



# CLIMBING COURSE

 **DURATION 2 days**



## FOR WHO

This course is for anyone who wants to approach to outdoor climbing, learning techniques of vertical movement

This course is aimed to all those who want to approach to outdoor climbing, learning techniques of vertical, knowing specific safety equipment.



## PREREQUISITES

Good physical health

Climbing is a fascinating activity that is part of our natural instinct. As we grow up we may lose the interest in vertical movement in general and we may lose certain abilities. But for those who know the strong emotions that climbing gives us it is impossible to let those skills fade!

This course is for anyone who wants to approach to sport climbing, learning basic techniques of vertical movement and use of ropes. It is also important to know how to safely manage an incident and much more.



## TRAINING METHODOLOGIES

Theoretical lessons, practical simulations  
De-briefing, team work.

This course is also helpful for those who want to improve their skills and those who have been practicing for years but seem not to improve, maybe because they are missing out a point, or they do not know when to stop, or maybe there's still some fear of falling! Our expert alpine guides will be pleased to deepen such topics.

## @ INFO & BOOKING

[info@rescueproject.it](mailto:info@rescueproject.it)

[www.rescueproject.it](http://www.rescueproject.it)

0463.973278 - 3292743226



# PROGRAM

## Climbing course

### HOURS

### ACTIVITIES & CONTENT - DAY 1

<b>8:30 – 9:00</b>	Meeting Compilation of registration form Presentation of the course
<b>9:00 – 12:30</b>	Theoretical lesson: <ul style="list-style-type: none"> <li>- Climbing history</li> <li>- Typologies of rock we may encounter</li> <li>- Climbing equipment</li> <li>- Walking up techniques</li> <li>- Safety systems</li> <li>- Sport climbing VS alpine climbing</li> <li>- Climbing dangers and risks</li> <li>- Video and comments</li> </ul>
<b>12:30 – 13:30</b>	Lunch
<b>13:30 – 17:00</b>	Outdoor tests Climbing simulations / safety management Knots
<b>17:00- 19:00</b>	Debriefing

### HOURS

### ACTIVITIES & CONTENT – DAY 2

<b>8:30 – 12:30</b>	Ritrovo e partenza per la falesia Nodologia e sistemi di passaggio del nodo in sosta chiusa Sistemi di abbandono di parete e calata in corda doppia La progressione in salite a più tiri
<b>12:30 – 13:00</b>	Pranzo al sacco in ambiente
<b>13:30 – 18:30</b>	Sistemi di sicurezza friend e dadi Prove pratiche con friend e dadi Simulazioni di primo soccorso, chiamata d'emergenza e primo intervento Rientro in struttura Debriefing e valutazioni dell'esperienza Saluti



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### EQUIPMENT

All technical equipment will be provided by the organization, but it is possible to bring your own shoes and lashing.

It is suggested to bring snacks and drinks based on saline supplements. It is fundamental to communicate to the instructor any possible shortcoming of the activity.



### GOALS

- Knowing the main **risks** in outdoor climbing
- **Analysing** the environment
- Using main **safety systems**
  - Knowing main **self rescue** and **rescue** techniques