



Istituto Comprensivo

Rovereto Sud



Erasmus+

AGENZIA
NAZIONALE
INDIRE



Videoconference
"OUR FAVOURITE SPORT"
15 March
10.30 - 12.30



Co-funded by the
Erasmus+ Programme
of the European Union

Climbing



HISTORY OF ROCK CLIMBING

FROM MOUNTAINEERING TO
ROCKCLIMBING

MOUNTAINEERING AND
CLIMBING IN TRENITINO

PROFESSIONAL
DISCIPLINES

1860 FIRST ASCENT OF MONT BLANC
1867 ASCENT OF ALL EUROPEAN PEAKS

1865 FIRST ASCENT OF EVEREST

1864 ASCENT OF MARMOLADA
1865 ASCENT OF PEAK TOSA
1882 ASCENT OF PEAK BRENTA
1980 DEVELOPEMENT OF FREE-CLIMBING IN ARCO



LEAD



BOULDER

1860 BEGINNING OF FREECLIMBING IN USA

1862 BEGINNING OF FREECLIMBING IN ITALY

1989 WORLD CUP

1987 FIRST ROCKMASTER
2011 WORLD CUP IN ARCO



SPEED



1991

2020

FREECLIMBING

OLYMPIC DISCIPLINE

Class 1E



EQUIPMENT



THE HELMET
The helmet is used to protect the head from any falling stones or debris.
Il casco serve per proteggere la testa da eventuali sassi o detriti.

Corda

THE ROPE
The rope is the most important element of all climbing equipment. Besides it is made up of nylon fibers that make it very resistant on the outside, the "lock of the rope" protects the inside from cuts and dirt.
Characteristics
The rope must be soft and manageable.
Resistant to breakage and must not fray on contact with the rock.
Have a good sliding capacity inside the carabiners.
Be elastic so it allows a softer stop in the event of a fall.
L'elemento che, in caso di caduta permette un arresto più morbido, meno traumatico.



Maschettone e Rinvi

Maschettone è un anello di metallo che presenta un lato apribile tramite una leva.
THE CARABINER
The carabiner is a metal ring that can be opened from one side thanks to a lever. The carabiner can be made of steel or made from other alloys. When climbing we use the carabiner to secure the grip to the harness of those who climb safely.
In classic carabiners the lever opens with a finger pressure and closes by itself.
In screw carabiners the lever, by screwing, fixes the mobile lever to the rest of the structure.
In automatic carabiners releasing the lever activates an automatic closing mechanism of the carabiner.
È SICURA
Tra i vari utilizzi, in arrampicata con il maschettone fissiamo i grignetti all'imbrago di chi fa sicurezza.

Il rinvio è uno strumento di sicurezza formato da due maschettoni collegati da una fibbia. Consiste di un anello in metallo forato ad un "THE QUICK DRAW".
Il quick draw è un safety tool formato da due carabiners connected by a sling. It allows you to hook your rope to an anchor point fixed to the rock.
In un altro maschettone viene successivamente passato il cavo di risalita cui egli stesso è legato attraverso l'imbrago.



CLIMBING SHOES

THE CLIMBING SHOES
The climbing shoes have a special rubber sole which gives them a great grip on the rock face. They are light and flexible footwear able to support the athlete on a smooth wall. They have an arched forefoot and a precise fit.
Caratteristiche principali:



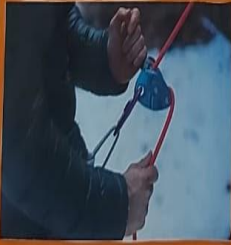
L'IMBRAGO

THE CLIMBING HARNESS
Harnesses are safety devices formed by a set of ropes and other elements that wrap the body and support it. The harness used for sport climbing is called "low harness". It is easy to use and ensures a good freedom of movement.
È SICURA
L'imbrago garantisce la massima libertà di movimento.



I GRIGNETTI

Il grignetto è il dispositivo di frenata più utilizzato attualmente in arrampicata. Consiste di un anello in metallo forato in cui si infilano la corda e il grignetto.
The grignetti is the most used braking device in climbing, this tool ensures the athlete in the event of a fall. The rope passes inside the grignetti which is connected to the harness of the climber who makes safety from below.
In the event of a fall, the rope activates the grignetti that chokes the rope itself, blocking it.
I grignetti "the eight" and "the bucket" were used, for these the locking system is not automatic, you need to know how to use them.
L'uso di un sistema di arresto si usavano l'otto e il secchiello, per questi il sistema di arresto non è automatico, occorre saperli usare.



SPORT CLIMBING / ROCK CLIMBING

Sport Climbing takes place on natural or artificial walls. It is an individual discipline that derives from alpinism. It consists in reaching the apex of an equipped route and then descending it thanks to an anchoring system.

Arrampicata su parete artificiale
Artificial wall climbing

Arrampicata su falesia
Crag climbing



Class 1A



THE ROPE



The rope is the most important element of all climbing equipment. Inside it is made up of nylon fibers that make it very resistant; on the outside, the "sock of the rope" protects the inside from cuts and dirt.

Characteristics:

- The rope must be soft and manageable.
- Resistant to breakage and must not fray on contact with the rock.
- Have a good sliding capacity inside the carabiners
- Be elastic as it allows a softer stop in the event of a fall.



THE CARABINER

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THE QUICK DRAW



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THE GRIGRI

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In the past, "the eight" and "the bucket" were used, for these the locking system is not automatic, you need to know how to use them.

CLIMBING EQUIPMENT

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IMBRAGO

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Classes 1C and 1D

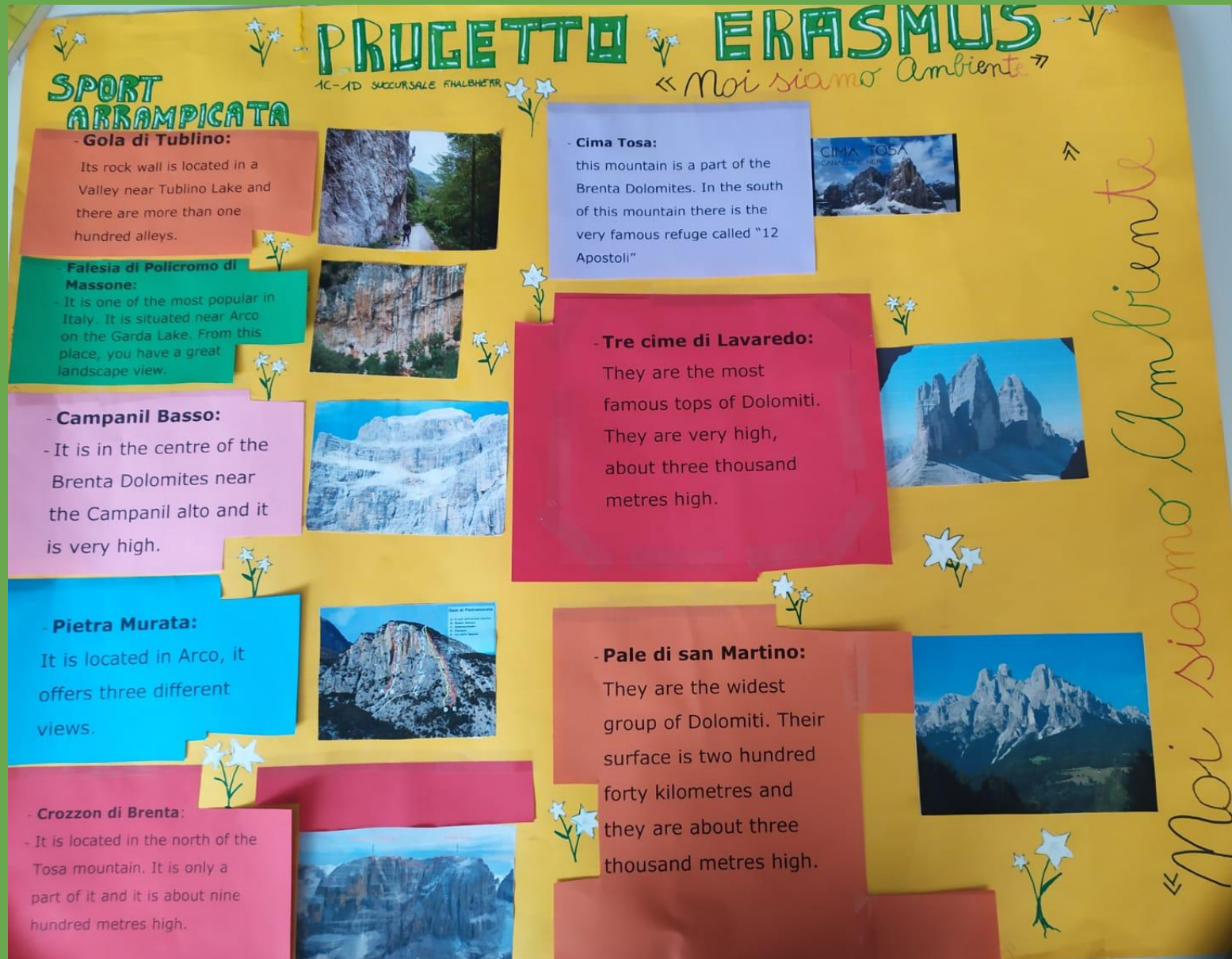
Classes 1C and 1D

PROGETTO ERASMUS
1C-1D SECOURSALLE FHALBHEITR
«Moi siamo Ambiente»

SPORT ARRAMPICATA

- **Gola di Tublino:**
Its rock wall is located in a Valley near Tublino Lake and there are more than one hundred alleys.
- **Falesia di Policromo di Massone:**
It is one of the most popular in Italy. It is situated near Arco on the Garda Lake. From this place, you have a great landscape view.
- **Campanil Basso:**
It is in the centre of the Brenta Dolomites near the Campanil alto and it is very high.
- **Pietra Murata:**
It is located in Arco, it offers three different views.
- **Crozzon di Brenta:**
It is located in the north of the Tosa mountain. It is only a part of it and it is about nine hundred metres high.
- **Cima Tosa:**
this mountain is a part of the Brenta Dolomites. In the south of this mountain there is the very famous refuge called "12 Apostoli"
- **Tre cime di Lavaredo:**
They are the most famous tops of Dolomiti. They are very high, about three thousand metres high.
- **Pale di san Martino:**
They are the widest group of Dolomiti. Their surface is two hundred forty kilometres and they are about three thousand metres high.

«Moi siamo Ambiente»



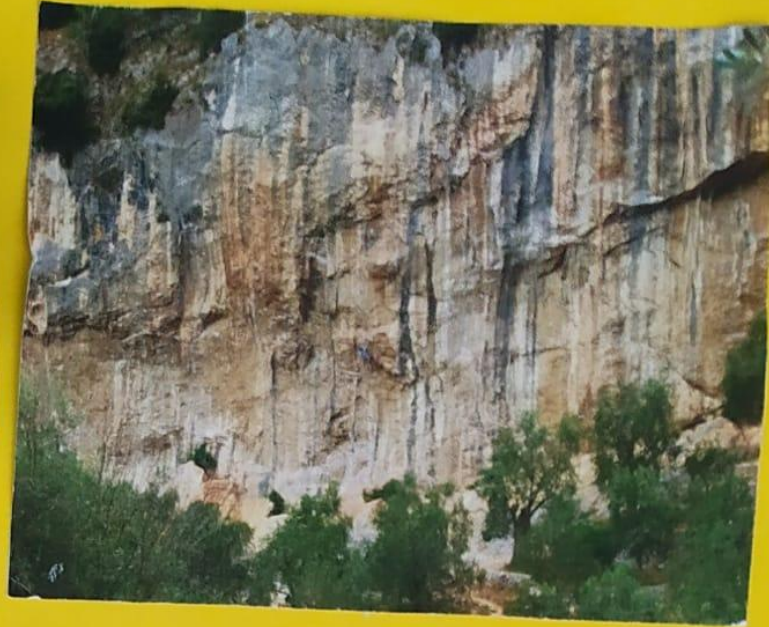
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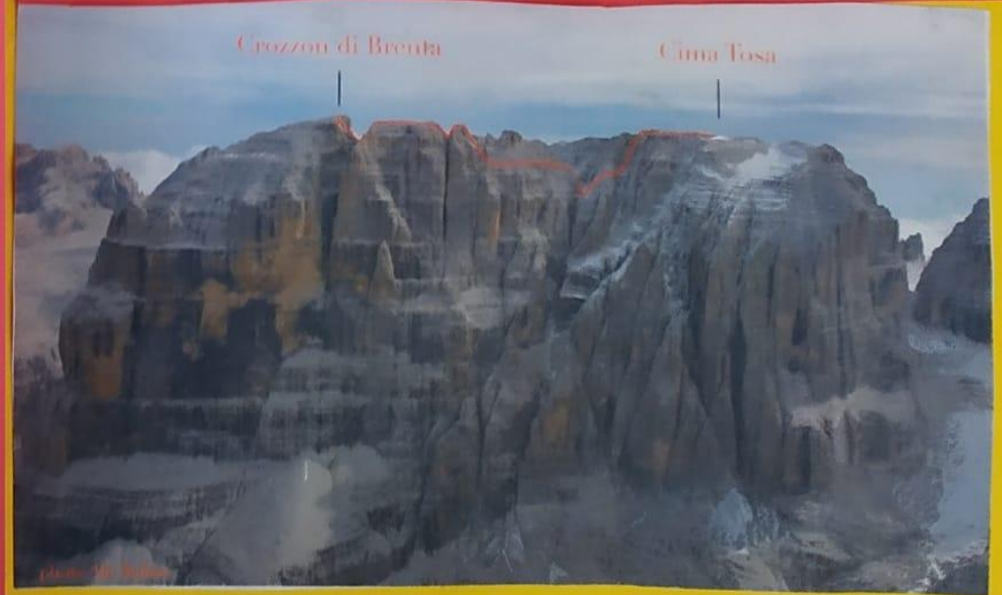
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← 11/01/2024

- **Cima Tosa:**

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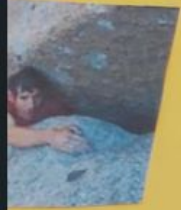

Class 1B

Class 1B

BRETTE HARRINGTON


Alpimista eclettica, è famosa per aver aperto nuove vie su roccia, misto e ghiaccio in Canada, Stati Uniti e Patagonia.

SHE IS AN ECLECTIC MOUNTAINEER, SHE IS FAMOUS FOR HAVING OPENED NEW ROTES ON MIXED ROCK AND ICE IN CANADA, THE UNITED STATES AND PATAGONIA.



NLAN ROBERT

È un arrampicatore francese, per chi lo conosce: "l'uomo ragno". HE IS FRENCH CLIMBER FOR THOSE WHO KNOWS: "SPIDERMAN".



DANNY ZAMPICCOLI

WAS THE FIRST MOUNTAIN GUIDE OF THE BASSO SARCA. HE LOVES VERY DIFFICULT AND DANGEROUS CLIMBS. SINCE JANUARY 2000 HE HAS BEEN MANAGING THE "DAMIANO CHIESA" RIFUGE ON MOUNT ALTISSIMO (BALDO GROUP).

DANNY ZAMPICCOLI LA PRIMA GUIDA ALPINA DEL BASSO SARCA
 LEI ANCHE LE VIE PIÙ DIFFICILI E PERICOLOSE DAL GENNAIO DEL 2000, GESTISCE IL RIFUGIO DAMIANO CHIESA SUL MONTE ALTISSIMO (GRUPPO BALDO).

Il gruppo Baldo, con l'Alpe di Siusi, è uno dei più famosi gruppi montani delle Dolomiti. È un'area protetta, dove si trovano alcune delle vette più alte e più belle del gruppo. Il rifugio Damiano Chiesa è un rifugio alpino che si trova sul Monte AltiSSimo, a 3200 metri di quota. È un rifugio alpino molto particolare, con una storia molto interessante. È stato fondato nel 1900 e ha ospitato molti grandi alpinisti. Oggi è gestito da Danny ZamPiccoli, che è un alpinista molto famoso e che ha aperto molte nuove vie di ascensione in questo gruppo montano.