

2015 Climb4Life Salt Lake City Climbing Clinics – space is limited!

Traditional Lead Climbing

You've seen the gear and wondered how it works? Maybe you think placing traditional protection on lead is intimidating and less secure? This clinic will start with a thorough discussion, demonstration and practice of placing passive (stoppers) and active (cams) traditional rock protection. Once comfortable placing gear on the ground, you'll expand into the vertical environment. Leading principals, anchors, route setup and cleaning are all discussed and practiced. Participants will lead climb in a mock top rope environment while an instructor ascends a fixed line and provides live feedback on each of your placements.

Multi-Pitch Transitions & Efficiency

You've spent a lot of time climbing at single pitch crags. You now want to go higher and further. Or maybe you've been stacking pitches but find the transitions from one to the next confusing or frustrating? Stance/rope management, equipment use, and belaying techniques all contribute to our multi-pitch transitions and efficiency. The more efficient, the more enjoyable the experience and the more climbing we can fit in. This clinic focuses on tips and tricks to help take your climbing further with more fun!

Anchors for Climbing

Bomber, solid, trucker....all terms you might hear people say when referring to their climbing anchor. What does it mean? How do you build a solid anchor for climbing? This clinic discusses fundamental points in climbing anchor construction and applies them to different environments. Learn how to build climbing anchors in a fixed (bolts, etc.), natural (trees, rocks, etc.) and traditional (passive, active, etc.) setting.

Base Site Self Rescue

Things don't always go as planned while out climbing. Resources are limited and what may be a simple scenario could turn stressful very quickly. This clinic discussed self-rescue principals specific to bottom up rock climbing situations (top rope and single pitch lead climbing). Belay transfers, belay escapes and counter ascension/lowering skill sets are taught and practiced. Self-rescue involves the use of common tools and equipment that you might regularly have with you while out at the crag.

Top Site Self Rescue

You're belaying from the top of a pitch and watch as a rock comes lose and strikes your partner in the shoulder. They're unable to keep climbing and need to go down. You're three pitches up. What do you do? This clinic focuses on self-rescue principals specific to top down rock climbing situations (multi-pitch climbing, etc.). Belay escapes, technical descents with an injured climber, rope ascension and hauling considerations are among the skill sets taught and practiced. This clinic will make use of common tools and equipment that you might regularly carry on a longer multi-pitch rock climb.