

INTRODUCTION TO THE VIA FERRATA

Sport trainings.

fabiq

activa

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1. INTRODUCTION

This didactic program is aimed at all beginners, since it deals with the basic, theoretical-practical concepts to be able to progress in via ferrata independently and safely. For all kinds of audiences from children to adults.

Due to the increase in interest in activities in the natural environment and specifically in the mountains in recent years, a large number of people want to start to practice this sport, this program is aimed at them, so that with some basic notions, they will practice it safely.

The characteristics of the context where the programming will take place will be: the theoretical-practical classes could be in the classroom or at practicing site, the first Albir (la cantera) Tavernes de la Vall digna (las Marujas or Pas de cabres), and the second longer, tavernes or Ponoig (El León dormido). Sectors these, ideal to start.

Course designed for 4 students with a practical ratio of 1 technician for every 4 students.

2. DURATION.

The program will last approximately (15h) divided into 2-3 sessions:

- Morning sessions from 7-9am to 2-2:30 pm approximately.

In this way, people who work during the week can do it during the weekend, in addition, with this duration, the minimum proposed objectives can be achieved.

3. EDUCATIONAL OBJECTIVES.

1. Know and identify the basic equipment for via ferrata.
2. Know and perform the basic techniques of progression properly.
3. Know and carry out the knots and basic maneuvers of via ferrata.
4. Carry out an itinerary independently with the roped partner.
5. Correctly interpret reviews.
6. Respect the environment, material and equipment for public use.
7. Cooperate correctly in teamwork.
8. Know and carry out the necessary communication with the roped partner.

4. CONTENTS

4.1. CONCEPTUAL

- What a via ferrata is?, history.
 - fall factor and impact force.
 - knots
 - Basic equipment:
 - Harness, sink, carabiners and types, belay device.
 - Helmet.
 - Dynamic rope of 10 to 10.5 mm in diameter to be strung.
 - placement of the heatsink.
 - Individual progression techniques and team stringing.
- All material must be certified.



4.2. PROCEDURES

- Realization of the knot, dynamic, machard, fisherman and eight double, by sine, others.
- Correct use of the heatsink.
- Demonstration of some simple self-rescue maneuvers.
- Control of the rappelling maneuver.
- Progression of the 1st i seconds of roped
- Correct communication between the roped team

4.3. ATTITUDE

- Concern for the appropriate use of the equipment and the environment where the activity takes place.
- Respect for our environment, colleagues and nature.

5. TEACHING-LEARNING ACTIVITIES

- Realization and practices of exercise rope, dynamic knot and others.
- Correct belay exercises during progression.
- Practical demonstrations by the classmates of all the exercises already dictated.
- Theoretical explanations on conceptual contents.
- Carry out the warm-up before starting.
- Practical exercises to make a dynamic knot and its use.
- Abseiling.
- Encourage self-assessment to ensure a better understanding of the exercises.



6. AVALUATION ACTIVITIES AND CRITERIA

- 1- The evaluation is planned according to the established objectives. It is divided into 3 parts:
- 2- 1- An initial evaluation will be carried out; to have a global idea of the group and its physical-technical conditions. Which will not have representation in the final note.
- 3- 2- There is a continuous attitudinal evaluation. This represents 40% of the final result.
- 4- 3- Finally, there will be a practical test with procedural and conceptual contents. This will represent 60% of the result.

6.1. INITIAL EVALUATION QUESTIONARY

1. Have you ever practiced via ferrata before? If so, comment?
2. Have you practiced any mountain sport? How long?
3. Do you do sports during the week, or any sport regularly? Explain the time you dedicate to it.
4. Do you have any knowledge of knots in any field?
5. What do you know about via ferrata?

6.2. AVALUATION FILE.

7. WORK SESIONS.





8. METHODOLOGY.

The trend of this programming goes from less to more autonomy. It is assumed that the students are beginners and start from the beginning, some of the objectives of this course help students to go on a via ferrata independently.

There are several teaching styles that we will use:

The course and all the sessions will use reciprocal teaching since they will be organized in pairs, although they will have to change. All this as in the activities: tying knots, fall stopping, carrying out itineraries... It will be a constant.

The assignment of tasks will always be present because the technician directs the activities, leaving a little place for the students mistakes to commit and learn. Direct command will be used when strictly necessary for safety reasons.

Free exploration will be used in the first experiences, the student will be told to pay attention to her sensations when carrying out the activity. As in the activities: first impression of the material, first completed itinerary.

9. TIMING.

1er session: de 7 a 11.30 h Aula Xàbia Activa.	11.30-12h BREAK.	12h-14h Area: Ferrata del Albir/Pas de cabres
2do session: de 7 a 11.30 h Les Marujes o Ponoig		12h-14h Area: Les Marujes o Ponoig.
* times are estimations.		

10. STUDENT\$ EQUIPMENT.

The course includes civil liability and accident insurance, collective and individual material, teaching team.

11. DIDACTICAL RESOURCES.

Facilities: Classroom and via ferrata (initiation) in the natural environment.

Student equipment: backpack for carrying, coat, gloves, raincoat, food (recommended fruit, nuts, energy bars) and sufficient hydration.

Equipment for the course: dynamic and static ropes, descenders, heat sinks, helmets, safety carabiners and straps, belays, backpacks for carrying, first aid kit.

12. BIBLIOGRAPHY.

- Guerreros de la roca: Editorial Desnivel, autor Arno Llegner.
- Manual de progresión y conducción en vías ferratas. David Mora.
- Apuntes Técnicos Deportivos Nivel 2 (TD2) IES Pobla de Segur.
- Manuel de nudos para deportes de montaña. Desnivel.