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BREAK FREE FROM THE WALLS!



Top-rope transition – 8 h Equipment provided!

Come and convert your top-rope climbing skills acquired at the climbing gym to rock climbing.

Accompanied by a FQME certified instructor, you will learn the essential techniques to reach top-roping autonomy on natural walls: communication, installation and verification of a belay system and dismantling the system, risk management, reading the rock and good practices on climbing sites.

Who is this introduction course for?

- Indoor top-rope climbers who want to try outdoor climbing.
- Outdoor climbers who want to develop their independence.

Prerequisite :

Completion of our introduction to rock climbing course OR accreditation in top-rope belaying at an indoor climbing center (proof required) OR equivalent experience.

Practical information :

- **Duration** : 8 hours
- **Ratio** : 1 guide for 6 guests maximum
- **Location** : SEBKA – 273 route 132 Ouest C, Saint-André (QC)

General objective:

Become proficient enough to top-rope climb at an equipped rock climbing site.





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You will learn to:

- Understand and prepare the necessary climbing gear for top-roping.
- Know the essential knots.
- Understand the risks and master the safety concepts on the walls and for personal equipment.
- Locate anchors on the walls and check their stability.
- Communicate effectively.
- Set up, install, and dismantle a belay station and rappel down.
- Properly belay your partner while top-roping.

Activity schedule :

- Check-in and equipment distribution for participants at the SEBKA campground reception desk;
- Drive to the climbing site parking lot (1.5 km by car);
- Walk to the climbing walls (1 km on foot);
- Safety briefing;
- Review of knots and training on proper belay setup;
- Practice and supervised climbing with personalized guidance;
- Stripping the belays under the guide's supervision;
- Return to the parking lot and end of the activity.

The schedule may vary depending on the weather and the group's pace.

Safety first !

Your safety is at the heart of what we do:

- Helmets are required at all times (provided);
- Systematic equipment checks;
- Constant supervision by the instructor;
- Well-maintained and secured routes;
- A full briefing before each practical session;



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Top-rope transition – 8 h

Equipment provided :

- Helmet;
- Harness;
- Climbing shoes;
- Ropes;
- Belay devices;
- Self-locking descender;
- ATC;
- Chalk;
- First aid kit (guide).

Equipment to bring (participants)

- A sufficient quantity of water;
- A cap or hat, sunscreen;
- Hiking shoes for the approach hike;
- Long, loose-fitting pants (avoid jeans);
- A windbreaker or rain jacket, a warm sweater, and flexible athletic clothing suitable for the weather and activity;
- Insect repellent;
- Snacks or lunch depending on the schedule and your needs;

Why choose this course?

- Ideal for gym climbers who want to explore outdoor climbing;
- Progressive and supervised learning according to official FQME standards;
- New experiences on rocks;
- Opportunity to improve your techniques, confidence, and independence;
- Discover a spectacular natural environment!

To book :

Places are limited, so we recommend to book in advance via the following link:

RÉSERVER