



## Sport Climbing Level I Course

- ✓ **Lecture**
  - **History of sport climbing in Hong Kong**
  - **Definition of sport climbing**
  - **Artificial sport climbing wall structure**
  - **Safety rules of sport climbing (basic)**
  - **Sport climbing equipment**
  - **Knotting**
  - **Basic climbing skills**
  - **Communications**
  - **Belay skill of top-rope system**
  - **Warm-up exercise, cool-down exercise and stretching**
- ✓ **Practice**
  - **Warm-up exercise, cool-down exercise and stretching**
  - **Belay skill of top-rope system**
  - **Communications**
  - **Basic climbing skills**
  - **Safety rules of sport climbing (basic)**