

Recommended Course Syllabus:

Course Title	Sport Climbing Course Level 1
Course Code	SCCL1
Course Duration	7hrs or 2 sessions of 3.5hrs
Objective (s)	The purpose of this course is to give participants an enjoyable, safe and informative introduction to sport climbing. The course is designed for people with no prior knowledge of sport climbing. Participants will be introduced to: equipment, climbing techniques, checking procedures, belaying for top-roping and climbing calls.
Passing Standards	The participants must demonstrate the following course requirements before they will be awarded the SNCS Sport Climbing Level 1 Certificate: <ol style="list-style-type: none"> 1. Correct harness usage 2. Correct tie-in technique using the figure-of-8 knot 3. Correct belay technique using a friction device 4. Correct use of climbing calls 5. Perform pre-climb checks
Pre-requisite	Participants must be 13 years of age or older.
Syllabus	<ol style="list-style-type: none"> 1. Introduction to the Sport of Climbing – <ul style="list-style-type: none"> ➤ Development of climbing in Singapore ➤ Concept of climbing <ul style="list-style-type: none"> • Sport climbing/ Traditional climbing; • Lead / Top-rope; • Bouldering 2. Introduction of Climbing Equipment (usage, care, limitation) <ul style="list-style-type: none"> ➤ Ropes (Dynamic & Static) ➤ Harness ➤ Carabiner ➤ Friction devices – (Figure of 8 and Tubular) ➤ Climbing shoes ➤ Helmet ➤ Chalk (drying agent) ➤ Others – Quick draws (Runners), Sling/Tape 3. Tie-in Knot (usage, limitation, dressing) <ul style="list-style-type: none"> ➤ Figure of Eight thread-through 4. Belaying Techniques (5 steps belay) using friction devices <ul style="list-style-type: none"> ➤ Belaying a climber ➤ Lowering a climber ➤ Belaying stance ➤ Arresting a climber’s fall ➤ Rope handling & management 5. Basic Climbing Technique <ul style="list-style-type: none"> ➤ Use of handholds – pinch, grip, underhand, side pull, sloper, pocket ➤ Use of footholds – edging, smearing ➤ Basic wall configuration – corners, overhangs, slabs, roof 6. Top-rope Climbing <ul style="list-style-type: none"> ➤ Pre-climb checks ➤ Climbing commands ➤ Spotting ➤ Safety considerations – pendulums, falling on other people, rope

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	<p>placement, buddy check</p> <p>7. Course Review</p> <ul style="list-style-type: none"> ➤ Suggestions for further advancement ➤ General discussion and feedback
Instructor Qualification	Sport Climbing Instructor Category 1 or 2
Instructor: Trainee Ration	1 Instructor : 10 Trainees or 1 Instructor + 1 Climbing Assistant (or Trainee Instructor) : 16 Trainees

Recommended Course Syllabus is adopted from Singapore Mountaineering Federation Website.