is polyamide, 5.5 if it is Kevlar or Aramid)
- 1 Tibloc
- 1 Micro Traxion

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.

GOAL

- Learning to assemble an “N” hoist (3-1)
- Differentiation between incident, accident and urgency, emergency
- Progressing on a fixed rope
- Descending on a fixed rope
- Tandem rappelling
- Tandem counterweight rappelling
- Download loads
- Rappelling by chance
- Jumping a knot when rappelling
- Upload to a second
- Descend to a second
- Rescuing a first climber

CONTENTS

- The mountain: Objective factors
- The human factor: Subjective factors
- Planning and strategy
- Minimum safety and first aid material
- Incident or Accident
- PAS, distress call
- Getting off a wall: rappelling:
- Trusted meetings: minimum security requirements and types
- Rappelling with one rope, two ropes, with wind
- Rappelling with makeshift equipment
- Passing knots
- Ascent and descent with self-locking devices
- Rescue of a second member of the rope team
- 3:1 Hoist
- Transfer of loads
- Counterweight
- Rappelling with an injured person
- Rescue of a first climber
- With a single rope
- With double strings

REQUIREMENTS

- Age: 18 years
- Previous Experience: Not Necessary
- Previous training: Necessary
- Difficulty: Intermediate V+ / 6a
- It is an activity of low medium difficulty and medium physical demand.
- It is required to have taken the introductory course in multi-pitch sport climbing or have previous experience.
- Normal physical condition and agility are required. The difficulty is adapted to the person's physical and technical capacity.

PRICE

1 person: €340/person

2 people: €200/person

3 people: €180/person

4 people: €160/person