



Advanced Sport Leading

Know how to sport lead? Ready to take the next step and start your mindful leading journey? Projecting climbs can be a well thought out process that involves topropping to get the moves in, mock leading, pinkpointing, and lead falling. Take our Advanced Sport Leading class to hone how to catch and fall, stick clip a route, use belay goggles, and explore mindfulness/visualization in climbing. Quickdraws required. This will consist of one full day at a local Seattle area crag.

Pre-Requisites:

Took Introduction to Sport Leading from Climbers of Color

Took Climber of Color's Rappelling Clinic

Able to lead a 5.9 sport route cleanly

OR

Introduction to Trad Leading from Climbers of Color

Able to lead a 5.9 sport route cleanly

OR

Knowledge of how to properly use a belay device for lead belaying

Knows how to tie oneself in to the rope for climbing

Can perform safety checks before climbing

Knowledge of sport anchors

Actively cleans sport anchors off a route

Able to lead a 5.9 sport route cleanly

Student Equipment (minimum)

1. Harness
2. Helmet
3. Rock climbing shoes
4. Personal anchors, 2 minimum (double length nylon sling, Sterling Chain Reactor, Metolius PAS, Petzl Connect Adjust, etc)
5. 2 locking carabiners for personal anchors
6. Belay device and locking carabiner
7. Quickdraws



8. Top rope anchor system
9. Belay goggles

Student Equipment (optional)

1. Dynamic Rope
2. Stick Clip

Introduction:

1. Nametags (optional and with pronouns)
2. Land acknowledgement
3. Climbers of Color Introduction
4. Instructor introduction
(Pronouns, ancestry, climbing background, goals, icebreaker)
5. Pronouns, ancestry, climbing background, goals, icebreaker
6. Be respectful of others talking and try to not interrupt
7. Climbing language (see below)
8. Material to cover

Language

Certain language and cultural norms of the mainstream climbing community are not acceptable in our climbing classes. This is not an all encompassing list, nor is it here to chastise: we are all here to learn together. It takes a group effort to make an inclusive space.

- belay slave: say *Dedicated Belayer/Designated Belayer*
- biner: say *Carabiner*
- bomber: say *Solid/Strong/In tight*
- Chinese virus: say *Novel Coronavirus/Coronavirus/COVID*
- crazy/insane/nuts/psycho: say *Unreal/Ludicrous/Dreamlike*
- fireman's belay: say *Firefighter's belay*
- girlfriend climb: *Describe the climb as a warm up or easy, etc*
- guys (when referring to a mixed gender audience): say *people/everyone/folks/team/you all/etc*
- savage: say *Cool!/Awesome!/Rad!/j Venga!/Crushing!Nice!So strong!/Wild!/Unreal!/etc*



- [sketchy/shady](#): say *Scary/Nervy/Challenging/Unsure/Downright dangerous*
- gear/climbing [junkie/fiend](#): say *Gear/Climbing Enthusiast/Gear Collector*
- Seattle [native](#): say *Seattle born and raised*

We encourage you to bring your own culture and swag into the language as long as it is not rooted in another's oppression or humiliation. Have fun with the language!

General Progression Overview

1. How and when to use a stick clip
2. How to use belay goggles
3. Mock lead, pinkpoint, redpoint, or onsight?
4. Mindfulness in climbing
5. Lead falling/lead catching
6. Visualization/routines
7. Lead drills