



UCSB ADVENTURE PROGRAMS

Belay Clinic Information



Our clinics are designed to give you the instruction and practice necessary to understand and minimize the risks involved while enjoying the sport of indoor climbing on a top rope system.

Cost: \$20/30 (UCSB Students/Non-UCSB Students)

Topics Covered:

- Use of Climbing Shoes
- Attachment and Use of Climbing Harness
- How to Tie in with a Figure Eight Follow Through Knot
- Use of Climbing Hardware
- Proper Partner Checks
- Climbing Commands and Communication
- Belay Techniques
- Lowering Techniques
- Basic Climbing Techniques

Where to meet:

Clinics meet in the Adventure Climbing Center. Parking is available in Lot #16 or Parking Structure #1. Be sure to buy a permit. For parking info, check out www.tps.ucsb.edu.

When to arrive:

If you are not already registered as an Adventure Climbing Center member, please arrive at least 15 minutes early to read and fill out the required paperwork.

What to bring/ how to prepare:

Wear clothing that allows movement. Bring long hair tiebacks. Remove all jewelry, especially rings and watches. Be sure to trim your fingernails and toe nails before the class meets. Harness and climbing shoe rentals are included in the clinic.

Refunds:

Once registered, there are NO REFUNDS unless you find someone to pay for and take your spot. A "transfer" to another clinic is permitted if you give at least 24 hours notice.

Private group instruction is now available for people who want to work on specific climbing skills. We also offer private group use of the climbing center for teambuilding, birthday parties, etc. Inquire at the Adventure Programs Office at (805) 893-3737 for more details, availability and price.