

# ROCK CLIMBING

## LESSON PLAN



**WOLF RIDGE**<sup>SM</sup>  
ENVIRONMENTAL LEARNING CENTER

# ROCK CLIMBING



## CLASS DESCRIPTION: A Personal Growth Class

Students will have the opportunity to experience climbing at either the Mystical Mountain (Science Center; 29'6") or the Taylor's Falls (Education Building; 29') indoor rock climbing walls. After an introductory discussion about some of the thoughts and emotions that climbing can evoke, students will learn about the equipment, techniques, and commands used by climbers and belayers. Instructors will demonstrate proper belaying techniques; students will then practice these new skills. Following a brief instructor led demonstration climb, the student climbing session will begin. During the conclusion portion of class, the instructor will facilitate a discussion that encourages students to relate their climbing wall experiences to aspects of their everyday lives.

**Total time:** 3 hours (indoors)

**Audience:** 6-20 students, 1st grade through adult

**Activity level:** moderate-strenuous

**Staff requirement:** 1 Wolf Ridge trained instructor. 1 adult supervisor per every 2 ropes in use (3 to run all six ropes).

**Belayer eligibility requirements:** 10th graders and older may up rope unsupervised. 4th graders and older are eligible to learn how to belay.

**Lowering requirements:** All belayers must have an adult assist with lowering by holding the extra rope and follow the lowering procedure as outlined in this lesson plan. Adults are 18 years or older.

**Hours of operation:** Evening classes are scheduled to end at 9:15 p.m. The climbing walls must close no later than 10 p.m.

## GUIDING QUESTION

What can we learn about ourselves and each other by doing challenging activities?

## CONCEPTS

1. Challenges provide opportunities for learning and growth.
2. Safe rock climbing experiences require the use of safety equipment and proper training.
3. Problem solving, decision making, self awareness, and risk assessment are skills which empower us to reach our goals.
4. Understanding and respecting others enables people to work together effectively as a community.
5. Skills used to overcome a specific challenge can be applied to many situations.

## OUTCOMES

Upon completion of Rock Climbing class students will be able to:

- Set goals for an individual rock climbing experience, and identify potential challenges to those goals.
- Follow safe rock climbing practices, commands, and proper use of safety equipment.
- Recognize personal strengths, abilities, and limitations, as well as those of others.
- Actively participate in rock climbing experiences, such as climbing, belaying, encouraging and coaching others, and assisting adult supervisors.
- Understand that rock climbing experiences can apply to everyday life challenges.



**Our mission** is to develop a citizenry that has the knowledge, skills, motivation and commitment to act together for a quality environment.

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*Wolf Ridge Environmental Learning Center and the USDA are equal opportunity providers and employers.*



## Equipment

- 6 80 ft x 11 mm ropes
- 1 commands poster
- 6 adult helmets
- 6 youth helmets
- 6 locking carabiners
- 6 guide harnesses; 5 red loop, 22 blue loop, 2 grey loop
- climbing wall log book
- 2 adjustable chest harnesses (in kit room)
- 1 adjustable full body harnesses

## Appendices

- References
- Sources
- Class Sheets
- Spiral Learning Sheet
- Planning Outline

## Set-up (15 min.)

- Classroom/class prep description
- Safety Management
- Disabled Students
- Emergency Procedures

### I. What Goals Do We Have? (15 min.)

- A. Climbing Area Safety
- B. Initial Reactions, Conversations, and Goals

### II. How Do You Belay? (45 min.)

- A. Intro and Climbing Commands
- B. Belay Skills Demonstration
- C. Belay Practice and Testing

### III. What Equipment & Skills Do We Need to Climb Safely? (15 min.)

- A. Harnesses
- B. Helmets
- C. Ropes and Carabiners
- D. Rope Attachment and Equipment Check
- E. Climbing Techniques

### IV. What Can We Learn by Rock Climbing? (90 min.)

### V. What Do We Do with Our Experience? (15 min.)

## Clean-up (15 min.)