

Indoor top rope climbing

Climbing is a natural movement that not only engages all the muscles of the body, but also trains coordination and promotes trust in climbing partners. In our top rope courses, climbing can be learnt from scratch with licensed instructors - regardless of wind and weather - in the FU and TU climbing hall on Hüttenweg.

Course content

- Teaching basic climbing skills
- Material and knot knowledge, tying in method (figure of eight)
- Techniques for safe belaying and climbing
- Self check and partner check
- Partner belaying with dynamic and braking assisting devices
- Recognising and avoiding dangers
- First experiences with fall exercises on the rope
- Climbing top rope

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

Anyone who does not attend the 1st or 2nd class will be excluded from the course, as safety-relevant content is taught here.

Please bring along

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