

# Intro to Climbing Systems

Rope & Harness Climbing

## Introduction

The *Intro to Climbing Systems* course introduces Moving Rope Systems and the skills needed to ascend and descend using rope and harness.

Instruction includes proper use and care of equipment and covers skills necessary to tie proper knots and hitches, configure a proper and functional climbing system, and climb on the system (both ascent and controlled descent). Students are introduced to technical rope climbing using Moving Rope Systems (MRS).

### Course Manual:

All students receive a copy of *Intro to Climbing Systems: Climbing with Rope & Harness*. The manual serves as a reference resource of the information covered during the *Intro to Climbing Systems* course as taught by an approved Treetop Explorer, LLC instructor. It also includes tips, pointers, modifications, and additional information not covered during class, which will aid climbers as their climbing skills progress.

### Climbing Proficiency:

The material presented and practiced during the *Intro to the Climbing System* course provides for a level of understanding and confidence when setting up a proper MRS climbing system and using it for ascent and descent.

These proficiencies allow for basic ascent, suspension at-height, and controlled descent using a climbing line. These skills may be useful for personal support and minimizing risks associated with being at points above the ground, such as to hang a swing or hammock, saddle hunting, or in situations when needing to remain suspended at-height.

### Coursework covers:

- Equipment selection, function, inspection
- Climbing knots & hitches
- Additional knots & hitches for practical use
- MRS climbing systems
- Safety checks prior to ascent
- Climbing techniques for ascent & controlled descent

The course does not cover how to inspect, assess, or determine whether the structure the climbing system is to be supported from can support the climber or forces exerted during climbing. The course does not cover topics directly related trees or tree climbing as this introductory course's focus is on the basic rope & harness climbing system exclusively. Students assume full responsibility for understanding and determining the hazards related to the chosen climbing structure or tree prior to each ascent.

Completion of the course is not sufficient nor intended to prepare students to assist others in use of the rope climbing system, teach the knots and techniques covered, or climb trees. Such skills require additional instruction beyond the scope of the *Intro to Climbing Systems* course.

Once you have become proficient with the skills learned in class, you can expand your skill set expressly for climbing trees through additional instructional courses:

- *Beginning Tree Climbing: Learning to Climb Trees Using Rope & Saddle*
- *Advanced MRS Climbing Techniques: "Beyond the Blake's"*
- *Advanced Climbing Techniques: Introduction to Stationary Rope Systems (SRS)*