



## Sport Multi-pitch Climbing Course

The introductory multi-pitch sport climbing course is designed for those who want to learn the techniques and skills necessary to climb sports routes of various lengths. Participants will learn how to belay each other, climb progressively, and overcome the obstacles that arise on multi-pitch routes.

- Number of participants: Max. 6
- Duration: 2 days
- First day: Indoor (8 hours)
- Second day: Outdoor on the rock (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

- Obtain basic theoretical knowledge for equipped multi-pitch climbing (equipment, sketches, how to approach the route, etc.)
- Learn how to use and handle the necessary materials
- Learn the techniques of securing and progressing in a rope team of 2 climbers
- Develop the content learned in a real practice environment
- Learn basic self-rescue techniques on multi-pitch routes
- Learn the techniques of securing and progressing in a rope team of 3 climbers

## CONTENTS

- Suitable specific material
- Selection of sectors and routes
- Interpretation of sketches and reviews
- risk assessment
- Prevention of factor 2
- How to equip yourself
- Wall progression on multi-pitch routes
- Alternation of firsts
- Exchange of materials at the meeting
- Communication of the rope team
- Planning and strategy to deal with escalation
- Assembly and type of meetings at fixed points
- Secure from a meeting
- Transition in a rope team of two climbers
- Descent on multi-pitch routes: self-belayed rappelling and abandonment
- Knots: Self-locking and rope joining
- Secure from a meeting to 2 seconds
- Stringing up with double ropes
- Transition in a rope of 3
- Methods for arranging the rope at the meeting
- Rope folds for descent
- Partner Check
- Self-help techniques
- Knots: dynamic and bowline
- Stapling and use of double strings
- First aid kit and self-rescue basics

## REQUIREMENTS

- Age: 18 years
- Previous Experience: Not Necessary
- Previous training: Necessary
- Difficulty: Initiation IV / V
- Activity of low technical difficulty and normal physical demand
- It is required to have taken the introductory course to sport climbing or having knowledge of sport climbing
- Normal physical condition and agility are required. The difficulty is adapted to the person's physical and technical capacity
- Walking on mountainous and rocky terrain.

## PRICE

- 1 person: €340/person.
- 2 people: €230/person.
- 3 people: €210/person.
- 4 people: €190/person.
- 5 people: €170/person.
- 6 people: €160/person.