

IWS

MOUNTAIN CLIMBING

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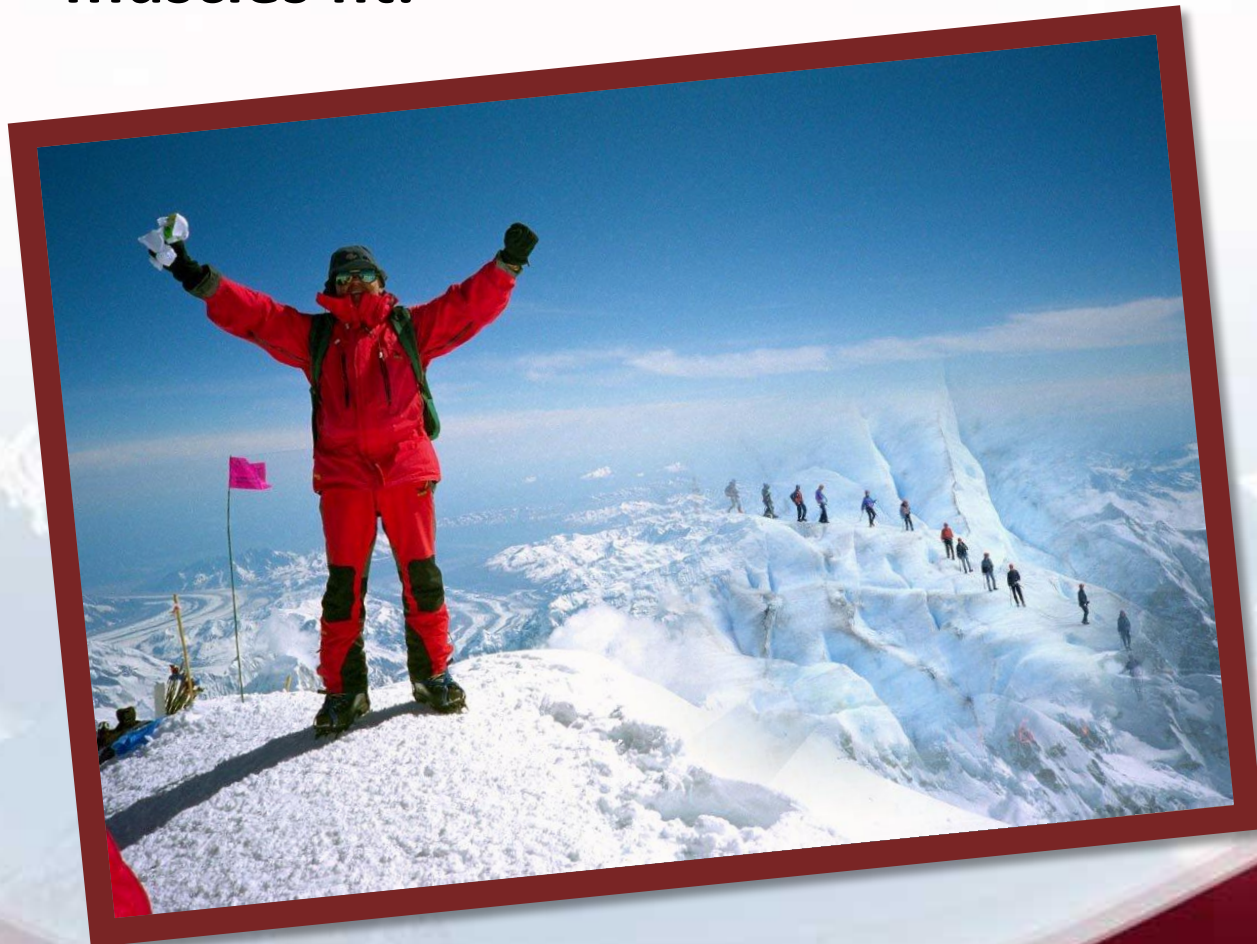
MOUNTAIN CLIMBING



- **MOUNTAIN CLIMBING** - sport and active recreation, which aims are to climb to the tops of the mountains. Sport essence of mountain climbing is to overcome the obstacles created by nature (altitude, terrain, weather), on the way to the top.

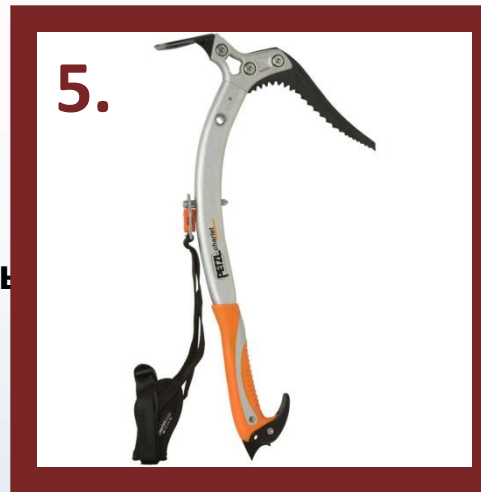


- **Mountain climbing is a very difficult and exciting sport. On the top of the mountain you feel yourself alone and free. Climbing is a good way to keep muscles fit.**



EQUIPMENT:

1. Dynamic rope – Альпинистская верёвка
2. Crampons – Альпинистские кошки
3. Carbine - Карабин
4. Ice screws - Ледобур
5. Ice ax - Ледоруб
6. Rocky Hook – Скальный крюк
7. Rock hammer – Скальный молоток
8. Descender – Спускосвые устройства
9. Arrest harness – Страховочная привязь
10. Harness – Страховочная система



RULES:

- Before you start you need to inspect carefully the rock and chart your route, depending on the availability of support points.
- You need have constantly three points of support, transferring to the next only one limb.
- You need to climb smoothly without jerking to keep your balance, energy and strength of the fulcrum.



IT IS ALSO ONE OF THE MOST DANGEROUS SPORTS

- You must have some skills or you will break a leg or injure a back, and you can even die.
- You can fall into the crevasse (расселина в леднике).
- You can freeze and your arms and legs may be numb, because of cold weather and wind.





Спасибо за внимание

Учите английский