

Indoor lead climbing

This indoor course is aimed at anyone who is confident in top rope climbing and wants to expand their climbing skills to include lead climbing. The basics and techniques of lead climbing and companion belaying are taught on various routes with over 200 holds.

Prerequisites for participation:

- Mastery of the 4th degree of difficulty (UIAA) in the top rope
- Correct belaying with tubers, HMS or semi-automatic devices, as taught in the Top rope course (Level 1) or for the DAV climbing licence Top rope
- It is not necessary to present a climbing licence, but a test of top-rope belaying skills will be carried out at the start of the course.

Course content

- Equipment, material and knot theory
- Techniques for safe belaying and climbing in top rope and lead climbing
- Self-control and partner check
- Various anchoring methods (figure of eight, double bulin)
- Partner belaying with dynamic and semi-automatic equipment
- Recognising and avoiding dangers
- Fall exercises for falling and holding falls
- Hooking techniques for intermediate belays

All courses include the exam option for the DAV lead climbing licence. Participation in all course dates is a prerequisite for this.

Participants with safety-related deficits or who do not turn up for the 1st and 2nd dates may be excluded from the rest of the course.

Please bring along

- Sturdy, close-fitting shoes with a hard sole (e.g. indoor sports shoes or tight sneakers) are required for climbing. We recommend climbing shoes. The rest of the climbing equipment is provided.
- 1 Euro coin for the locker