



CYPRUS MOUNTAINEERING CLIMBING AND
ORIENTEERING FEDERATION

**SPORT-CLIMBING MULTI
PITCH COURSE (SMPC)
AND
ADVENTURE-CLIMBING
MULTIPITCH COURSE (AMPC)**

Issue: CTC/SMPC-AMPC Rev.0/2025

COURSE HANDBOOK

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1 OVERVIEW

1.1 Definitions

<i>CMCOF/ Κ.ΟΜ.Ο.Α.Α.Π</i>	Cyprus Mountaineering Climbing and Orienteering Federation/ Κυπριακή Ομοσπονδία Ορειβάσις Αγωνιστικής Αναρρίχησης και Προσανατολισμού
<i>CTC</i>	Climbing Training Commission
<i>UIAA</i>	Union Internationale des Associations d'Alpinisme (International Climbing and Mountaineering Federation)
<i>CCI</i>	Cyprus Climbing Instructor
<i>RCI</i>	Rock Climbing Instructor (Single-Pitch, Multi-Pitch and Adventure climbing)
<i>SMPC</i>	Sport-Climbing Multi Pitch Course
<i>AMPC</i>	Adventure-Climbing Multi Pitch Course
<i>Providers</i>	The persons who will execute the course
<i>Sport Climbing</i>	Lead climbing with rope where the only means of protection you need to place are quickdraws. The bolts are already pre-placed in the rock.
<i>Single Pitch</i>	Single pitch climbing routes can be up to half rope length (around 30 meters) and have an anchor set up at the end. Once the climber reaches the anchor, the belayer lowers him/her down.
<i>Adventure Climbing</i>	Adventure climbing or Trad climbing, is a form of free climbing where the climber places their own removable protection (like cams, nuts, and hexes) into the rock as they ascend.
<i>Multi Pitch</i>	Routes that are longer than a single rope length, requiring climbers to ascend multiple sections (pitches) separated by belay stations.

1.2 Preface

This handbook contains information for the Sport-Climbing Multi Pitch Course (SMPC) and the Adventure-Climbing Multi Pitch Course (AMPC). It is prepared by the Climbing Training Commission (CTC) of the Cyprus Mountaineering Climbing and Orienteering Federation (CMCOF).

Many active climbers enjoy the positive energy, and the mental growth that sport climbing offers on our island. However, sport climbing is not the end of the journey – it's just the beginning of an incredible adventure!

Sport climbing usually offers a safe and athletic environment where climbers, whether beginners or experienced climbers, can use to grow in the sport, master techniques, and enjoy the excitement and thrills of single-pitch walls. There's no denying the magic of pushing your limits and climbing higher grades, a feeling mostly sport climbing can offer, yet at the same time, it is limited to that as well.

At some point, many climbers want to take climbing to the next level and embrace a greater sense of freedom and adventure.

Have you been climbing for a while and find yourself yearning for new heights and diverse terrains and crags? If so, it's time to spread your wings and step into the world of bigger walls beyond your local single-pitch crag.

To begin this journey, you'll need to follow three key steps:

- **Climb with an Experienced Partner**
Start by joining a friend with experience and knowledge about multi pitch routes and follow them to the summit. If you return to the ground safely and you have a smile on your face, then you are ready for the next step.
- **Complete a Single Pitch Sport Climbing Course**
If you haven't already, enroll in a single pitch sport climbing course with a certified instructor. This will give you the skills and confidence needed to take care of yourself on the vertical environment of climbing safely. If you've already completed this step, congratulations!
- **Join the Multi-Pitch Adventure Climbing Course**
Now you're ready for the *Adventure-Climbing Multi Pitch Course*, designed to prepare you for the challenges and excitement of climbing bigger walls. Answer the call and take your climbing to the next level!

2 COURSE OVERVIEW

2.1 Aim of the course

The basic aim of the course is to instruct and train the participants in the basic climbing and safety techniques of **Multipitch climbing** and **Adventure climbing**.

Upon completion of the course, the participants will be able to climb autonomously, with the highest possible safety, Sport Multipitch and Adventure Multipitch routes. Attention given and focused on the safety aspect of the climbing partnership through knowledge at all levels.

An important target is the understanding of the climbing environment and the dangers of multipitch and adventure climbing.

Furthermore, the creation of self-confidence is emphasized, as well as the guidance and training for the improvement of each participant's level.

The teaching sessions are divided into **two sections**:

Section 1: Focused on learning the procedures for safe **Sport Multi Pitch Climbing**.

Section 2: Focused on learning the procedures for safe **Adventure (Trad) Climbing**

The handbook supports two distinct Courses, structured as follows:

Sport-Climbing Multi Pitch Course (SMPC) (Section 1)

- Covers Section 1 exclusively
- Candidates who complete this course and demonstrate solid knowledge will receive a certification for "*Multi-Pitch Climbing at Organized Bolted Climbing Sector*".

Adventure-Climbing Multi Pitch Course (AMPC) (Sections 1 and 2)

- Covers both Section 1 and Section 2
- Candidates who complete this comprehensive course and demonstrate solid knowledge will receive a certification for "*Adventure Climbing and Multi-Pitch*".

IMPORTANT NOTES:

- Section 2 cannot run as a standalone course.
- Even if a candidate has previously completed and been certified for SMPC, they must retake Section 1 as part of AMPC. This ensures a refreshed and integrated understanding of both sport and adventure multipitch climbing procedures.

2.2 Courses Analysis

2.2.1 SMPC Sport-Climbing Multi-Pitch Course (Section 1)

This course will teach participants how to safely scale a bolted multi-pitch climb and equip them with the skills to handle most challenges that might arise while on a big wall. Participants will learn all the essential skills to operate confidently and safely while off the ground.

The course also emphasizes problem-solving and emergency response, ensuring participants know how to react effectively if things go wrong. By the end of the course, participants will feel in full control on the bolted wall and will be able to return to the ground efficiently and safely.

For more detailed information, refer to Appendix I.

2.2.2 AMPC Adventure-Climbing Multi Pitch Course (Sections 1 and 2)

The first step is to successfully complete Section 1 as described above.

The next and final step (Section 2) as a recreational climber is venturing into the unknown; scaling big walls, enhancing your climbing experience and stepping into the realm of mountaineering. This course will teach participants how to scale not-bolted, single- or multi-pitch climbs as safely as the route allows.

During the course, participants will learn to climb while placing removable protection, to protect the climb and ensuring they return to the ground the same day. (Note: Multi-day climbs on the wall are beyond the scope of this course). Participants will learn all the skills needed to be on the wall, away from the “safety” of bolts, using removable protection, and leaving the wall as they found it.

Additionally, the course will cover essential planning and risk management skills, such as gathering route information, preparing for the unexpected, and planning the day effectively. These skills will help climbers stay safe and checked throughout their experience. Importantly, this course marks the first step toward tackling bigger challenges like venturing into the great mountains!

For more detailed information, refer to Appendix I.

IMPORTANT NOTES:

- Section 2 cannot run as a standalone course.
- Even if a candidate has previously completed and has been certified for SMPC, they must retake Section 1 as part of AMPC. This ensures a refreshed and integrated understanding of both sport and adventure multi-pitch climbing procedures.

2.3 Prerequisites to enroll in the courses.

- Must be active sport climbers for at least 4 months.
- Have climbed free at least 30 routes of any grade.
- Have climbed free at least 3 routes of French 5c grade.
- Feel comfortable when on the climbing walls of Cyprus.
- Know how to keep themselves safe while climbing.
- Mastered belay technique, and sport climbing anchor procedures.

2.4 Required Equipment List for the courses

- UIAA/CE approved Climbing Helmet
- UIAA/CE approved Climbing Harness with belay loop
- Climbing shoes and approach shoes
- 6 or more sport climbing quickdraw runners, and 6 alpine quickdraw runners
- 4 or more non-locking carabiners
- 2 or more locking "HMS/Pear-shape biners"
- 4 or more locking carabiners.
- Manual braking belay/rappel device.
- Releasable assisted braking device.
- Prusik loops (made with 1.4 m of 6/7mm nylon accessory Cord)
- Nylon accessory cord, 7mm 7 meters long
- One 50-60m "single" dynamic rope (9.1-10mm) suitable for leading and top roping
- Cordelettes (5m of 7mm nylon accessory cord) or
- 2x120cm nylon slings and 3 to 4 assorted dyneema slings.

All gear will be inspected every day of the course and is expected to be in good condition.

2.5 Duration of the Courses

SMPC: The duration of the course must be minimum of 40 hours (about 5 days)

AMPC: The duration of the course must be minimum 64 hours (about 8 days).

A full analysis of the course can be found in Appendix II.

2.6 Course Provider to Student ratios for the course

2.6.1 Course provider

The Course provider is CCI (Cyprus Climbing Instructor) registered at the registry of the CTC (Climbing Training Commission).

For this course the CCI must be registered as RCI

The CCI training and qualification is accredited with the Mountain qualification Label (MQL) awarded by UIAA Training Commission.

2.7 Instructor to students' ratios

The students to instructor ratios should not exceed six (6) students to one (1) instructor.

3 Course Certification

The students will be validated at the end of the course.

If the validator concludes that the students have solid knowledge of the course material and show competence of climbing autonomously, then they will receive a certification.

3.1 Validator

The validator can be the Course Instructor, or any other CCI registered in the CTC that has the same qualification or higher than the course provider.

3.2 Validation process

The validation will take place the last day of the course, and the student will receive the certification paper upon demonstrating competence and a comprehensive understanding of the safety processes surrounding the subject matter, to the instructor/validator's satisfaction.

Note: The student and instructor can agree upon an alternative validation date if it better serves the students' needs.

4 Courses Curriculum

The following sections consist of the Curriculum for:

SMPC: Sport-Climbing Multi Pitch Course (Section 1)

AMPC: Adventure-Climbing Multi Pitch Course (Section 1 and 2)

Refer to each session analysis in Appendix I.

4.1 Section 1

Session M1: Theory of all climbing gear and correct safe use of it.

Session M2: Knots, uses and relevance to carabiners.

Session M3: Differences to single-pitch climbing.

Session M4: Anchor building theory and practice.

Session M5: Belaying the leader and the second.

Session M6: Abseiling techniques.

Session M7: Problem solving skills (ascending rope, abseiling pass a knot or knots, moving loads up and down the wall, abseiling without abseiling device)

Session M8: Choosing a multi-pitch route, understanding the dangers and preparation.

Session M9: Practical execution of the skills learned, by climbing multi-pitch routes.

Session R1: Giving assistance to the second, in passing a crux move while on belay. (when climber is in sight and close, and when not in sight or close to belayer)

Session R2: Escaping the system while belaying the second (when close to master point, or away from master point).

Session R3: Procedure to take the injured climber by abseiling to him/her and moving injury to the ground on single-pitch crag.

Session R4: Procedure to take injury to the ground on multi-pitch terrain.

4.2 Section 2

Session T1: Theory of all trad climbing gear and correct safe use of it.

Session T2: Trad gear placements.

Session T3: Theory anchors/station construction, forces in trad climbing, and multi-pitch considerations.

Session T4: Trad gear use for station rigging, and station rigging analysis.

Session T5: Top rope anchor rigging, and setting.

Session T6: Executing abseils from trad gear anchors. Special considerations.

Session T7: Understanding forces in trad climbing. Leading, belaying, falling scenarios. Single, double and twin ropes.

Session T8: Belayer and leader working together. The zip effect avoidance, single and double ropes use.

Session T9: Aid climbing using trad gear.

Session T10: Practical execution of the skills learned by climbing trad routes under supervision.

APPENDIX I – Course Session Details

Section 1

Session M1:	Theory of all climbing gear and correct safe use of it.
Location:	Classroom setting/Crag
Equipment:	All climbing gear for multi-pitch climbing.
Goal:	Participants will have comprehensive knowledge of the equipment, and the materials used in the course, and will be familiar with its use, care, applications, and storage.
Overview: A hands-on review of climbing equipment and materials: - Tuber in auto-lock position. (ATC-guide, Reverso, Smart, etc.) - Belay plate - Slings - Rope: single, double, twin, dynamic, semi-static and static rope and their proper applications. - Webbing and cordage: materials, application and care. - Carabiners. - Belay devices, ascenders, tractions. - In depth analysis of the tether. (types, strength, use, etc.)	

Session M2:	Knots, uses and relevance to carabiners.
Location:	Classroom setting/Crag
Equipment:	Ropes and cords.
Goal:	Participants will have comprehensive knowledge of knots and their usage.
Overview: A hands-on review of knots: - Figure 8 follow-through knot to tie-in. - Figure 8 on a bight. - Ring-bend to tie-in. - Stopper-knot. - Clove hitch, with one or two hands. - Munter hitch, with one or two hands. - Mule knot (blocking knot). - Girth hitch. - Fisherman's knot (single, double, triple). - Friction hitches – French Marchard double direction, prusik, Marchard single direction/kleinheist. - Two loop figure 8 or bunny ears. - Butterfly. - Knots to connect two ropes (Flat overhand, Guide's knot).	

Session M3:	Differences to single-pitch climbing.
Location:	Crag
Equipment:	
Goal:	Participants must understand the difficulties and dangers of multi-pitch climbing.
Overview: - Difference in the belayer's position while on the route. - o Hanging anchor. - o Anchor on a ledge. - Difference in the forces that may develop while climbing. - o Fall factor 2 and in-depth analysis. - o Avoiding factor 2 falls. - o Correct position of the belayer at the anchor. - The rope during climbing, how to collect and manage it to avoid problems. - o Problems that may arise with the rope. - o Being tethered the whole time while on the route. - Redundancy while climbing multi-pitch routes. - Being tethered the whole time while on the route.	

Session M4:	Anchor building theory and practice.
Location:	Crag
Equipment:	All climbing gear for multi-pitch climbing
Goal:	Participants must understand the different types of anchors and their advantages and disadvantages and how to build them.
Overview: - What is an anchor, and what is the use of it. - What are the rules for anchor construction. - Have a look at all anchor construction and equalizations. - Extension of anchor, when and how, advantages and disadvantages. - Materials to set anchors (Slings, cord, climbing rope, advantages, and disadvantages). - Redundancy and shock loading. - Even distribution of weight or not. Practice and research.	

Session M5:	Belaying the leader and the second.
Location:	Crag
Equipment:	All climbing gear for multi-pitch climbing
Goal:	Participants must learn and use the belaying technics of multi pitch climbing.
Overview: - Belaying the lead climber avoiding fall factor 2. - Belaying the leader responding to fall factor 2. - Belaying the second with ATC device, HMS carabiner with Munter hitch, or assistance braking devices - Rope management	

Session M6:	Abseiling techniques.
Location:	Crag
Equipment:	All climbing gear for multi-pitch climbing
Goal:	Participants must learn and execute abseiling.
Overview: - Evaluation of abseil anchors. - Rope management - Connecting ropes and stopper knots - Executing an abseil with different devices in descender/brake mode.	

Session M7	Problem solving skills (ascending rope, abseiling pass a knot or knots, moving loads up and down the wall, abseiling without abseiling device)
Location:	Crag
Equipment:	All the equipment.
Goal:	Learn some problem-solving skills, needed when things start to go wrong while climbing.
Overview: Basic knowledge of problem solving with minimum gear, is essential for fast movement on the wall. Ascending fix, or non-fix rope. Passing a knot when ascending or descending a rope. Pulley systems for moving loads up the wall. (3:1, 5:1, 6:1) Abseiling with improvised friction generating solutions.	

Session M8	Choosing a multi-pitch route, understanding the dangers and preparation.
Location:	Crag
Equipment:	All the equipment.
Goal:	Learn how to choose a route to minimise the risks.
Overview: - Things to consider before we start climbing a multi-pitch route: - o Difficulty. - o Number of pitches and length of the route. - o Time needed to climb the route. - o Food and water. - o Weather conditions and what the environment demands from the climbers. - o Can we retreat from the route? If so, where? If not, what changes? - o The ability of the climbing partner and how this effects the climb. - o The materials we need to take with us. - Is the route-finding easy? - How do we get down from the route? Do we need anything else? (double ropes?) Are the anchors well organized, providing ease to abseil? If not, what will we need? (cord or maillon-rapide) - If something goes wrong, e.g. an injury, do we know what to do? (do we have a telephone, will it have signal, who do we call, can we explain where we are?) - Have we informed anyone about our intentions, how many days it will take and when to inform the authorities if we don't return? - What notes do we need to take along while climbing?	

Session M9	Practical execution of the skills learned, by climbing multi-pitch routes.
Location:	Crag
Equipment:	All the equipment we use for multipitch-routes.
Goal:	To climb as many routes as possible, under the supervision of the instructor.
Overview: This is the essence of adventure climbing! We would learn to: - Use guidebooks to find routes. - Find the routes on the sector. - Prepare to climb the route. - Gear organisation on harness. - Use of different ropes, and techniques. - Station rigging and belaying second. - Walking of the route or abseiling off. (Finding the abseil station)	

Session R1	Giving assistance to the second, in passing a crux move while on belay. (When climber is in sight and close, and when not in sight or close to belayer)
Location:	Crag
Equipment:	All the equipment we use in multi pitch climbing.
Goal:	Is to learn to assist our second when in need of some assistance to progress on the route. This is not a rescue drill.
Overview: - Assistance when climber is on sight, and generally close to belayer. - Assistance when climber is out of sight. - Avoiding such problems.	

Session R2	Escaping the system while belaying the second (when close to master point, or away from master point)
Location:	Crag
Equipment:	All the equipment.
Goal:	Learn to escape the system, so assist or do a rescue while on route.
Overview: Rescue scenarios of the second is more often needed than rescuing the leader. And a bit more complex to perform. So, we will look at: - Escaping the belay system when: - Within reach of the anchor. - Out of reach of the anchor. - When belayer safety is part of the anchor.	

Session R3	Procedure to take the injured climber by abseiling to him/her and moving injury to the ground on single-pitch crag.
Location:	Crag
Equipment:	All the equipment we use to trad climb.
Goal:	Is to execute a rescue on a single pitch environment, taking our injured climber to the ground.
Overview: We will look at the options we have, so that we offer a quick solution to the problem at hand, taking our injured second climber to the ground. To do so, we will need: - To lower our climber to the ground (changing our belaying device from belaying to lower). All safety steps needed for such action. - To escape the system and abseil with counterbalance abseil to the ground, picking our injured climber in the process.	

Session R4	Procedure to take injured climber to the ground on multi-pitch terrain.
Location:	Crag
Equipment:	All the equipment we use to trad climb.
Goal:	Is to execute a rescue on a multi-pitch environment, taking our injured climber to the ground.
Overview: A much more complex skill to execute. We will need to: - Escape the system. - Change from belaying to counterbalance abseil. - Abseil to climber, pick him/her up, and abseil to next station. - Use station to transfer loads on mid station. - Free rope, retrack it, and pass it through new station. - Use it to continue abseiling with our injured climber to the ground.	

Section 2

Session T1:	Theory of all trad climbing gear and correct safe use of it.
Location:	Classroom setting/Crag.
Equipment:	Climbing gear.
Goal:	Participants will have comprehensive knowledge of the equipment and the materials used in the course, and will be familiar with its use, care, applications, and storage.
Overview: A hands-on review of climbing equipment and materials: - Trad climbing personal equipment: Review of required equipment, leader pack and personal gear. - Rope: dynamic, semi-static and static rope and their proper applications. - Webbing and cordage: materials, application and care. - Karabiners. - Protection: gear appropriate for anchor building and leading in single pitch settings. - Belay devices, ascenders, tractions.	

Session T2	Trad gear placements.
Location:	Crag
Equipment:	All the equipment we use to trad climb.
Goal:	For the participants to understand all practical use of trad placements and learn to utilise gear's maximum strength.
Overview: Placing gear correctly, is the major safety consideration. The participants will: - Practice placing all available gear. - Direction of placements. - Connect gear together, and combined gear placements. - Efficiency in gear placements. - Evaluation of strength and safety of each piece. - Falling on gear considerations.	

Session T3:	Theory anchors/station construction, forces in trad climbing, and multi-pitch considerations.
Location:	Classroom setting/Crag
Equipment:	Climbing gear.
Goal:	For participants to understand and have comprehensive knowledge of the forces that are applied while trad climbing. Understanding that environment means that you can predict most dangers and solve problems before happening.
Overview: Anchor construction is an art in trad climbing. The participants will gain the knowledge to rig the appropriate anchor/station, for all different scenarios, according to the specific environment and gear used. • What gear to use. • How to equalise that gear. • What materials to use for equalization. • How to use the anchor/station. • Special considerations about station management. • Multi-pitch precautions and solutions.	

Session T4	Trad gear use for station rigging, and station rigging analysis.
Location:	Crag
Equipment:	All the equipment we use to trad climb.
Goal:	The participants will learn to construct all different anchors available to climbers and learn when to use each anchor and why. Furthermore, they learn how to in-spot evaluate each anchor use and safety.
Overview: Perhaps, the most complex aspect of trad climbing is the anchor construction. For that reason, special attention is given to this aspect: - How many pieces in an anchor? Why? - How we use the anchor and positioning belayer in optimal position. - Anchor / station management and leaving the anchor with safety. - Station central point.	

Session T5	Top rope anchor rigging, and setting.
Location:	Crag
Equipment:	All the equipment we use to trad climb.
Goal:	Learn how to set a top rope with trad equipment. How to protect the equipment used, and the climber that is using it.
Overview: Rigging a top rope anchor, differs in the aspect that gear is further back from the cliff. So, special attention will be given in: - Safety of climber, while setting the station. - What gear to use and why. - Methods for correct equalization of the gear used. - Protection of the station from rock, sharp edges, movement.	

Session T6	Executing abseils from trad gear anchors. Special considerations.
Location:	Crag
Equipment:	All the equipment we use to trad climb.
Goal:	To learn to use trad anchors for abseiling safely.
Overview: How, when, and how to use a trad gear station for abseiling, is the main goal of this session. Some of the considerations are: - Forces on our station. - Climber/s safety, and use of the station for personal protection. - What gear to use for abseil. - What gear to use, ropes (static and dynamic). - Protecting the ropes etc.	

Session T7	Understanding forces in trad climbing. Leading, belaying, falling scenarios. Single, double and twine ropes.
Location:	Crag.
Equipment:	All the equipment we use to trad climb.
Goal:	To learn to predict the force on each and every piece of gear placed, and how the placements will react in case of a fall.
Overview: Leading is a very complex skill to understand, and predicting the forces on each piece, in case of a fall, is an important skill to develop. In doing so the participants will be introduced to the following: - Gear movement while lead climbing. - Position and movement of the belayer. - Direction of forces on our gear, in a fall scenario. (We will look on all scenarios and route differences. – Overhangs, roofs, slaps, pieces not in straight line etc) - Extension of gear: why, when, how. - Single or double ropes? - Special considerations when use double ropes, safety margins, advantages, and disadvantages.	

Session T8	Belayer and Leader working together. The zip effect avoidance, single and double ropes use.
Location:	Crag. All around Inia crags.
Equipment:	All the equipment we use to trad climb.
Goal:	Increasing the safety margin of a climb, by teaching the rope partnership to work together, safeguarding each other. Participants will climb and practice the skills. (Except falling on gear)
Overview: History have shown, that in adventure climbing, the belayer is an even more important aspect of the safety chain. So: - Zip effect avoidance. - Strategic position of the belayer, and rope feeding in the system. - When we see our leader, and when is out of sight. - Multi direction placements while lead climbing, and communication with belayer. - Use of single or double ropes. - Taking falls and actions from both leader and belayer.	

Session T9	Aid climbing using trad gear.
Location:	Crag.
Equipment:	All the equipment we use to trad climb.
Goal:	Learning the basic skills of aid climbing is only the secondary goal of this exercise. The main goal is for the participants to practice and test all gear placements, building confidence in using gear while climbing.
Overview: The participants will learn to use gear for their movements on the route. Doing so they will learn: - The basic skills of aid climbing. - How to move effectively, fast, and safe. - To trust gear placements. - To work together with belayer.	

Session T10	Practical execution of the skills learned, by climbing trad routes under supervision.
Location:	Crag.
Equipment:	All the equipment we use to trad climb.
Goal:	To climb as many routes as possible, under the supervision of the instructor.
Overview: This is the essence of adventure climbing! We would learn to: - Use guidebooks to find routes. - Find the routes on the sector. - Prepare to climb the route. - Gear organisation on harness. - Use of different ropes, and techniques. - Station rigging and belaying second. - Walking of the route or abseiling off. (Finding the abseil station)	

APPENDIX II

SPORT-CLIMBING MULTI PITCH COURSE / ADVENTURE-CLIMBING MULTI PITCH COURSE

Program Provider:

Program Details:

	Date	Time	Duration	Sessions	Location
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					
Day 8					

* All The above information may change before or during the program duration

Section 1

Session M1: Theory of all climbing gear and correct safe use of it.

Session M2: Knots, uses and relevance to carabiners

Session M3: Differences to single pitch climbing.

Session M4: Anchor Building Theory and practice.

Session M5: Belaying the leader and the second.

Session M6: Abseiling techniques.

Session M7: Problem solving skills (ascending rope, abseiling pass a knot or knots, moving loads up and down the wall, abseiling without abseiling device)

Session M8: Choosing a multipitch route, understanding the dangers and preparation

Session M9: Practical execution of the skills learned, by climbing Multi-Pitch routes.

Session R1: Giving assistance to the second, in passing a crux move while on belay. (when climber is in sight and close, and when not in sight or close to belayer)

Session R2: Escaping the system while belaying the second (when close to master point, or away from master point).

Session R3: Procedure to take the injured climber by abseiling to him/her, and moving injury to the ground on single pitch crag.

Session R4: Procedure to take injury to the ground on multi pitch terrain.

Section 2

Session T1: Theory of all Trad Climbing gear and correct safe use of it.

Session T2: Trad gear placements.

Session T3: Theory anchors/station construction, forces in trad climbing, and multi pitch considerations.

Session T4: Trad gear use for station rigging, and station rigging analysis.

Session T5: Top rope anchor rigging, and setting.

Session T6: Executing abseils from trad gear anchors. Special considerations.

Session T7: Understanding forces in trad climbing. Leading, belaying, falling scenarios. Single, double and twine ropes.

Session T8: Belayer and Leader working together. The zip effect avoidance, single and double ropes use.

Session T9: Aid climbing using trad gear.

Session T10: Practical execution of the skills learned, by climbing trad routes under supervision.