

Day One

- Lesson 1 Equipment and Use: fit for climbing shoes, harness, helmet.
- Lesson 2 Environment : leave no trace and wildlife discussion.
- Lesson 3 On site safety: outdoor rock climbing hazards and safety.
- Lesson 4 Rock climbing terminology and commands.
- Lesson 5 Essential climbing knots.
- Lesson 6 Rock Climbing Movement : learn basic climbing techniques, balance, hold types, foot placements and more.
- Lesson 7 Belaying and safely tying into the rope: current belay techniques using a belay device and gri-gri, getting others to safely belay you, safety checks.
- Lesson 8 Rope management: Learn about ropes, what you should buy, how to coil your rope for storage and transport and rope handling at the outdoor crag.
- Lesson 9 Anchors: Introduction to different anchors, building, quality assessment and use.
- Lesson 10 Top-rope set up: Accessing a climb from the top to set up a top-rope.
- Lesson 11 Rappelling skills: setting up a rappel with safety considerations such as route length, threading the anchor for rappel, rope end knots and prussic back-up.
- Lesson 12 Threading the anchor: Anchor threading skills including safety considerations such as threading a bite, lowering on a bite or rope end, route length and commands.
- Lesson 13 Climbing grades: Understanding different climbing grades and your ability.
- Lesson 14 Route selection: Reading guidebooks, understanding the route topo.

Day Two

On this day, apart from instructing the trad climbing items, your guide takes a careful but more supervisory and coaching role in order to encourage skill mastery which every participants needs in order to undertake safe independent climbing after the course.

- Lesson 15 Morning meeting, weather, conditions and learning to use guidebooks and choosing a route
- Lesson 16: Safety reminder: current hazards and safety protocols in rock climbing.
- Climbing: warm up
- Lesson 17 Safety, commands and rope management review
- Lesson 18 Tying in and Belaying review

- Lesson 19 Threading and Lowering and/or Rappelling review
- Lesson 20 Climbing: professional coaching and movement skills
- Lesson 21 Introduction to trad climbing movement skills (finger, hand and foot jams in cracks and related skills)
- Lesson 22 The trad rack: An overview of the traditional climbing equipment and briefly how it works
- Lesson 23 Seconding, cleaning and racking trad gear
- Lesson 24 Mock Leads in preparation for the next phases of traditional and lead climbing: this is being belayed but with a second rope to “pretending” to lead. This sets up our participants to lead routes when they are ready to
- Lesson 25 Threading the anchor and lowering off review
- End of course, debrief and next steps

**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.”