

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

When: 6:00 pm, Tuesday

Where: Online via Zoom (link sent in a separate email)

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

Equipment: Tonight, you will need your "school pack" of climbing gear, previously issued. We will also discuss harnesses, personal anchors, helmets, and shoes – which will be needed for the weekend sessions.

Prerequisite Reading:

- Read Chapters 3 & 4 (we will discuss these topics tonight)

AMC Rock Climbing & Self Rescue Manual:

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

Useful step-by-step knot tying resource:

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

Tonight's Agenda:

1. Introduction
2. Safety, class rules (see below) and equipment lecture
3. **Break**
4. Demonstration video: overhand knot, water knot
5. Demonstration video: figure-8 on a bight, figure-8 on a follow-through
6. Demonstration video: grapevine knot, stopper knot
7. **ANNOUNCEMENTS** - next class
8. Demonstration video: rope coiling - backpack coil

Class Rules:

1. COVID protocols – masks, social distancing, hand sanitizer
2. Please be on time for each session
3. Wear a name tag on your helmet – use athletic tape as it peels off nicely
4. Use your partner's name in climbing calls
5. Do not step on ropes - these are your lifeline, and can be damaged by grinding dirt and sand into them
6. Do not use or take out knives or sharp instruments near any ropes - ropes under tension cut very easily
7. Do not smoke near the ropes or other equipment; please smoke well away from the group, downwind
8. Do not litter; pack out everything
9. Always wear a helmet during the weekend sessions
10. Always clip into an anchor when near an edge, or when an instructor asks you to
11. Stay away from cliff edges above people unless you are belaying - it is easy to knock down rocks
12. Yell "ROCK!" any time you see something coming down the cliff, no matter who else also yells or what it is
13. Do not belay unless your belay setup has been approved by an instructor and an instructor is monitoring your belaying
14. Do not rappel unless your rappel setup has been approved by an instructor and someone is able to bottom-belay you
15. Do not climb unless your climbing tie-in has been approved by an instructor
16. If you wear glasses, wear a restraining strap (e.g. Croakie) - it is easy to knock your glasses off while climbing
17. If you have long hair, tie it up or back - it is easy to get it caught in a rappel
18. Remove watches, rings and jewelry before climbing for safety and to avoid destroying them
19. No dogs or other pets - we love pets, but it makes it difficult to concentrate on learning
20. No observers (e.g. family & friends) due to COVID restrictions
21. No drones – flying drones in the preserve is prohibited (and they sound like a swarm of bees!)
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, close to the rocks, all around the climbing area? Yes!

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

When: 6:00 pm, Thursday

Where: Online via Zoom (link sent in a separate email)

Prerequisite Reading:

- Read Chapters 2, 5, 6, & 7

1. Announcements & questions
2. Review: students will tie all six knots
3. Discussion:
 - The AMC Land Advocacy Committee, and our efforts to keep climbing areas open
 - The Access Fund
 - Climbing ethics
 - Ratings
4. **ANNOUNCEMENTS:**
 - **Grad Climb / Self-Rescue Day**
 - **Saturday's schedule**
5. **Break**
6. Technique demo videos:
 - Bottom belay top rope setup, climbing calls, and belay – using slot device and Muenster hitch
 - Top belay setup & climbing calls
 - Rappel setup and rope throwing
 - Rappelling using belay device with extension and autoblock (tie stopper knot at ends of rappel lines)

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 drive to the **Tom's Thumb Trailhead** facility on the North side of the McDowells in the McDowell Sonoran Preserve. **See map on page 6.**

*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 could have an allergic reaction to bees, 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 will want to use a medium size pack. It is not too far to carry a small ice chest also if you want.

Prerequisite Reading: Chapter 9

Equipment: You will be issued a harness, personal anchor, and helmet, or you may bring your own (must be UIAA certified). **Club equipment must be turned in at the end of the last class!**

Other Equipment: Climbing shoes, student gear pack, mask, hand sanitizer, gloves, hiking boots/shoes, long pants, wind shell, warm/cool clothing, sunscreen, and whatever else you may need to stay comfortable for the day. Please be prepared for any type of weather.

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

1. Check out harnesses, personal anchors, and helmets
2. **Important!** Discussion about proper care and handling of safety equipment
3. Announcements & questions
4. Discussion of technique and balance
5. All students will go to the rappel boulder to practice standard rappel and Muenter rappel, including autoblock
6. Students will divide into pairs to visit stations as described on the map that will be emailed separately
7. Noon (or thereabout) - we will gather for lunch; we will cover questions or comments at this time, before resuming the climbing practice problems
8. Last Minute Announcements for tomorrow!

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

When: 8:00 am - 4:30 pm, Sunday - *Plan to meet at 7:45 am!*

Where: Meet at Starbucks - 2501 West Happy Valley Road #50, Phoenix, AZ 85085 (across the parking lot from Lowe's)

Prerequisite Reading: Chapter 9

Equipment: All climbing gear (including: harness, helmet, personal anchor, climbing shoes and student gear pack), mask, hand sanitizer, gloves, hiking boots/shoes, long pants, wind shell, warm/cool clothing, sunscreen, and whatever else you may need to stay comfortable for the day. Please be prepared for any type of weather.

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

1. Technique lecture & demos
2. Climbs: multiple single pitch top-ropes
3. Tear-down and help carry out ropes/gear
4. Drive back to the Valley of the Sun

Basic Outdoor Rock Climbing School Syllabus - Session # 5: Grad Climbs and Self-Rescue

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.**

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*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 could have an allergic reaction to bees, please alert the Lead Instructor*

The class will be at multiple climbing areas near Sven Slab where we will be practicing self-rescue techniques. While the climbing areas are all relatively close to each other, there will be quite a bit of hiking to get around, so plan to **carry everything including lunch, water, climbing gear, etc. with you**. You will want to use a medium size pack.

Prerequisite Reading: Chapter 8

Equipment: All climbing gear (including harness, helmet, personal anchor, climbing shoes and student gear pack), mask, hand sanitizer, gloves, hiking boots/shoes, long pants, wind shell, warm/cool clothing, sunscreen, and whatever else you may need to stay comfortable for the day. Please be prepared for any type of weather.

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

Map for Saturday(s) Climbing Sessions in the McDowells

