

Recommended Course Syllabus:

Course Title	Sport Climbing Course Level 2
Course Code	SCCL 2
Course Duration	14hrs or 2 sessions of 7hrs
Objective (s)	This course is designed as a follow on from the Sport Climbing Course Level 1. This course builds on the top-rope skills acquired from Level 1 and teaches a progression into lead climbing on artificial climbing walls. Participants on this course should be confident in all the techniques covered at Level 1 before undertaking this more advanced level course.
Passing Standards	The participants must demonstrate the following course requirements before they will be awarded the SNCS Sport Climbing Level 2 Certificate: <ol style="list-style-type: none"> 1. Confident with lead climbing on an easy route 2. Correct placement of protection points on a lead climb 3. Correct belaying of a lead climber using a friction device 4. Correct top-out technique on fixed anchor 5. Conduct proper pre-climb checks 6. Correct use of climbing calls 7. Safe equipment handling
Pre-requisite	<ul style="list-style-type: none"> • Participants must be 13 years of age or older • Sport Climbing Course Level 1 certificate
Syllabus	<ol style="list-style-type: none"> 1. Introduction to Lead Climbing <ul style="list-style-type: none"> ➤ Top-rope Climbing vs. Lead Climbing ➤ Placement of protection points ➤ Understanding Fall Factor and Impact Force ➤ Understanding the anchor system on artificial wall 2. Equipment required for Lead Climbing (usage, care, limitation) <ul style="list-style-type: none"> ➤ Dynamic rope vs. Static rope ➤ Harness with gear loops ➤ Quick draws (Runners) ➤ Slings/Tapes (safety slings, extension as Runners) ➤ Friction devices – (Figure of 8, Tubular) ➤ Helmet 3. Knots (usage, limitation, dressing) <ul style="list-style-type: none"> ➤ Double Figure of 8 knot ➤ Tape knot 4. Belaying a Lead Climber using friction devices <ul style="list-style-type: none"> ➤ Giving slack & taking-in ➤ Belaying stance ➤ Arresting a climber’s fall ➤ Dynamic belaying ➤ Rope handling & management 5. Lead Climbing & Techniques <ul style="list-style-type: none"> ➤ Pre-climb checks ➤ Clipping in techniques/prevention & undo “Z” clips ➤ Runners’ placement/direction ➤ Climbing on overhangs & roofs ➤ Safe falling position ➤ Climbing commands ➤ Safety considerations – hand & foot placement to avoid nasty rope

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	burns, skipping runners, falling on a lead, buddy check 6. Top-out Technique 7. Course Review <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
Note	Wearing of helmet is compulsory when engaging in a lead climbing session

Recommended Course Syllabus is adopted from Singapore Mountaineering Federation Website.