

## Session # 1: Lecture

**When:** 6:30 -9:30 pm, Tuesday

**Where:** Free Arts: 352 E Camelback Rd, Phoenix, AZ 85012

**Lead Instructor:** David A Sampson, [darthur.sampson@gmail.com](mailto:darthur.sampson@gmail.com), mobile (480) 433-9113

**Students** – No climbing gear required, just a notepad and pen to take notes for Tuesday and Thursday evening classroom sessions.

NOTE: **Please** call or text if you are running late, or cannot attend the evening class. Put your name in your text message so that I know who you are.

### 6:30 PM

- Introduction – Lead Instructor & Students (getting to know one-another).
- Summary of topics to discuss tonight and Thursday night (Chapters to read).
- Leader Responsibility:
  - To have all the requisite skills and to protect yourself (climbing, anchors, route-finding, protection, self-rescue
  - To your second and the rest of the climbing team
- Mental aspects of leading (more discussion in “Process of Leading”):
  - Concentration, awareness
  - Dealing with fear
  - “Macho” factor. Am I OK to lead this pitch? Respecting others
- Lead styles – on-sight, red-point, pink-point definitions.

### 7:00 PM

- Protection:
  - Types of lead climbs – sport, trad, mixed
  - Protection discussion using demo board
    - Cams, nuts, tricams, ...
    - Placement considerations. Rock quality, flakes, cam walking, consideration for your “second”
  - Anatomy of sport and trad draws (and slings):
    - Top and bottom of sport draw
    - Trick triple
    - Clipping techniques – bolts and gear, sport and trad draws
    - Extension needed?
    - Back-clipping, Z-clipping

### 8:00 PM – Break

### 8:12 PM

- Belay anchor needed? Requirements? Options? Use demo board
- Personal anchor alternatives (PAS? Climbing rope- depends on route, pitch anchors, and lead)
- How to place and clean gear (appropriate gear for the placement- no “fishing”)
- Options and considerations for racking gear

## 8:45 PM

- The Lead Fall:
  - Overall dynamics – forces and effects on your body, top piece, obstacles
  - Effects on you, the rope, and the gear
  - Fall factor – what is it and why does it matter?
  - Lead belay techniques and considerations – Devices (short list). How to soften the fall. Ground anchor needed?
  - How to fall – what to consider, do's and don'ts

## 9:25 PM – Clean up

## Session # 2: Lecture

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

**Where:** Free Arts: 352 E Camelback Rd, Phoenix, AZ 85012

**Lead Instructor:** David A Sampson, [darthur.sampson@gmail.com](mailto:darthur.sampson@gmail.com), mobile (480) 433-9113

Students do not need to bring any climbing gear to the classroom but you can take notes.

NOTE: **Please** call or text if you are running late, or cannot attend the evening class. Put your name in your text message so that I know who you are.

## 6:30 PM

- The Process of Leading:
  - Communication – agree on how to communicate when you can hear and when you **can't** hear
  - Do you need a ground anchor? Helmet?
  - Route planning
  - What gear to rack? How many draws? What pieces and how many?
  - Considerations for protection on lead. When? What piece? How often?
    - First placement. Zipper stopper needed?
    - Sew it up or run it out? Place early and often
    - Do I use this piece or save it for later (when to save pieces)?
    - Slings natural features for protection
  - Considerations for the second. Ability to clean (reach)? Protecting a traverse
  - Clipping
    - Stance, piece selection, placement, clipping rope (DO NOT fall when you are clipping)
    - Bolt OK? Piton or other old stuff?
    - Fatigue
  - Body and rope position (in relation to your legs)

## 7:30 PM – Break

## 7:40 PM

- Mind and body:
  - Rest and movement. When to think, when to move. Know your strength
  - Mental state – Fearful? Confident?

- Back off or go?
- Down climb? Aid through?
- Leader Rescue considerations:
  - Basics – brief description of reaching the injured leader and counterbalance rappel
  - Does my second have the skills if I'm injured?
  - What are the basic skills and where do I learn them?

### 8:30 PM

- Multi-pitch considerations:
  - Weather, gear, speed, fitness, approach length, daylight, turnaround time
  - Rope options (and why)– singles, doubles (or half ropes) (Not much use for twins)
  - Rope management (“cow pie”, anchor overlap, sling wrap)
  - Light and fast (10 essentials), or bring a pack
- Descent:
  - Not done until we're down. Lots of opportunity for injury
  - Know your options for getting down and have what you need (walk off? 2 ropes? Lengths?)
  - Be ready to fix or set anchors. Maybe leave gear. How to tie ropes together
  - Throw the rope? Carry it out? If rappelling: Take it down with me (saddle bags)?
  - Test pull. Considerations to minimize stuck ropes
- Slide Show (if time/interest allows):
  - Anchors & gear placements
  - Topos –How to read
  - Bad things that can happen to good people pics

### 9:25 PM – Clean up

## Session #3: Saturday Field Day - Upper Sullivan's Canyon (Chino Valley)

**NOTE: Please be in communication if you are running late or cannot attend.**

1. Create etriers.
2. Have instructors set up top anchors while students are creating their etriers and rappelling in to the canyon. Typically, south facing wall in February and north facing wall in September.
3. Gear trust/Fi-fi hook exercise
4. Stations
  - a. Use rope as anchor thrown over boulder- several variations for knot (best is over-hand on a byte; other creative knots are possible). Use an auto-block device to bring up second
    - i. Scenario: Bringing up second, and walking off from the top of the pitch, with rain coming. Provide distraction pieces
  - b. Boulder with pinch point. Use a 20 foot webbing to create an equalized anchor (double coil; water knot; overhand).
    - i. Scenario: Bringing up second using an auto-blocking device. Walking off.
  - c. Roof climb with rock fall potential

- i. Scenario: On a multi-pitch climb. Bring up second who will continue climbing. With roof, need to protect for upward movement yet be equalized with a multi-directional anchor.
  - d. Wide crack. Give students big gear to practice placing big gear.
- 5. Top-rope climbing, time permitting. Set up three or so climbs for instructors and students.

### **Session #4: Sunday Field Day - – Watson Lake (pavilion wall)**

**NOTE: Please be in communication if you are running late or cannot attend.**

1. Protected lead climbing exercises
  - a. Focus on basics of belaying, piece placement, zipper stopper, foot work (keeping rope from behind legs). One instructor top rope belays (for each team of two).
2. Stations
  - a. Sport Climb; cleaning the anchor. Rogil typically runs this station.
  - b. Chock stone as a rappel anchor (provide 44 inch runner)
    - i. Scenario: need to get off the top of a climb. No other way down.
  - c. Multi-directional pull to avoid possible rock fall (may not have this station).
    - i. Scenario: second is continuing; rock fall potential so anchor must allow sideways movement. Three pieces: #2, #1, green or yellow alien; use 20 foot cordelette.
  - d. Multi-pitch lead station; pre-rig an anchor about eight feet off the ground.
    - i. Scenario: leader “climbs” to the anchor, clips into the shelf. Using an auto-blocking device bring up second from the master point. Second clips in; switch leads; belayer puts leader on belay, removes auto-block. Mock start to the next pitch; Use top anchor piece as a point for the draw (first piece); Paul, PK, David A. know how to run this station.
  - e. Three-in-One station (time permitting): pre-rigging, tandem rappel (need 44 inch runner); 3:1 assist.
    - i. Scenario: for pre-rig, rappelling after a long multi-pitch climb (safe way to get everybody down); tandem rappel, helping an injured partner that is conscious and available to maintain balance get back to the ground; 3:1, assist a partner past a crux. Chris Adams and Tina, Scott Nagy, and Tom Seeley know how to run this station.
  - f. Walk a cam when gear is limiting: wide crack below the four-in-one station, south side. Use a #6 Camelot.
  - g. “How to properly coil a rope.” Note: If instructors are available.
3. Top-rope climbing (time permitting)

**Logistics:**

**Session #3: Saturday Field Day - Upper Sullivan's Canyon (Chino Valley)**

Meeting Times/Locations (may vary slightly depending on time of year):

**6:45 AM** – Meet at Starbucks at I-17 and Happy Valley Rd in Phoenix (**Don't be late**). **If you do not plan on this meeting location PLEASE be in communication.**

**7:00 AM** – Last car leaving Starbucks for Prescott/Chino Valley

**8:20 AM** – Re-group at Safeway parking lot in Chino Valley (NE corner of Hwy 89 and Road 2 North)

**8:30 AM** – Last car leaves Safeway for Upper Sullivan's Canyon

**8:45 AM** – Arrive; partner up. Display "Frost know", have students rig etriers. Distribute club gear (DO NOT Park in front of the gate)

**9:00 AM** – Hike to location of class

**4:00 PM** – Pack up and hike out

**5:00 PM** – Return club gear and depart

**What to Bring**

Bring all your climbing gear, including any pro you might own. Don't forget the Instructors will generously share their personal gear to make sure you have all the pro and quickdraws you may need. **If you borrow gear, each team borrows from one person.** Ensure that you return the gear back to that person. You will need **stiff-soled hiking shoes or boots** for standing in etriers. Bring your climbing shoes for fun climbing (time permitting).

**Directions to Chino Valley Safeway and Upper Sullivan's Canyon**

From Phoenix, take I-17 North to Hwy 69 at Cordes Junction. Take Hwy 69 toward Prescott until you reach Fain Road (stoplight) at MP 283.5, there will be a sign for Chino Valley. Note: You will reach Fain Road just past Dewey before you reach Prescott – it bypasses Prescott and is shorter. Take a right onto Fain Road (wide open fields, pass a couple stoplights) and follow this to the exit for Prescott and Chino Valley. Go North (right on Hwy 89) to Chino Valley for 9

miles. Our re-grouping location is in Chino Valley at the Safeway parking lot, NE corner of Hwy 89 and Road 2 North.

To get to Upper Sullivan's Canyon from the Chino Valley Safeway, continue going North on Hwy 89 for 5 miles and turn right on Old Hwy 89. Stay on Old 89 2 miles until you reach the bridge, park on the southeast side of bridge across from torn down stone structure. Here is a map from the Safeway to the Sullivan's Canyon parking area: <http://g.co/maps/bvb9>

### **Saturday Night Camping**

The last day of AMC School (Sunday) is held at the Pavilion Wall at Watson Lake. In the past we have attempted to coordinate camping for all participants that want to camp Saturday evening, but at present we have no set camping location. This will be addressed during the classroom portion of Lead School.

### **Session #4: Sunday Field Day - The Pavilion Wall, Watson Lake**

#### **Directions to the Pavilion Wall at Watson Lake**

From Phoenix, take I-17 North to Hwy 69 at Cordes Junction. Take Hwy 69 toward Prescott until you reach Fain Road (stoplight) at MP 283.5, there will be a sign for Chino Valley. Note: You will reach Fain Road just past Dewey before you reach Prescott – it bypasses Prescott and is shorter. Take a right onto Fain Road (wide open fields, pass a couple stoplights) and follow this to the exit for Prescott/ Chino Valley. Go South (left on Hwy 89) to the second roundabout. Exit East into the Watson Lake Park. There is a day fee to enter the park. Continue straight past a large field on your left, and up a hill to a parking area with Ramada's. Park near the eastern end of the parking lot.

#### **Meeting Times/Locations.**

**8:00 AM** – Meet at the parking area for the Pavilion Wall.

**8:15 AM** – Hike in to the Pavilion Wall

**3:30 PM** – Break down, pack up and hike out

**4:00 PM** – Return club gear and depart