

Rock Climbing



Audubon Center
of the North Woods

Purpose: Participants will use rock climbing and bouldering to hone their physical and mental skills while also enjoying the camaraderie of their fellow group members

Concepts

- Challenging our perceived limits allows us to grow mentally and physically
- A positive attitude and perseverance can be used to work through difficult situations
- Good communication

Learning Outcomes: Students will be able to

- Demonstrate two types of climbing, bouldering and slingshot top roping.
- Gain an “experience” by placing themselves in an emotionally and physically challenging situation.
- Explain the role of the safety equipment necessary for climbing the wall.
- Demonstrate proper spotting technique and use of climbing commands.
- Share how individual and group trust contributed to their experience at the climbing wall.

Minnesota Academic Standards:

NASPE (National Association for Sports & Physical Education)

Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

Standard 3: Participates regularly in physical activity.

Standard 4: Achieves and maintains a health-enhancing level of physical fitness.

Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

REVISOR: BEN JOHNSON, 2009

CLASS LENGTH: 3 HRS

AGES: GRADES K-12

SEASON: F, W, SP, S

GROUP SIZE: 20 PARTICIPANTS AND 2 CHAPERONES

SAFETY: Climbing is inherently dangerous. Students will meet at the main buildings and walk to the climbing area in the barn. Moderate Physical ability is required to climb up the wall.

MATERIALS: 1STAIK KIT AND RADIO ARE NEEDED

PRE-CLASS PREP:

- Inspect each rope by hand that will be used for your class
- Visual check of each harness, helmet and belay device
- Visual check of climbing wall and anchors.
- Write down your initials next to rope inspection log.
- During the cold months, come over 15 minutes before class and turn on all 3 heaters.
- When doing introductions turn off 20' heaters so you can hear. Don't leave 40' heater on after room is warm. The heat from the 40' heater can damage the ropes on the overhangs.
- **Everyone must have a signed risk waiver to participate.**
- Everyone must have on closed-toed shoes.

CLASS OUTLINE: (Class sequence of events)

- I. Introduction – 15min
- II. Gear - 20 min
- III. Climbing- 2 hrs
- IV. Debrief/Gear Return- 20 min