OENZ COURSE OUTLINE

2-day rock climbing course

Day 1

If you are being picked up directly from your accommodation your instructor will collect you between 8:00 – 8:20 am. Exact pick-up times will be confirmed a few days before your course.

8:30 am - Meet your group and Instructor/s (time and place will be confirmed by email)

- Complete pre-course paperwork

9:00 am - Arrive at crag (climbing area)

- Introduction to Rock climbing equipment
  - Ratings
  - Maintenance
  - inspections
- NZ Rock climbing grading system
  - How to read a rock-climbing guidebook
  - Where to find guides online
- Introduction to belaying with an ATC/Belay plate
- Tying into the rope
- Climbing calls & Buddy Checks
- Top rope climbing – Have a go at top rope climbing.

12:30 – Lunch

- Climbing technique session
  - Body positioning
  - Footwork techniques
  - Hand holds
- Time for more climbing
- Introduction/example of Lead climbing
  - Clipping practice

3:30 pm – Pack up at crag

- Coiling ropes & checking for damage
- Collecting in gear

4:00 pm – Back to carpark

5:00 pm – Arrive at accommodation

Day 2

7:30-8:30 – Breakfast and pack up

8:30 am – Depart Accommodation

Note: If you live in Christchurch you can choose to stay at our accommodation or meet us at the climbing area on day 2.

9:00 am – arrive at climbing area

- Building a sport anchor
- Building a Top rope/y-shape anchor
- Introduction to lead belaying
- Recap on Clipping

- Have a go at Lead Climbing

12:30 pm – Lunch

- How to clean a climb/transition to being lowered off (retrieving your gear from the top).
- Practice lead climbing and transiting to lowering off.

- More time spent climbing and refining belaying and climbing techniques

3:30 pm – Pack up crag

- Coil ropes
- Sort gear
- Complete end of course paperwork

4:00 pm - Back at vehicles, time to say goodbye.

4:30-5pm - Accommodation and airport drop offs.

*Please note that this is just a guide to how the course normally run and your instructor may run the course in a different order to best fit in with local conditions and the abilities or the group.