

CLIMBING ESSAY

- *Made by hand. (Minimum 4 sheets in a plastic folder)*
 - *Deadline: 1 week after the activity.*
 - *You can insert pictures or drawings.*
 - *To look for the information you can ask your classmates, you can also find it in the climbing theory and you can look for further information in Internet.*
-

Answer the following questions:

1. What is climbing? ¿What is a climbing route (*via de escalada*)?
2. Where is climbing practiced? Name and explain 4 different types of climbing.
3. What are the main differences between static and low elongation (dynamic) ropes?
4. What is a climbing wall (*rocódromo*)?
5. Who is the lead climber? What is the meaning of climbing "top rope"?
6. What is the essential equipment for a safe climbing?
7. What is the climber's chalk for?
8. What is the Spanish name for climbing shoes? What are they for?
9. What is the name of the belaying device used to protect and give security during the climbing?
10. What is a carabiner? and quick draw? What are they for?
11. What is the security knot? (*nudo de seguridad*)
12. What is rappelling?
13. What are the muscles you mainly work when you climb?
14. What is a "Via Ferrata"?
15. What natural climbing areas/zones are famous in the Comunidad de Madrid?