

CLIMBING COURSES AT THE ROXX

LEAD CLIMBING COURSE






An introduction to Lead Climbing

Three comprehensive sessions with an experienced Instructor. This course will provide you with a solid introduction to the skills and knowledge required to lead climb confidently and to safely belay other lead climbers.

WHO IS THIS CLIMBING SESSION FOR ?

This course is an ideal introduction to lead climbing indoors and is suitable for all confident Top Rope climbers.

ON COMPLETION A CLIMBER WILL BE ABLE TO:

-  Demonstrate knowledge of lead climbing equipment, terminology and safe practice
-  Prepare and manage the rope for lead climbing
-  Use safe belaying techniques with confidence
-  Understand fall factors and how to hold a fall / take a fall
-  Use quick draws and clip / unclip them

The amount of time spent on each topic will depend on the needs of the individual or group.

Instructor:

This Lead Climbing course is delivered by one of our experienced Lead Climbing instructors.

COURSE DETAILS:

- Cost:** \$95.00 - includes all equipment and instruction
Duration: 3 sessions x 2 hrs
Dates: Ask at Reception or go to www.theroxx.co.nz for times of the next course
Booking: Ask at Reception or Tel 03-377 3000

Phone 03-377 3000 • Website: www.theroxx.co.nz
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the
roxx
climbing centre