

OENZ COURSE OUTLINE

5-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.

Meet your instructor/Group at the following location:

- Mt Pleasant Yacht Club / Scott Park (entrance off Main Road, Mt Pleasant) (see on Google Maps) at **8:30 am**

Complete pre-course paperwork.

Drive to the climbing location for the day.

Today's focus:

- Today is about getting accustomed to the style of climbing in the Port Hills
- Buddy checks/belaying/climbing skills
- Establishing climbing calls for the course
- Demonstrate Lowering off/cleaning a climb if you already have these skills

3:30 pm – Pack up at crag.

- Coiling ropes & checking for damage
- Collecting in gear

4:00 pm – Back to carpark.

5:00 pm – Drop off at accommodation.

Day 2

8:30 am – Morning briefing/plan for the day

Today's focus:

- Lead climbing
- Lowering off/ Transition to abseil
- Belaying with grigri & ATC/Belay plate
- Sport anchors
- Top rope anchors
- Self-equalising anchors
- Basic movement techniques/body positioning
- Footwork techniques
- Handhold techniques
- Finding rests

4:00 pm- Pack up crag

5:00 pm – Drop off at accommodation.

Day 3

8:30 am – Morning briefing/plan for the day

Today's focus:

- Belaying using guide mode
- Unlocking/lowering in guide mode
- Multi-pitch climbing
- Multi pitch abseiling

4:00 pm- Pack up crag

5:00 pm – Drop off at accommodation.

Day 4

8:30 am – Morning briefing/plan for the day

Today's focus:

- Tying off a belay device
- Un-jamming a belay device
- Taking over from an injured/sick belayer
- Un-jamming an abseil device

4:00 pm- Pack up crag

5:00 pm – Drop off at accommodation.

Day 5

8:30 am – Morning briefing/plan for the day

Today's focus:

- Recap any skills desired by group
- Final climbs

4:00 pm- Pack up crag

5:00 pm – Drop off at accommodation.

*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