

## 1 Day Course Lessons:

- Lesson 1 Equipment check: For those using rental climbing equipment: Fit for climbing shoes, harness and helmet
- Lesson 2 Environment: Leave no trace and wildlife discussion.
- Lesson 3 On site safety: Current hazards and safety protocols.
- Lesson 4 Introduction to multi-pitch theory
- Lesson 5 Review: Knots, belayer and rope placement-belaying, and communication
- Lesson 6 The multi-pitch back pack and approach strategy
- Lesson 7 Gear Requirements: Putting together the right rack for the route
- Lesson 8 Route Selection: Selecting the right multi-pitch climb.
- Lesson 9 Rope Selection: Single ropes vs half or twin ropes
- Lesson 10 Securing Yourself: To an anchor during a multi-pitch
- Lesson 11 Lead belaying and top-down belaying, re-directed belay – different systems
- Lesson 12 Racking up for a multi-pitch
- Lesson 13 Safety; Rope and Belay Management placement
- Lesson 14 Multi-pitch communication and commands- rope tugs technique
- Lesson 15 Protecting the second from pendulum
- Lesson 16 Retreat Options and Backup Plans- problem solving
- Lesson 17 Rappelling with a back-up prussik
- Lesson 18 Extending the anchor to see your partner
- Lesson 19 Efficient leader switch-overs
- Lesson 20 Rope drag reduction technique
- Lesson 21 Advanced rope management- Ascent: effective switch-overs re-stacking techniques
- Lesson 22 Advanced rope management- Descent: Lap coil throw, end of rope knots, pre-threading anchor
- Lesson 23 Advanced safety techniques- rappelling with backup prussik/lap coils, lowering considerations
- Lesson 24 Advanced safety techniques- J-looping anchor, fireman belay
- Lesson 25 Mentoring day climbing up and descending a multi-pitch training route
- Lesson 26 How to assess route conditions, weather forecast and route choice

\*\*Notice: MSAA pledges to always cover all of the critical skill sets. However, though rare, conditions or other constraints may cause for certain lessons to not be appropriate or safe to undertake. Be sure to address your instructor at the time if you have any concerns.”