

**SEACF CLIMBING COURSE
SPECTRUM SYLLABUS**

Course Title	Sport Climbing Course Level I
Course Code	SCCLI
Course Duration	7hrs or 2 sessions of 3.5hrs
Objective (s)	The purpose of this course is to give participants an enjoyable, safe and informative introduction to sport climbing. The course is designed for people with no prior knowledge of sport climbing. Participants will be introduced to: equipment, climbing techniques, checking procedures, belaying for top-roping and climbing calls.
Passing Standards	Trainees must demonstrate the following course requirements: <ol style="list-style-type: none"> 1. Correct harness usage 2. Correct tie-in technique using the figure-of-8 knot 3. Correct belay technique using a friction device 4. Correct use of climbing calls 5. Perform pre-climb checks
Pre-requisite	At least be 13yrs of age
Award	SNCS Sport Climbing Level One Certificate
Syllabus	<ol style="list-style-type: none"> 1. Introduction to the Sport of Climbing <ul style="list-style-type: none"> • Development of climbing in Singapore • Concept of climbing <ul style="list-style-type: none"> – Sport climbing / Traditional climbing; – Lead / Top-rope; – Bouldering 2. Introduction of Climbing Equipment (usage, care, limitation) <ul style="list-style-type: none"> • Ropes (Dynamic & Static) • Harness • Karabiner • Friction devices – (Fig. 8 and Tubular) • Climbing shoes • Helmet • Chalk (drying agent) • Others – Quickdraws (Runners), Sling/Tape 3. Tie-in Knot (usage, limitation, dressing) <ul style="list-style-type: none"> • Figure of Eight thread-through 4. Belaying Technique (5 steps belay) using friction devices <ul style="list-style-type: none"> • Belaying a climber

	<ul style="list-style-type: none"> • Lowering a climber • Belaying stance • Arresting a climber’s fall • Rope handling & management <p>5. Basic Climbing Technique</p> <ul style="list-style-type: none"> • Use of handholds – pinch, grip, underhand, side pull, sloper, pocket • Use footholds – edging, smearing • Basic wall configuration – corners, overhangs, slabs, roof <p>6. Top-rope Climbing</p> <ul style="list-style-type: none"> • Pre-climb checks • Climbing commands • Spotting • Safety considerations – pendulums, falling on other people, rope placement, buddy check <p>7. Course Review</p> <ul style="list-style-type: none"> • Suggestions for further advancement • General discussion and feedback
Instructor Qualification	Sport Climbing Instructor Category 1 / 2
Instructor to Trainee Ratio	1 Instructor : 10 Trainees or 1 Instructor + 1 Climbing Assistant (or Trainee Instructor) : 16 Trainees