

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 braking assisting 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 check and partner check
- Different tying-in methods (figure of eight, double bowline)
- Partner belaying with dynamic and braking assisting devices
- Recognising and avoiding dangers
- Fall exercises for falling and holding falls
- Clipping techniques for quick-draws

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 or 2nd class may be excluded from the rest of the course.

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