



Introduction to Toprope

This is our premiere class for beginning a rock climbing journey or your first time sport climbing outside. Learn all the basics of top roping. Top roping is the act of climbing while your rope is anchored above you at the top of the climb. We will cover belay device types and their proper operation, communication/commands, tying in as a climber, belaying, and how to take small falls on a climb and catch as a belayer. At the end of this class, each student will have a clear understanding of all the elements of top roping on an already set up toprope. This class will consist of one full day held outside at a local Seattle area crag (most likely Exit 38 or 32 off I-90).

Pre-Requisites:

1. None.

Student Equipment (minimum)

1. Harness
2. Helmet
3. Rock climbing shoes

Student Equipment (optional)

1. Personal anchor, 2 minimum (double length nylon sling)
2. 2 locking carabiners for personal anchor
3. Belay device
4. Locking carabiner for belay device
5. Dynamic rope
6. Belay goggles

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!/;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!

Progression Overview:

1. Belay device types
2. Proper operation of belay devices
3. Communication/commands
4. Tying in as a climber
5. Mock belaying on ground with partners (and switch)
6. How to fall and catch
7. Toprope climbing and belaying
8. Falls near middle/top of climb