



### Coached Lead Climbing

Develop lead climbing skills and confidence through our Coached Lead Climbing course. Coach Emily Taylor of [TayloredFit Solutions](#), guides climbers through a one day course on mindfulness and visualization techniques all while progressing through knowledge based skills of bettering belay support, efficient climbing and making the move. This will consist of one full day at a local Seattle area crag.

#### Pre-Requisites:

Took Introduction to Sport Leading from Climbers of Color  
Able to lead any grade of outdoor sport route

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 any grade of outdoor sport route

#### 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

#### Student Equipment (optional)

1. Dynamic Rope
2. Stick Clip
3. Belay goggles



We do have a gear library that includes harnesses. Climbing shoes and helmets may be rented at [REI](#). Youth who are POC may borrow shoes from our [free youth shoe library](#). Youth shoes may be borrowed beyond the duration of the course(s).

A list of recommended gear will be provided upon registration for the course.

#### Introduction:

1. Nametags (optional and with pronouns)
2. Land acknowledgement
3. Climbers of Color Introduction
4. Instructor introduction: pronouns, ancestry, icebreaker
5. Participant intro: pronouns, ancestry, icebreaker
6. Climbing language (see below)
7. 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!/;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. Safety on the sharp end
2. Mindfulness in lead climbing
3. Visualization
4. Becoming a better belayer
5. Tools and resources
6. Body movement
7. Improving clip, clips, and clipping