

**SEACF CLIMBING COURSE  
SPECTRUM SYLLABUS**

<b>Course Title</b>	<b>Sport Climbing Course Level 2</b>
<b>Course Code</b>	SCCL2
<b>Objectives</b>	This course is designed as a follow on from the Sport Climbing Course Level 1. This course builds on the top-rope skills acquired from Level One and teaches a progression into lead climbing on artificial climbing walls. Participants on this course should be confident in all techniques covered at Level One before undertaking this more advanced level course.
<b>Pre-requisite</b>	<ul style="list-style-type: none"> <li>• At least be 13yrs of age</li> <li>• Sport Climbing Course Level One certificate</li> </ul>
<b>Award</b>	SNCS Sport Climbing Level Two Certificate
<b>Standards</b>	<p>Trainees must demonstrate the following course requirements:</p> <ol style="list-style-type: none"> <li>1. Confident with lead climbing on an easy route</li> <li>2. Correct placement of protection points on a lead climb</li> <li>3. Correct belaying of a lead climber using a friction device</li> <li>4. Correct top-out technique on fixed anchor</li> <li>5. Conduct proper pre-climb checks</li> <li>6. Correct use of climbing calls</li> <li>7. Safe equipment handling</li> </ol>
<b>Syllabus</b>	<ol style="list-style-type: none"> <li><b>1. Introduction to Lead Climbing</b> <ul style="list-style-type: none"> <li>• Top-rope Climbing vs Lead Climbing</li> <li>• Placement of protection points</li> <li>• Understanding Fall Factor and Impact Force</li> <li>• Understanding the anchor system on artificial wall</li> </ul> </li> <li><b>2. Equipment Required for Lead Climbing</b> (usage, care, limitation) <ul style="list-style-type: none"> <li>• Dynamic rope vs Static rope</li> <li>• Harness with gear loops</li> <li>• Quickdraws (Runners)</li> <li>• Slings/ Tapes (safety slings, extension as Runners)</li> <li>• Friction devices – (Fig. 8, Tubular)</li> <li>• Helmet</li> </ul> </li> <li><b>3. Knots</b> (usage, limitation, dressing) <ul style="list-style-type: none"> <li>• Double Figure of 8 knot</li> <li>• Tape knot</li> </ul> </li> <li><b>4. Belaying a Lead Climber using friction devices</b> <ul style="list-style-type: none"> <li>• Giving slack &amp; taking-in</li> </ul> </li> </ol>

	<ul style="list-style-type: none"> <li>• Belaying stance</li> <li>• Arresting a climber's fall</li> <li>• Dynamic Belaying</li> <li>• Rope handling &amp; management</li> </ul> <p><b>5. Lead Climbing &amp; Techniques</b></p> <ul style="list-style-type: none"> <li>• Pre-climb checks</li> <li>• Clipping in techniques / prevention &amp; undo "Z" CLIPS</li> <li>• Runners' placement/direction</li> <li>• Climbing on overhangs &amp; roofs</li> <li>• Safe falling position</li> <li>• Climbing commands</li> <li>• Safety considerations – hand&amp; foot placement to avoid nasty rope burns, skipping runners, falling on a lead, buddy check</li> </ul> <p><b>6. Top-out Technique</b></p> <p><b>7. Course Review</b></p> <ul style="list-style-type: none"> <li>• Suggestions for further advancement</li> <li>• General discussion and feedback</li> </ul>
<b>Min Duration</b>	4 sessions or 14 hours
<b>Instructor : Trainee Ratio</b>	1 Instructor : 8 Trainees <u>or</u> 1 Instructor + 1 Trainee Instructor : 12 Trainees
<b>Instructor Qualification</b>	SNCS Sport Climbing Cat 1 or 2
<b>Note</b>	Climbing helmets must be used for all lead climbing sessions