

Basic Outdoor Rock Climbing School Syllabus - Session # 1: Intro, knots, rope handling

When: 5:30 -9:30 pm, Tuesday

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

Lead Instructor: Scott Nagy Scott.R.Nagy@gmail.com 623-271-2079

Equipment: You will be issued a "school pack" of climbing gear, harness and personal anchor.

Note: The harness and personal anchor must be turned in at the end of each class!

Students

1. Registration
2. Introduction
3. Putting on the harness and equipment lecture
4. **Break**
5. Instructor demonstration and student practice: overhand knot, water knot
6. Instructor demonstration and student practice: figure-8 on a bight, figure-8 on a follow-through
7. Instructor demonstration and student practice: grapevine knot, stopper knot
8. Instructor demonstration and student practice: girth hitch, prusik hitch, proper coiling of prusiks
9. **ANNOUNCEMENTS** - next class
10. Instructor demonstration and student practice: rope bags, rope coiling, backpack coil
11. **Check in harness and personal anchor (club gear)** before leaving at the end of class

School guidelines:

1. Be on time for each session; have your harness on and be ready to go
2. Wear a name tag on your shirt (first two sessions) or your helmet (climbing days)
3. Use your partner's name in climbing calls
4. Do not step on ropes - these are your lifeline, and can be damaged by grinding dirt and sand into them
5. Do not use or take out knives or sharp instruments near any ropes - ropes under tension cut very easily
6. Do not smoke near the ropes or other equipment; please smoke well away from the group, downwind
7. Do not litter; pack out everything
8. Wear a helmet at all times during the weekend sessions and the climbing gym sessions
9. Always clip into an anchor when near an edge, or when an instructor asks you to
10. Stay away from cliff edges above people unless you are belaying - it is easy to knock down rocks
11. Yell "ROCK!" any time you see something coming down the cliff, no matter who else also yells or what it is
12. Do not belay unless your belay setup has been approved by an instructor and an instructor is monitoring your belaying
13. Do not rappel unless your rappel setup has been approved by an instructor and someone is able to bottom-belay you
14. Do not climb unless your climbing tie-in has been approved by an instructor
15. If you wear glasses, wear a restraining strap (e.g. Croakie) - it is easy to knock your glasses off while climbing
16. If you have long hair, tie it up or back - it is easy to get it caught in a rappel
17. Remove watches, rings and jewelry before climbing for safety and to avoid destroying them
18. No dogs or other pets - we love pets, but it makes it difficult to concentrate on learning
19. Observers are welcome but should stay well away from the class area due to potential rock fall, etc.
20. Children should be accompanied by a non-class member and should stay away from the class area
21. Try to car-pool
22. Inventory your gear at the end of the night to avoid losing it – MARK YOUR GEAR!

FAQ:

Do we always have to bring ALL our climbing gear? Yes!

Do we always have to wear HELMETS, inside the gym, close to the rocks, all around the climbing area? Yes!

Read Chapter 3 & 4 (we discussed these topics tonight)

Read Chapter 2, 5, 6, & 7 for Thursday's class

Syllabus and AMC Rock Climbing & Self Rescue Manual:

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

Animated step-by-step knot tying:

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

Basic Outdoor Rock Climbing School Syllabus - Session # 2: Belaying, Rappelling

When: 6:00-9:30 pm, Thursday

Come early (5:30 pm) if you need to rent shoes

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

Read: Study Outdoor Rock Climbing School Manual prior to class

Equipment: All climbing gear, personal harness and helmet for inspection, head lamp, FOOD TO SHARE

Shoe rental – begins at 5:30. Class starts promptly at 6:00.

1. Check out harnesses
2. Announcements & questions
3. Check personal gear – students should bring harnesses, helmets and other personal climbing gear that they intend to use in the class. Instructors will look at it.
4. Review: students will tie all seven knots
5. Discussion: Access (the Access Fund, the AMC Land Advocacy Committee, and our efforts to keep climbing areas open), climbing ethics, ratings.
6. Climbing calls
7. **Break**
8. **ANNOUNCEMENTS – Saturday's schedule**
9. Technique demos:
 - Bottom belay top rope setup, climbing calls, and belay – using slot device and Muenster hitch
 - Top belay setup, climbing calls, and top belay using Muenster hitch
 - Rappel setup and rope throwing
 - Rappelling using belay device with extension and autoblock (tie stopper knot at ends of rappel lines)
10. Technique practice. Practice all items that were demo'd – Use all climbing calls, including the name of the climber/belayer
11. Coil ropes - backpack coil
12. **Check in harnesses and personal anchors**

Read Chapter 9 for Saturday & Sunday

Read Chapter 8 for next Wednesday

Basic Outdoor Rock Climbing School Syllabus – Session # 3: 1st climbing day

When: 8:00 am – 5:00 pm, Saturday - **Plan to meet at 7:45 am!**

Where: **Meet at Target parking lot in shopping center located at SE corner of 101 & Frank Lloyd Wright**

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 Blvd and take an immediate right into the shopping center. **Park in the NW corner of the parking lot in front of Target.**

We will distribute climbing gear and carpool out to the **Tom's Thumb Trailhead** facility on the North side of the McDowells in the McDowell Sonoran Preserve. **See map on page 8.**

*Note 1: there are Restrooms but **NO WATER** at the **Tom's Thumb TH***

*Note 2: there are **very active bees** in the area. Be prepared and take personal responsibility. If you think you have an allergic reaction to bees, or don't know, please alert the Lead Instructor*

The class will be conducted near the Sven Slab climbing area. It will be about a **half mile hike** from the parking lot, so plan to **carry everything including lunch, water, climbing gear, etc. with you.** You'll want to use a medium size pack. It's not too far to carry a small ice chest also if you want.

Read: Study Outdoor Rock Climbing School Manual prior to class

Equipment: All climbing gear, helmet, tape or tape gloves, hiking boots/shoes, climbing shoes, long pants, syllabus, pen

Food and water: Lunch and at least 3 quarts (preferably 1 gallon) of water, FOOD TO SHARE OK to bring a small ice chest and folding chair. We will be gathering for lunch.

1. Check out harnesses and helmets
2. Announcements & questions
3. Discussion of technique and balance
4. All students will go to rappel rock to practice standard rappel and Muenster rappel , including autoblock
5. Students will divide into pairs to visit stations as described on the map that will be handed out Saturday morning
6. Noon (or thereabout) - we will gather for lunch; we will cover questions or comments at this time, before resuming the climbing practice problems
7. Think about graduation climbs after you have a feel for your ability and interest - talk to the instructors about grad climbs that interest you
- 8. Check in harnesses, personal anchors, and helmets at the end of class**
9. Last Minute Announcements for tomorrow!

Read Chapter 9 for Sunday

Read Chapter 8 for next Wednesday

Basic Outdoor Rock Climbing School Syllabus - Session # 4: 2nd climbing day

When: 8:30 am - 5:00 pm, Sunday - *Plan to meet at 8:15 am!*

Where: TBD

Equipment: All climbing gear, helmet, tape or tape gloves, hiking boots/shoes, climbing shoes, backpack to carry gear/food

Food and water: Lunch and at least 3 quarts (preferably 1 gallon) of water, FOOD TO SHARE

1. Check out harnesses & helmets
2. Technique lecture & demos
3. Students who have not rappelled will go directly to stations set up for this make-up; rappelling skills are essential for the grad climbs
4. Climbs: multiple single pitch top-ropes
5. **Think about graduation climbs & talk to Scott regarding preferences**
6. Check in harnesses & helmets
7. Carpool back to Target

Read Chapter 8 for next Wednesday

Basic Outdoor Rock Climbing School Syllabus - Session # 5: Self-rescue

When: 6:00-9:30 pm, Wednesday – Get there early and be ready for CLASS to START at 6:00

Where: Phoenix Rock Gym, 1353 E. University Dr., Tempe AZ 85281 – see map on page 9

Read: Self-rescue chapters in the Outdoor Rock Climbing School Manual prior to class

Equipment: All climbing gear, helmet, gloves, and **STIFF HIKING BOOTS/SHOES (preferably hightops)**
(your feet will be stepping into prusiks and the prusik will be wrapped around your ankle)

1. Check-in at the front desk when arriving at the gym and sign a gym waiver
2. Check out harnesses & helmets
3. Announcements
4. Review grapevine knot, make sure all three Prusiks are tied and ready for use
5. Gear lecture: ropes, slings, carabiners, belay devices, pro
6. Techniques to learn:
 - Tie off and escape the belay
 - Practice putting on and taking off the chicken-hitch before you prusik
 - 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, tying off short, convert to Prusik, prusik down
7. ***Finalize your Grad Climb assignment with Scott sometime during the evening***
8. Check in harnesses & helmets

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. The small waist Prusik goes on first, and comes off first.
4. Always “dress” your Prusik hitch.
5. If the Prusik hitch slips, add another wrap.
6. Always tie off short a minimum of 10’ - 15’.
7. Plan so you always have 2 points of contact.
8. Keep an eye on the carabiners for cross loading and make sure the carabiners are locked.
9. Do not grab the Prusik knot (slide the knot with two fingers either above or below the knot).
10. Prusiks are not designed to catch a fall.
11. When carrying Prusiks off of your harness, carry them around one shoulder and your head.
12. Since you are most likely not using your Prusiks often, inspect the grapevine knots/condition of Prusiks before using.
13. Prusik cord must be smaller in diameter than that of the rope to be prusiked on.

FAQs

1. YES - You can prusik up a double rope (it may require more wraps of the 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 techniques for prusiking will be dealt with on an individual basis)

Read Chapter 8 for Thursday

Basic Outdoor Rock Climbing School Syllabus - Session # 6: Self-rescue

When: 6:00-9:30 pm, Thursday - Get there early and be ready for CLASS to START at 6:00

Read: Self-rescue chapters in the Outdoor Rock Climbing School Manual prior to class

Where: Phoenix Rock Gym, 1353 E. University Dr., Tempe AZ 85281 – see map on page 9

**Equipment: All climbing gear, HELMET, gloves, and STIFF HIKING BOOTS/SHOES
(*your feet will be stepping into prusiks*)**

1. Check-in at the front desk when arriving at the gym and sign a gym waiver if you didn't on Tuesday
2. Check out harnesses & helmets
3. Announcements
4. ***Please fill out the survey and turn in prior to end of class. HOW CAN WE IMPROVE THIS CLASS?***
5. Students
 - Tie off and escape the belay (visual review only, only practice this again if time permits)
 - New technique – prusik up and down using one Prusik
 - Demo: Combination of skills – Prusik up fixed line past a knot, tying off short, convert to rappel, pass the knot on rappel
 - Remember to practice putting on and taking off the chicken-hitch before you prusik
 - Practice Auto-block safety rappel backup!
 - ***Meet your Grad Climb leader & get written directions and details for your Grad Climb***
6. Check in harnesses and helmets
 - ***Give your club gear (harness, personal anchor & helmet) to your Grad Climb leader***
7. Announcements

Reminder: Please return any borrowed practice ropes so that they are available for the next class. Thanks!

Basic Outdoor Rock Climbing School Syllabus - Session # 7: Grad Climbs and Party

When: Saturday – all day - see grad climb leader THURSDAY NIGHT for details for your grad climb

Where: Grad climbs per sign up; **Grad party details and directions are on the last page in this syllabus.**

Equipment: All climbing gear, helmet, tape or tape gloves, hiking boots/shoes, climbing shoes. Contact your leader and reference written grad climb description 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 can 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. Every attempt will be made to match students with their first or second choice.

- **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.

Phoenix Rock Gym

The Phoenix Rock Gym is Located At

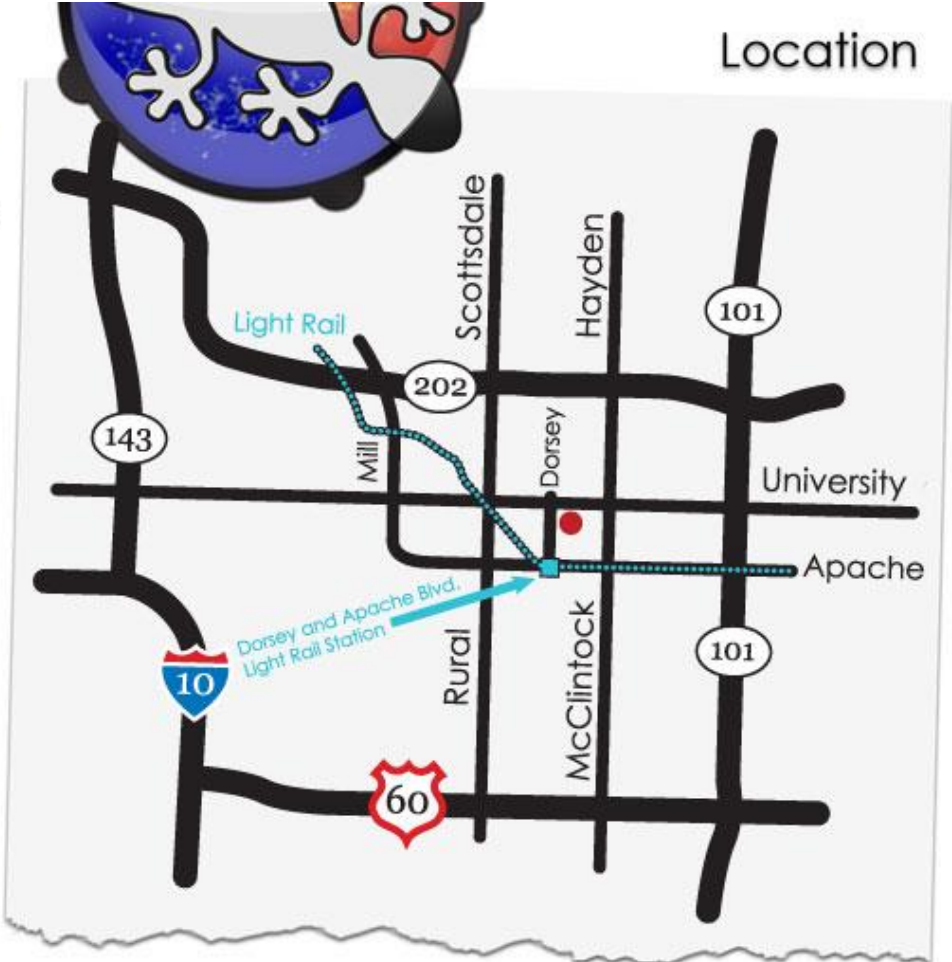
1353 E. University Dr.
Tempe, AZ 85281

480.921.8322

Interactive Map

Printer Friendly
Directions

Location



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 Basic 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

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