

SAC rock curriculum
April 2004 – Terminology Update
Winter 2004 – 1st DRAFT

Size: If larger than typical sized trips, special provisions such as extra TLs and splitting the group to minimize impacts

Trip Leader: Has hard skills plus TL soft skills (teaching, supervision), and Wilderness First Aid training. Has final authority on trip decisions, often organizes trips, but can delegate logistics and applications if needed.

Instructor: Is checked off with all hard skills taught or needed for setup on trip, has discussed standards for check-offs with a Trip Leader, or in a SAC lead information session

Assistant: Is not fully checked off with hard skills at level needed, but at least checked off one level below (counts for ½ Instructor for ratios)

All Instructional Trips

- At least one TL
- helmets on within the climbing area
- **Must have at least one person present currently certified in Wilderness First Aid (16+hr)**
- must be pre-announced
- For any trip where non-LD qualed individuals will lead, at least one member of the instructor team must have Rock Rescue Skills Checked off.

Beginning Class

1 evening (optional), 1 day

Goals: people with pre-experience checked off with basic skills (belay, rappel) if they are safe
Exposure for everyone to TR climbing, belaying, and rappelling.

Helmets

Harnesses

Fig-8 with fisherman's backup

Carabiners

ATC

Belaying (BUS belay)

Commands

Belay position

Backup belaying

Gear Care Intro (don't drop or step)

Intro to rappelling (w/ fireman's belay and discussion clipping-in to anchor)

Introduction to movement on Rock

Where to go (and not to go) from here

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Expectations: All non-checked off belayers have a backup until proficiency is shown to TL or instructor (at TL discretion)

Those unable to get checked off for basic skills at the start of the class, must return on another trip (formal or informal) for check-off

Typical size: 10-12 students

Instructor:student =1:6max

Anchors I :Rocks, Trees, Bolts

1 (or 2) evening classes, 1 day trip

Goals: Understand Anchor concepts and analysis

Students get as much hands on anchor practice as possible

Students climb on anchors they set

Prerequisites: be checked-off for basic skills (exceptions at TL discretion)

Comfort with belay skills

Suggested: a few TR climbing trips (personal or club)

Discuss Approaches and Descents

Intro to Ratings, Topos, and Guidebooks

Knots:

- Overhand series (in webbing). Series = knot, knot-in-a-bight, follow-through, and “bend” (in this case water knot)

- Fig-8 series (in cord/rope)

- Girth Hitch

- Double&Triple-Fishermans

Equipment Strengths, Weakness

Equipment Care and Inspection

Locking vs Non- biner types

Opposite and opposed ‘biners

What makes a good anchor (SERENE)

Coiling a rope

Webbing management

Anchor Points types and evaluation

- Trees & shrubbery

- Horns & Chickenheads

- Chalkstones

- Boulders

- Pinches

- Bolts

- Fixed Gear (pitons, slings, etc)

- Chains (clip UNDER)

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Anchor Practice and Instruction:

- SERENE
- Angles
- single strand webbing (use and extension)
- double strand webbing (use and extension)
- cordellettes
- sewn sling usage, pros, and cons
- sliding-X pros and cons
- equalization tricks

Throwing ropes

Anchor types: (bottom belay, top belay, tying ropes together, rappels)

Edge awareness and management: concepts, discussion, practice

Where to go (and not to go) from here

Teaching Expectations: all knots should have twice the length of the knot worth of tail

SERENE anchors, with special care on redundancy of gear

Minimum 1 locker and 1 non-locker OR 3 non-lockers at turn-around point

students are clipped in to an anchor when near the edge

Typical size: 8-10 students

Instructor:student =1:5max

Anchors II: Gear Anchors and Trad Following

1 (or 2) evenings, weekend (2day) trip

Goals: Understand Gear placement concepts and analysis

Understanding Gear anchors for top ropes

Understand gear cleaning and rope management for multi-pitch

Students practice lead belay

Students get as much hands on practice placing protection and building anchors as possible

Students follow a trad protected climb

Discussion of Risks, Retreat, and Safety issues of multi-pitch climbing

Practice rappel with auto-block backup (check-off if student is ready)

Discussion of Approaches and Descents

Working knowledge of Ratings, Topos, and Guidebooks

Students are prepared to second a more experienced leader on traditional climbs

Prerequisites: Checked off for Basic & Anchors I skills

Competence with Belaying

Previous rappelling experience

Competence with setting-up top rope anchors using trees rocks and bolts

Familiarity with anchor theory (angles, SERENE, etc)

Suggested: significant experience setting anchors using trees rocks and bolts

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Knots:

- review previous knots
- Auto-block

Gear introduction (Strengths, things to watch out for)

- General Good Anchors: Rock quality, Surface Area, Direction of Pull, ease of cleaning
- Hexes
- Nuts
- Tricams
- Cams
- Mention others

Practice placing all types of gear

Review of webbing, cordelletes, & natural anchors

Practice equalizing gear placements into anchors

Intro to multi-pitch climb concept.

- Safety on approaches and descents
- Multi-pitch sequence
- What it takes to bail

Lead belay (position)

Leader-Follower Communication (names, verbal and non-verbal)

Bottom Anchors (when required, other thoughts)

Clipping in to multi-pitch anchors

Discussion of ratings, topos, guidebooks

Basic non-climbing gear to bring on a multi-pitch

- headlamp
- Small pack (optional)
- water
- food
- shell
- warm layers (wool or synthetic)
- knife (Safety of knives around taught rope)

Time and rope management

Cleaning and Re-racking

Discuss Rappelling

- Device types
- Tying ropes together
- Retrieving ropes
- Knots in end
- Backups

Students demonstrate comfort with managing themselves on rappels with attention to:

- tethers, anchors, clipping-in

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- rigging rappel device
- proper use of auto-block third-hand
- practice leg-wraps

Where to go (and not to go) from here

Teaching Expectations:

Typical class size: 8-10

Instructor:Student Ratio = 1:5max (1:4 preferred)

Trad Lead

2-3 evenings, 2 weekend (2days/ea) trips

Goals: Demonstrate solid Gear placements and analysis abilities

Students get as much hands on practice placing protection and building anchors as possible

Students spend time mock leading a trad protected climb

If students demonstrate competence on mock leads, they may lead a trad climb with instructor

Students can describe Risks, Retreat, and Safety issues of multi-pitch climbing

Practice rappel with auto-block backup (check-off if student is ready)

Approaches and Descents

Working knowledge of Ratings, Topos, and Guidebooks

Students are prepared to second a more experienced leader on traditional climbs

Prerequisites: Checked off for Basic & Anchors I & Seconding & Anchors II skills

Experience following a multi-pitch climb

Competence with setting-up anchors

Competence with anchor theory (angles, SERENE, etc)

Competence lead belaying

Theory

Connecting ropes for rapell

Runnering, Rope Drag

Single, Double, Twin

Understanding anchors for multi-pitches

Understanding Sport vs Trad leading

Clipping in Properly (not Back-clipping, not Z-clipping)

Efficiency

Falling

Fall-Factors

Multi-pitch rappel theory

mid-climb rope organization

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Racks and racking
Picking routes, ratings
Retreating and Bailing
Things to think about in the backcountry
Where to go (and not to go) from here

Practice
Optionally spending time sport leading
Review and more practice with gear placements and assessment
Practice setting multi-directional anchors
Students Follow an experienced leader on a multi-pitch climb
Mock Leads
Belay Escape
Prussiking
If appropriate lead climbing
Rigging a rappel station
Knots: clove hitch, munter, munter-mule, prussik, kleimheist

Teaching Expectations:
Typical class size: 8-9
Instructor: Student Ratio = 1:4max (1:3max while leading)

Revisions

April 2004, B Palmintier
Winter 2004, B Palmintier, et al.

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