

Beginning Tree Climbing

Learning to Climb for Recreation & Exploration

Introduction

The *Beginning Tree Climbing* course covers the basic skills necessary to safely enjoy technical tree climbing. Assessing and understanding the health and condition of a tree is where it all begins as there is no room for error.

Students are introduced to technical tree climbing using the traditional Moving Rope System (MRS – formerly referred to as doubled rope climbing technique (DdRT)). Instruction includes proper use and care of the equipment and covers the skills necessary to: inspect a tree, enter a tree, maneuver around the canopy, return to the ground.

Coursework covers:

- Tree health & hazard assessment
- Throw-ball and basic tree entry
- Climbing & working knots
- MRS (DdRT) climbing system (ascent, maneuvering, descent)
- Positioning & minimizing risk
- Equipment function and care
- Ethics, safety standards, safe climbing practices

Course Manual:

All students receive a copy of the *Beginning Tree Climbing: Learning to Climb for Recreation & Exploration*. The manual is for informational purposes only, designed as a reference resource for information covered during the *Beginning Tree Climbing* course as instructed by approved Treetop Explorer, LLC instructors. The manual includes information not covered during the class, which will aid climbers as their climbing skills progress.

Climbing Proficiency:

Upon completion of the *Beginning Tree Climbing* course and receiving a “satisfactory” rating, climbers will have successfully demonstrated that they understand and are capable of: properly identifying a tree conducive for recreational climbing, setting up a proper MRS (DdRT) climbing system, maneuvering about the tree from ascent to descent utilizing industry recommended climbing practices.

These proficiencies enable climbers to climb trees for recreational and basic tree entry purposes (such as to hang swings and bat houses). These skills can be utilized for countless hours of exploration of trees and forests.

Satisfactory completion of the course is not sufficient nor intended to prepare climbers to take others into trees, teach the knots and techniques covered, or perform tree work. Such skills require additional experience instruction beyond the scope of the *Beginning Tree Climbing* course.

Once you have become proficient, you can then opt to expand your skill set through additional course offerings:

- *Advanced Climbing Techniques* (advanced MRS techniques & equipment and SRS techniques)
- *Tree Climbing Facilitation* (enabling inexperienced climbers to experience the joy of tree climbing)
- *Pruning & Tree Surgery* (tree care: pruning, removal, rigging, cabling)