

Instructor's Meeting: Wednesday before Basic School starts

Supplies to buy: Drinks, ice, pizza

Scott N. _____

Supplies to bring:

Gear for student packs:

Oval carabiners (x2), D-lockers (x2), locking parabiner (x1), belay/rappel device (x1),
6mm Prusik cords: 4' (x1), 6' (x1) & 10' (x1) untied; 5mm autoblock: 4' (x1) untied
Webbing (10'), 48" sewn nylon runner (x1)

Equipment:

Hot knives (x2), fan for cutting nylon, metal rods to hold Prusik rolls,
milk crate for holding metal rods, masking tape, measuring tape.

Scott N. _____

Instructor's Yellow T-Shirts

Scott K. _____

Instructor sign-up sheet: include last column for grad climb interest

Scott K. _____

General Instructions:

- 1) Wear harnesses if possible.
- 2) Wear a yellow T-shirt, even if you don't have the AMC shirt.
- 3) There will be an instructor sign-in table. Wear a blue name tag.
- 4) New instructors - watch how we teach the class
- 5) New instructors who have not been through Basic School - watch everything
- 6) We have established ways to teach; not because it is the "only way to do it", but for consistency. Teach by showing, allowing students to do it themselves – give them their space and avoid the temptation to "reach in" and take over.
- 7) Please pay attention during lectures! This helps keep our instruction consistent. If you're not listening, you may not pick up on something I tell the students and when they ask about it later, you may tell them something different.
- 8) Backup all belays and rappels on all class days
- 9) **Show up early** on prusik nights if possible & **practice**
- 10) Grad Climb Leaders - be there on Thursday on Gym night to pick up helmets, harnesses, ropes and patches
 - a) There will be Grad Climb sheets to give to your students
 - b) After prusiking on Thursday, students will bring Grad Climb leaders their harnesses and helmets
- 11) **We are teaching several techniques that are not yet reflected in an updated Manual:**
 - a) **Stopper knot** is a simple grapevine knot at the end of the rope
 - b) **Always close the system (rappelling or belaying)** – use a stopper knot (grapevine) if the rope end is free (i.e. not tied in to another climber)
 - c) **Climbing Calls** – see climbing call sheet at the back of this syllabus
 - d) **Belay technique** – PBUS – Pull, Brake, Under, Slide
 - e) **Extended Rappel** – use a 48" sewn runner through tie-in points, tied with an overhand; use belay loop autoblock
- 12) Sign and print Queen Creek Climbing waiver at:
<http://www.queencreekclimbing.com>

AMC Documents Link

Here is the link for the syllabus and AMC Rock Climbing & Self Rescue Manual:

<http://arizonamountaineeringclub.net/schools/outdoor-rock-climbing-school/basic-outdoor-rock-climbing-school-syllabus-manual/>

Here is an interesting link for knot tying, some people may find it useful:

<http://www.animatedknots.com/>

Instructor Syllabus - Session #1

When: Tuesday - 5:00 pm (please come early if possible, class starts at 6:00)

Where: North Mountain Visitor Center (12950 N. 7th Street, Phoenix AZ 85022).

1. Supplies for registration: clipboards, markers, waivers, registration cards/labels, student nametags, instructor nametags, pens Scott N. _____
2. Instructor and Student syllabi (bring extra) Scott N. _____
3. Gear packs (bring extra) Scott N. _____
4. Yellow T-Shirts Scott K. _____
5. Projector Bill F. _____
6. Supplies for class: harnesses (2 bags), all climbing ropes, box of practice ropes Scott N. _____
7. **Instructor's gear: harness, standard harness gear, yellow T-shirt**
8. Registration Eric E. _____
9. Harness Fitters (**Please be to class by 5:00**) Use size medium first if possible.
 - a. _____
 - b. _____
 - c. _____

10. Lectures:

- a. Scott N. _____ introductions & lecture (35 min) 6:00 start
- b. Scott N. _____ slide show (15 minutes) 6:45
- c. Scott N. _____ equipment - harness demo, gear lecture (25 minutes) 7:00 – 10-minute break at 7:20
- d. _____ overhand, water knot (15 minutes) 7:30
- e. _____ figure 8 on a bight, follow-through (15 minutes) 7:45
- f. _____ grapevine & stopper knot (15 minutes) 8:00
- g. _____ girth hitch, prusik hitch & coiling prusiks (15 minutes) 8:15
- h. _____ rope coiling - backpack coil (10 minutes) 8:30 start

- All knot demonstrators need to **find two partners** to flag them on each side during the demo (make sure you and your partners are on the same page prior to your demo).
- If you have volunteered to demonstrate a knot, please **show up early**.
- Please be prepared to **demonstrate** your knot tying to Scott or designee before your 'live' demo to ensure that you're hitting all the salient points and we're being consistent.

Key points to address when tying knots:

- Overhand/waterknot – length of tails, 4-way tightening, recheck all knots periodically
- Figure 8 – use harness to demo, get the figure 8 in the right place to start so that you don't have to tie off the tail, 4-way tightening
- Grapevine – look for double Xs on one side and 4 straight lines on the other, get the tail length right – a skosh longer than the length of the knot. Remember, if demoing with a rope start with more tail.
- Girth Hitch/Prusik Hitch – dressed nicely, 2 or 3 wraps, grapevine knot should be close to the prusik hitch to keep it out of the way

Read Chapters 3 & 4 – covered tonight

Read Chapters 2, 5, 6, & 7 – will be covered on Thursday

Think about any grad climb you would like to do! Write it down on the Instructor Sign-In Sheet

Instructor Syllabus - Session #2

When: Thursday - 6:00 (If time permits, please come early)

Where: North Mountain Visitor Center (12950 N. 7th Street, Phoenix AZ 85022)

1. Shoe rental at 5:30 pm Jerry Smit _____
 - Rent shoes
 - Provide list of students with shoes to registrar
2. Supplies – Instructor and Student syllabi (bring extra), gear packs (bring extra) Scott N. _____
3. Supplies for registration: markers, waivers, student nametags, instructor name tags, pens, membership cards Scott N. _____
4. Car-pool list: list areas by city, or in Phoenix, by region through zip-code. Scott N. _____
5. Supplies for class: retired practice ropes, harnesses (2 bags). Scott N. _____
6. **Instructor's gear: Head lamp, harness, standard harness gear, yellow T-shirt**
7. Check out harnesses, new name tags, hand out membership cards & address lists
8. Lectures:
9. Scott N. _____ review knots
10. Scott N. _____ The climbing world: access, ethics, ratings
11. Scott N. _____ **Bottom Belay** – Explain configuration, demo belay process & climbing calls (slot device & Muentner)
12. Scott N. _____ **Top Belay** - Explain configuration, demo belay process using Muentner & climbing calls
13. Scott N. _____ **Rope throwing and Rappel setups** - with **extended slot device** and **Autoblock** rappel backup
14. Announcements
15. Review Saturday's class

Read Chapters 2, 5, 6, & 7 – covered tonight

Read Chapter 9 for Saturday & Sunday

Read Chapters 8 for next Wednesday

Instructor Syllabus - Session #3 (1st Climbing Day):

When: Saturday - 7:00 AM

Where: Target Parking Lot – SE corner of 101 & Frank Lloyd Wright (map on page 9)

Hint: If you are coming north on the 101, take the Frank Lloyd Wright exit and turn into the Target parking lot directly from the frontage road just before you hit the Frank Lloyd Wright intersection. If you miss it, just turn right at Frank Lloyd Wright and take an immediate right into the shopping center. **Park near the entrance from the Frontage Road.**

Supplies - general: first-aid kits, radios, extra batteries, **maps**, comb, pruners, extra water (5 gallons), portable table for food, trash bags.

Supplies for check-in: waivers, student nametags, instructor nametags, pens, markers.

Student Gear: Harnesses & personal anchors (2 bags), Helmet boxes

Supplies for problem setup: Ammo box w/ hardware kits, static ropes, climbing ropes, slings, biners, tape for students, instructor check-sheets, large cones, **PRO – Lots of Cams (#1 - #4)**

Supplies for trails: small cones, orange flagging, **pruners**, walking sticks for snake patrol.

Instructor's gear: harness, standard harness gear, yellow T-shirt

Scott N. _____

Scott N. _____

Scott N. _____

Scott N. _____

Scott N. _____

1. Send instructor group out early (7:10 am) to set stations at Sven Slab area
 - a. Set up demo of overhanging rappel and bottom belay of rappel
 - b. All belays and all rappels should be backed-up (safety-belayed)
 - c. Go over safety items below. Extra checks of harness & helmet needed for first students at each station.
 - d. Go over how students will move through areas
 - e. Mark trails with small cones, caution tape
 - f. Hand out check-sheets, trash bags, maps
 - g. Each instructor should take anchor gear (see instructor map) and rope for each station
 - h. Check each rope you put up for wear, etc., before you put it up
2. Leave one instructor at meeting place to check out harnesses and helmets and lead students to Sven Slab.
3. Demo helmets at check-in. Use **climbing tape for Name Tags** on helmets
4. Designate lead and tail vehicles to take students out so no one gets lost.
5. Announcements after regrouping at the Sven Slab practice area – Scott N.
 - a. Review today's class - plan on staying until 4:00 or all problems are done
 - b. Plan on lunch break about noon; re-group for lunch
 - c. Review Sunday's class, upcoming Club meeting (if appropriate)
 - d. **Safety:** do not belay until your climber has checked you out
 - e. **Safety:** do not climb until your belayer has checked you out
 - f. **Safety:** do not belay, climb, or rappel until an **instructor has checked you out**
 - g. **Safety:** wear helmets
 - h. **Safety: Always use Autoblock on rappel**
 - i. **Safety:** watch out for cactus, snakes
 - j. **Safety:** drink water
 - k. **Safety:** use sunscreen
 - l. **Any special medical conditions (e.g. potential allergic reaction to bees!)?**
 - m. Identify EMT's, medical help _____
 - n. Stay on trails (for safety, low impact); do not wear climbing shoes between main areas
 - o. You will take your first fall today; if you go to a rappel station first, tell the instructor at your first climbing area, and he/she will have you take your first fall
 - p. Hand out maps to practice area - explain the various stations
 - i. Mandatory stations are top belay and long rappel
 - ii. novices should not do the long rappel first
 - q. Check each student as the team leaves to make sure:
 - i. harness is on correctly, no twisted leg loops, doubled-back
 - ii. helmet is on properly
 - iii. all gear is racked on harness

Hawk	_____
Energizer	_____
Top Belay	_____
Chimney	_____
Lay Back	_____
Short Rappel	_____
Long Rappel	_____
Smearing	_____

Instructor Syllabus - Session #4 (2nd Climbing Day)

When: Sunday – 6:30 AM

Where: TBD

Supplies - general: first-aid kits, combs, extra water, **maps**, trash bags.

Scott N. _____

Supplies for check-in: waivers, student nametags, instructor nametags, pens, markers.

Scott N. _____

Student Gear: Harnesses and Personal Anchors (2 bags), Helmet box

Scott N. _____

Supplies for Climbs: Ammo box w/ hardware kits, static ropes, climbing ropes, slings, biners, tape for students, instructor check-sheets, **maps**

Scott N. _____

Supplies for trails: small cones, orange flagging, **pruners**, walking sticks for snake patrol.

Scott N. _____

Instructors Gear:

- Harness, standard harness gear, yellow T-shirt
- Pro as required to set up climbs

Lead Assignments for Climb set-ups:

- TBD

- ***Climbing Techniques Demo***

1. Send group out early (6:30 am) to set up climbs
2. Check out harnesses
3. Announcements - Scott N.
4. Review Sunday's class
5. Plan on staying until 3:00 pm to break down climbs and help to carry out gear

Read Chapters 8 & 10 for next Wednesday

Instructor Syllabus - Session #5 (Self-Rescue)

When: Wednesday - 6:00 pm or show up as early as **4:00 pm** to help set up ropes & practice your prusiking skills

Where: Phoenix Rock Gym, 1353 E. University Dr., Tempe AZ 85281 – see map on page 10

1. **Supplies - general:** Pen box with name tags, waivers, pens, markers Scott N. _____
2. **Supplies for registration:** car-pool lists. _____
3. **Supplies for class:** all ropes, helmets, harnesses & personal anchors (2 bags) Scott N. _____
4. Instructor's gear: harness, helmet, standard harness gear, yellow T-shirt _____
5. Set up prusik anchors - **start at 4:00 pm** _____
6. Check out harnesses, name tags for helmets. _____
7. Announce Grad climbs _____
8. Lectures/demos:
 - Tie off and escape the belay _____
 - Prusik up and down fixed line with short prusik, tying off short _____
 - Prusik up fixed line tying off short, convert to rappel, rappel down _____
 - Prusik up fixed line past a knot tying off short, prusik down past a knot _____
 - Rappel down a fixed line, convert to prusik, prusik down _____
9. Announcements – Scott N. _____

Key points to remember while prusiking:

1. Always carry your prusiks with you, even when sport climbing
2. Carry them properly chained for easy access
3. When belaying, ALWAYS anchor or make sure an anchor is accessible to enable belay escape
4. The small waist prusik goes on first, and comes off first
5. Always “dress” your prusik hitch
6. If prusik hitch slips, add another wrap
7. Always tie off short a minimum of 10’ - 15’
8. Plan so you always have 2 points of contact
9. Keep an eye on biners for cross loading and make sure biners are locked
10. Do not grab prusik knot (slide knot with hand either above or below prusik hitch)
11. Prusiks will not catch a fall
12. When carrying prusiks off harness, carry around shoulder and head (NOT around the neck)
13. Since you are most likely not using your prusiks often, inspect grapevine knots/condition of prusiks before using
14. Prusik cord must be smaller in diameter than rope to work properly

FAQs

1. YES - You can prusik up a double rope (may require more wraps of prusik hitch)
2. Ascenders - Mechanical ascending device used mostly by cavers, aid climbers, and rescue personnel
3. Prusiking with a pack - special technique required (at all times keep pack attached to anchors or yourself, some people pre-rig a loop at top of pack for hauling a pack or prusiking with a pack)
4. Top heavy climbers (special technique for prusiking will be dealt with on an individual basis)
5. Getting yourself up while dangling upside down with a chicken hitch around your foot (most importantly - relax, take some deep breaths, hopefully you will be able to muscle yourself back upright)

Instructor Syllabus - Session #6 (Self Rescue, continued)

When: Thursday - 6:00 pm or show up as early as **4:00** to help set up ropes & practice your prusiking skills

Where: Phoenix Rock Gym, 1353 E. University Dr., Tempe AZ 85281 – see map on page 10

1. **Supplies:** all ropes, helmets, harnesses & personal anchors (2 bags), pen box Scott N. _____
2. **Supplies for registration:** car-pool lists. _____
3. **Supplies for grad climbs:** Scott N. _____
 - Ropes – statics and dynamics
 - Gear boxes – webbing, cordelettes, biners
 - Grad Climb kits for all Leaders and Students (climb description, AMC patches)
4. Instructor's gear: harness, standard harness gear, yellow T-shirt
5. Set up prusik anchors - **start at 4:00 pm**
6. Check out harnesses, new name tags for helmets (name tags to stay on for the rest of the class)
7. Lectures/demos:
 - Club President speaks regarding upcoming outings, meetings, slide shows, etc _____
 - Tie off and escape the belay (demo only – students will not practice this again) _____
 - New to students - prusik up and down using one prusik _____
 - Combining the skills - prusik up fixed line past a knot, tying off short, convert to rappel, pass the knot on rappel _____
8. Announcements - Scott N.
9. Set up grad climbs
 - Review graduation climb day, including party
 - Distribute ropes & other needed gear, harnesses, helmets, patches to Outing Leaders
 - Hand out Grad Climb Descriptions to Students
 - Hand out Grad Climb Packets to Grad Climb Leaders
 - One page Grad Climb descriptions with all info needed by participants
 - Emergency Contact list
 - Carpool list noting students and club gear
 - Patches for presentation to students after Grad Climb completion

AMC Basic School Syllabus - Session # 7: Grad climbs and grad party

When: Saturday – all day – see grad climb leader for time to meet for climbs

Where: Grad climbs per sign up
Grad party details and directions on last page.

Party assistant to help with plates, plastic ware, soda, ice chests, setup: _____

Equipment: All climbing gear, helmet, tape or tape gloves, hiking boots/shoes, climbing shoes, contact your leader regarding other needed gear

Food and water: Lunch and at least 3 quarts (preferably 1 gallon) of water

Not all grad climbs may be offered every class. Missed grad climbs will be made up on a Club outing later. Due to space limitations, not everyone may get to go on his/her first choice of climbs, but will make every effort possible to accommodate every Basic School volunteer instructor.

• TBD

NOTE: Grad climbs offered will depend on availability of grad climb leaders, student needs, and any current access issues.

*All free-hanging rappels involve exposure. Anyone still bothered by heights should select a single-pitch grad climb.

** These climbs have the potential to be long days. If you have plans Saturday night besides the grad party, we would advise you to not go on these climbs. Since you may be coming down in the dark, you should take the following extra equipment: flashlight/headlamp with batteries, windbreaker, and any other special gear your Grad Climb Leader may specify.

- 1) Supplies should already be given out to grad climb leaders: ropes, harnesses, patches, helmets. Scott N. _____
- 2) Have list ready for leaders of students with shoes Scott N. _____
- 3) Instructor's gear: standard climbing gear
- 4) Announcements - Scott N.

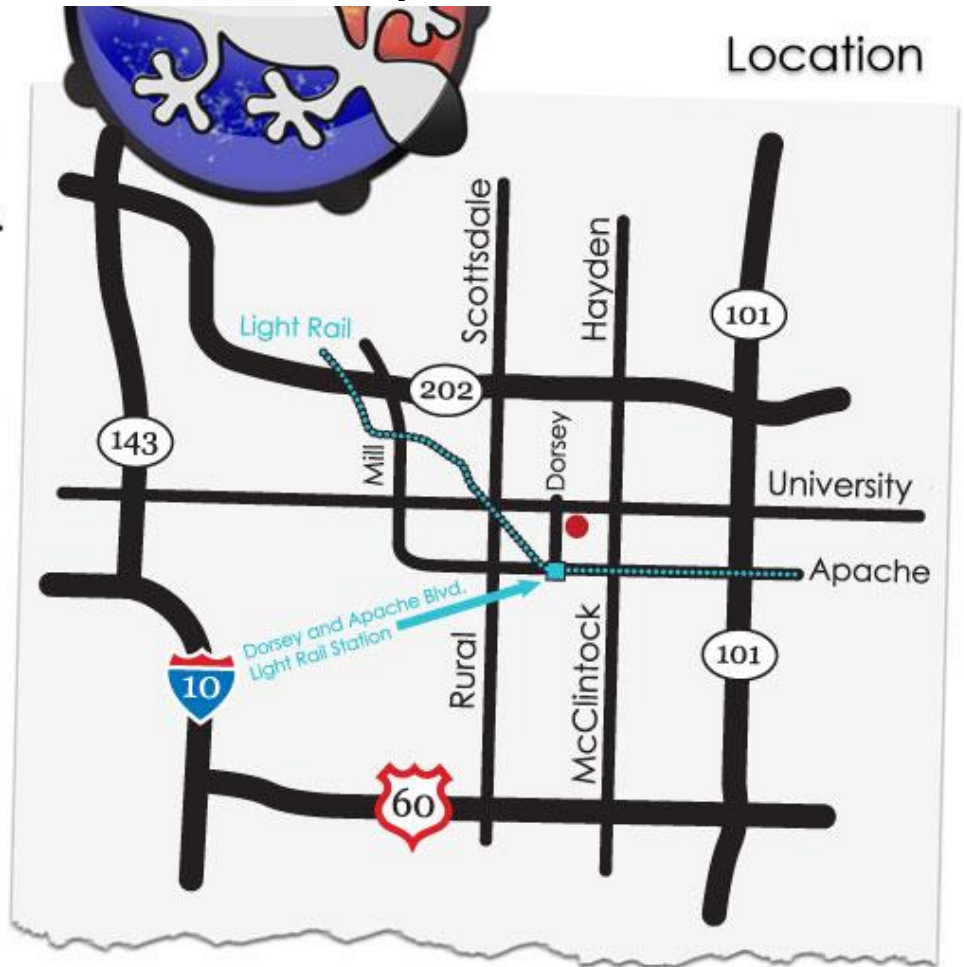
Phoenix Rock Gym

Location

The Phoenix Rock Gym is Located At

1353 E. University Dr.
Tempe, AZ 85281

480.921.8322



From Phoenix | Take the 202 Freeway east to the Scottsdale/Rural Rd exit. Turn right onto Rural then left onto University. **Then...**

From Scottsdale | Take Hayden south to University. Turn right. Then...
or Take the Pima Freeway (101) south to the Rio Salado/University Exit. Follow the frontage road 1/2 mile to University. Turn right. **Then...**

From Mesa | Take Hwy-60 (Superstition Frwy) west to the Pima Freeway (101). Drive north on the 101 to Broadway. Exit and drive west to McClintock. Turn right onto McClintock. Turn left on University. **Then...**

Then... We are located in Aztech Court on the southeast corner of University & Dorsey (halfway between Rural & McClintock). We are in the huge building behind the Quality Inn.

Or... Take the **Light Rail** to the **Dorsey and Apache Blvd. Station** and walk .5 miles north to Aztech Court.

AMC Outdoor Rock Climbing School Graduation Party

When: 6:00 pm Saturday, October 19th

Where: TBD

Directions:

- TBD

What to Bring:

- Yourself, cleaned up or “as is” from your climb. If you decide to grab a shower and change clothes before coming over, be careful not to get carried away or your climbing partners might not recognize you.
- Spouse, significant other, friends...
- Food to eat and food to share.
- Something to grill, if you want. A Barbeque will be available.
- Beverage of your choice – BYOB
- Folding chair, if you want to guarantee you have the chair of your choice

** The AMC will provide soft drinks, cups, plates, utensils, napkins, etc.