

The intention of Climb's lead clinic is to ensure participants are equipped with the cognitive and technical skills, and educated on the risks associated with lead climbing and belaying in a Climb facility. These principles will aid participants in their life-long climbing journey.

- Participants are expected to have reviewed the Lead Clinic Information Guide and the Lead Clinic Syllabus prior to taking the clinic.
- Participants are expected to arrive early, be adequately warmed up, and ready to climb challenging routes by the time the clinic begins.

DAY 1

Day 1 of Climb's lead climbing clinic will mostly be ground school with some time at the end of the lesson dedicated to "Mock Leading" (lead climbing while attached to an auto belay for backup). Participants should come ready to absorb knowledge so they can safely put it into practice on day 2 of the clinic.

Introductions

- Overview of course & whats to come

Overview of Gear

Harness

- Types
- Fit
- Use
- Doubling back your harness
- Inspecting your harness

Belay Devices

- The mechanics of a grigri
- Overview of Grigri policy

Rope

- Anatomy of a climbing rope
- Static vs dynamic climbing rope
- Rope diameter
- Proper rope lengths
- Sheath and core inspection
- Trimming your rope

Quickdraws

- Anatomy of a quickdraw

Tying In

- We will go over why we require a figure-8 follow through knot and how to tie it properly

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Clipping

- Finding clipping positions
- Proper vs Improper clips
- Back-clipping
- Z-clipping
- What happens when you put your leg behind the rope?
- Identifying and practicing various clipping techniques

[Watch Video](#)

Belaying

- Belay principles
- Pre-belay protocols
- Reviewing climbing commands
- Proper belay stances
- Lead belay technique overview and practice

[Watch Video](#)

End of Day 1

- Mock lead climbing demonstration and practice
- Day 1 review and Q & A

DAY 2

Day 2 of Climb's lead clinic is focused on actively lead climbing, lead belaying, and practicing taking/catching falls. Those skills will prepare climbers for the lead climbing test. Participants should arrive on day 2 warmed up and ready to push their limits both mentally and physically as they will be engaging in high-risk lead climbing/belaying scenarios.

Review of Day 1 and Q & A

- Tying In
- Clipping
- Belaying
- Commands

Learning Falling (discussion)

- General overview
- Managing weight differences
- Do's and Don'ts for the climber
- Getting back on the wall after falling
- Review or proper slack and how to adjust based on fall trajectory
- A soft catch vs a hard catch
- Getting back to the ground after getting pulled up

[Watch Video](#)

Learning Falling (practice)

- Review communications and checks
- Falling from various heights
- Lead climbing/falling with an instructor belay
- Lead climbing/falling with a participant belay

Wrapping it up!

- Review of lead policies and Climb's lead test rubric
- Overview of the lead test out and test scheduling