

All Climbing Wall classes are taught by Professional Climbing Instructor's Association (PCIA) Climbing Wall Instructors. Climbing Wall classes will often be held on Wednesday evenings with a few exceptions based on targeted class participant. Below list the classes offered, and their descriptions are also given.

- Basics of Belay
- Top-Rope Belay Test
- Lead Belay Test
- Movement
- Intro to Indoor Lead

BASICS OF BELAY CLASS

This 2-hour class is designed to teach fundamental top rope belay technique to beginners. It includes all skills and knowledge required for the Top Rope Skills Check. Participants must wait 24 hours after completion of the Basics Class to take the Top Rope Skills Check.

- Class limit is 8; minimum 2
- Climbers must be age 14 or above (under 18 must receive advanced permission and sign a specific release of liability)
- Pre-registration 24 hours prior to the class date is **REQUIRED**.
- Content includes bouldering and bouldering safety, climbing risks/safety, equipment identification and proper use, retrace figure 8 knot, PBUS belay technique, and proper climbing communication.
- With 2 or more participants, classes may be scheduled by request. Contact the Climbing Wall for more information.
- See Fees | Cancellation Policy

TOP ROPE BELAY SKILLS CHECK AND LEAD CLIMBING SKILLS CHECK

The **Top Rope Skills Check** is a non-instructional and non-coaching verification of the required skills and knowledge to belay climbers on top rope at the SMU Climbing Wall. Individuals must demonstrate proper technical skills and safety knowledge (see below) in two cycles. Authorized Climbing Wall leaders will evaluate for appropriate competency. Skill checks will be performed upon request depending upon the authorized climbing wall leader's availability. Individuals are only allowed one skills check in a 24-hour period.

- Individuals age 14 and older to attempt a Top Rope Skills Check.
- *The Top Rope Skills Check requires individuals to demonstrate competency in the following technical climbing skills: proper belay technique using an aperture (Black Diamond ATC) belay device, climbing commands, fit and use of a standard seat harness, and ability to tie-in with a retrace figure 8 knot. In*

addition, climbers must verify knowledge of climbing safety/etiquette and risk management such as bouldering, proper pad placement and spotting.

- Successful completion of the Top Rope Skills Check allows climbers permission to belay climbers and use of belay devices at the SMU Climbing Wall (guests may access the climbing wall for free with valid and current belay approval).
- Skills Checks expires **6 months** to date of issue and must be renewed by successfully completing another Skills Check.
- See Fees | Cancellation Policy

NOTE: The SMU Climbing Wall Top Rope Skills Check is only valid at the SMU Climbing Wall. Likewise, the SMU Climbing Wall does not recognize non-SMU Climbing Wall skills verifications.

Lead Climbing Skills Check follows the same design as the Top Rope Skills Check. Climber will be evaluated on proper and safe lead climbing and lead belay with an aperture (Black Diamond ATC) belay device. Requires lead fall. Only authorized Climbing Wall leaders may conduct Lead Climbing Skills Check.

- Individuals must have a valid SMU Climbing Wall Top Rope Skills Check
- Individuals **must be age 18 or older**.
- *Lead Climbing Skills Check requires individual to demonstrate technical skills competencies in the following: tie-in with Retrace Figure 8 knot, rope management and inspection, appropriate and proper clipping technique, lead climbing commands, anchoring of lead belay, and proper lead belay using aperture belay device. In addition, individuals must demonstrate a proper lead fall, lead fall "catch" and knowledge of lead climbing safety and risk management.*
- Successful completion will allow the climber to lead climb/lead belay at the SMU Climbing Wall and access to specialized and specific lead climbing equipment.
- Lead Climbing Approval expires 6 months to date of issue and must be renewed.
- See Fees | Cancellation Policy

MOVEMENT CLASS

Better climbing means more climbing. We combined our Basic and Intermediate Movement into one class. From crack climbing to overhangs, this course is designed to introduce climbers to the fundamental techniques and movement to build and enhance climbing technique and develop the climber for greater challenges. Concentration is on balance, weight shift, handholds, footwork and movements such as laybacks, heel and toe hooks, flagging, and more.

KIDS HOW TO CLIMB:

Designed to introduce kids ages 8-14 to the sport of climbing. Classes consist of short demonstrations and lots of interactive practice. Concentration will be on introductory skills, safety, and basic climbing knowledge and technique. Only offered during Dedman Family Hours.

Requirements:

- Belay Certification not required.
- For Kids How To Climb, minimum age is 8 years.
- Deadline for registration is 24 hours in advance of the class.
- With 2 or more participants, classes may be scheduled upon request. Contact the Climbing Wall for more information.
- See Fees | Cancellation Policy

INTRO TO LEAD CLIMBING

Introduction to indoor lead climbing. For experienced top rope climbers at a consistent 5.8+ level, this 2+ hour class covers the basics of indoor lead climbing. Intro to Indoor Lead Climbing classes can be scheduled on demand with 2 or more climbers.

Upon completion of the class, participants will:

- Understand the risk and added safety considerations associated with lead climbing such as fall factors, back-clipping and z-clipping.
- Identify lead-specific equipment and demonstrate proper use.
- Ability to comfortably climb at a 5.8 rating on top rope.
- Demonstrate proper lead climbing and belaying techniques
- Demonstrate proper communication as it relates to lead climbing.

Requirements:

- Valid SMU Top Rope Skills Check
- 24-hour advance registration required.
- With 2 or more participants, classes may be scheduled upon request. Contact the Climbing Wall for more information.
- See Fees | Cancellation Policy

CLASS CANCELLATION POLICY

- A 24-hour cancellation is required for a class refund or opportunity to reschedule the class at no charge and to a date chosen by the participant.
- Cancellations < 24 hours and prior to the class time will have the opportunity to reschedule to the next available class.
- No shows or arriving late as deemed by the class instructor will not receive a refund or opportunity to reschedule without additional registration fee.

For any questions please contact the Climbing Wall at 214-768-9917.