



INTRODUCTION TO ROCK CLIMBING

Sports training.



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1. INTRODUCTION

This didactic program is aimed at all beginners, since it deals with the basic, theoretical and practical concepts to be able to climb in an autonomous and safe way. For all types of audiences from children to adults.

Due to the great boom of sports climbing in recent years, a large number of people want to start in this sport, they are aimed at this program.

The characteristics of the context where the programming will take place will be: the first theoretical-practical classes will be in the classroom and the initiation routes of Santa Llucia, Sol del Barranc, Lliber and Font d'Aixa. These are suitable for beginners and some more.

Course designed for at least 4 students.

2. DURATION.

The program will have duration of aprox (15h) divided into three 5h sessions:

- 1st session 9 o'clock in the morning to 2 o'clock.
- 2nd session 9 o'clock in the morning to 2 o'clock.
- 3th session 9 o'clock in the morning to 2 o'clock.

In this way, people who work during the week can attend on weekend, and with this duration the minimum objectives proposed can be reached.

3. DIDACTIC OBJECTIVES.

1. Know and identify the basic rock climbing equipment.
2. Know and perform the basic techniques of rock climbing belaying correctly.
3. Know and perform the basic knots and maneuvers of rock climbing.
4. Carry out a rock itinerary autonomously with the rope partner.
5. Interpret climbing reports correctly.
6. Respect the environment, material and equipment for public use.
7. Cooperate correctly in team work.
8. Know and perform the necessary communication with the roped partner.

4. CONTENTS

4.1. CONCEPTUALS

Basic equipment:

- Harness, quick draws, carabiners, belayer device.
- Helmet, climbing shoes (on behalf of the student), choc and bag.
- Anchor lines with safety carabiners.
- Dynamic rope of 10 to 10.5 mm in diameter and 50-70 m in length.

Meetings, anchors:

- Spits, parabolts, chemicals...
- Different impressions of reviews of the areas to work.

All the material must be tested and approved.

4.2. PROCEDIMENTALS

- How to do the double eight knot, by sinus, others.
- Full use of the grigri.
- Teaching and practices in stop fallings.
- Control of the abseiling maneuver.
- Progression of the 1st and second roped (top rope).
- Communication between the roped team.

4.3. ACTITUDINALS

- Preoccupation for the proper use of the equipment and the environment where the activity takes place.
- Respect towards our environment, companions and nature.

5. TEACHING-LEARNING ACTIVITIES.

- Exercise practices knot 8 and others.
- Exercises of correct placement of the rope with the grigri.
- Practical exercises in STOP falling, both insured and belayer.
- Climbing of tracks in top rope.
- Practical and explanations by the classmates of all the exercises already given.
- Theoretical explanations about conceptual contents.
- Warm up before starting.
- Games for familiarization and initiation to climbing (gestures and repertoire of movements).
- Practical exercises to make dynamic knot and use.
- Encourage self-evaluation to ensure a better understanding of the exercises.

6. ACTIVITIES AND EVALUATION CRITERIA

The evaluation is planned according to the established objectives. It is divided into 3 parts:

- 1- An initial evaluation will be carried out; to have a global idea of the group and its physical conditions. This will not have representation in the final note.
- 2- There is a continuous attitudinal evaluation. This represents 40% of the final result.
- 3- Finally, a practical checking will be carried out with procedural and conceptual contents. This will represent 60% of the result.

6.1. EVALUATION INICIAL FORM.

1. Have you ever practiced climbing? If so, comment it?
2. Have you practiced any sport? How long?
3. Do you play sports during the week or a sport regularly? Explain the time you spend.
4. Do you have any knowledge of knots in any field?
5. What do you know about climbing?

6.2. EVALUATION FORMS.

7. CLIMBING SESSIONS.

8. METHODOLOGY.

The trend of this programming goes from less to more autonomy. Most of the students are beginners and they start from the beginning, one of the objectives of this course is that students can go climbing autonomously.

There are several styles of teaching that we will use:

The course and in all the sessions will be used reciprocal teaching since they will be organized in pairs, although they will have to be changed. All this as in the activities: learning knots, stop fallings, preparing equipment... It will be a constant.

The assignment of tasks will always be present because the technician directs the activities, leaving a little margin of error for the students to commit and learn. Direct control will be used when strictly necessary due to security or safety issues.

The free exploration will be used in the first experiences, the student will be told to notice his sensations when he performs the activity. As in the activities: first impression of the equipment, first climbing in top rope.

9. TEMPORALIZATION.

1st Session: de 9 a 11.30 h Xàbia Activa.	11.30-12h Break & brunch.	12h-14h Rock wall: Santa Llucia, Xàbia.
2 nd Session: de 9 a 11.30 h Torre Ambolo.		12h-14h Rock wall: Torre Ambolo, Xàbia.
3th Session: de 9 a 11.30 h Rock wall: According to Level.		12h-14h Rock wall: According to Level.

10. CLIMBER EQUIPMENT.

The course includes liability and accident insurance, collective and individual equipment (except for climbing shoes for hygiene), teaching equipment.

11. DIDACTIC RESOURCES.

Facilities: Classroom and climbing tracks (initiation) at natural environment.

Student material: climbing shoes, backpack for portage, snacks (recommended fruit, nuts, energy bars) and enough hydration.

Material for the course: dynamic ropes, helmets, safety carabiners, quick draws, delay devices, insurers, ribbons, choc, backpacks for portage, first aid kit.

12. PRICE.

Total per person 110€

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