

## Instructor's Meeting: Wednesday, March 2, 6:00 PM (The Furniss Residence)

**Location:** Information sent via separate email

### General Instructions:

- 1) COVID protocols - you must agree to the following to participate:
  - a) Read and agree to the current AMC Covid Guidelines and Code of Conduct (attached)
  - b) Wear a mask in public when social distancing is not practical
  - c) Social distancing
  - d) Self-selecting out if feeling unwell or if instructed by one of the event leaders
  - e) Use gloves and use hand-sanitizer frequently
  - f) Do not share food
- 2) Wear a yellow T-shirt, even if you don't have the AMC shirt.
- 3) Wear a name tag. It is preferred that you supply your own (e.g. climbing tape on your helmet and/or shirt) to minimize contact
- 4) Pre-arranged instructor list and assignments for each day – no “show up and help” – **watch your email**
- 5) 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.
- 6) Please tune in to the Zoom 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.
- 7) Backup all belays and rappels on all class days – you may need to fill in as the belayer at some stations.
- 8) No self-rescue in the gym. This will be practiced on the second Saturday (formerly grad-climb day)
- 9) Students will keep their harnesses, personal anchors and helmets for the duration of the class – no comingling of gear. We’ll hand out equipment on Saturday at Target and discuss proper care for their safety equipment.
- 10) The students will have only seen a demo video of proper belay technique. Assume they do not know what they are doing. Please review the PBUS belay instructions at the end of this syllabus and be prepared to observe/correct/teach it at all stations where a belay is involved.
- 11) The students will have only seen a demo video of how to tie a knot. Be prepared to demonstrate the water knot, grapevine (will be needed for their auto block prior to rappelling) and especially the figure-8 with a follow-through for properly tying into their harness.

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 kosh longer than the length of the knot. Remember, if demoing with a rope start with more tail.

### AMC Documents Link

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

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

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

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

## Instructor Syllabus - Session #1 (Zoom)

**When: Tuesday, March 8, 6:00 pm**

**Where: Online via Zoom** – meeting link sent via separate email

<b>1. Lectures:</b>	<b>Start Time</b>
a. Andrea _____ introductions (20 min)	6:00
b. _____ club leadership speaks about membership, Meetup, outings, etc. (5 min.)	6:20
c. Andrea _____ glossary slide show (5 minutes)	6:25
d. Andrea _____ general/safety lecture (25 minutes)	6:30
e. Andrea _____ gear lecture – helmet, shoes, harness demo (25 minutes)	6:55
f. 10-minute break	7:20
g. _____ Video _____ overhand, water knot (15 minutes)	7:30
h. _____ Video _____ figure 8 on a bight, follow-through (15 minutes)	7:45
i. _____ Video _____ grapevine & stopper knot (15 minutes)	8:00
j. _____ Video _____ rope coiling - backpack coil (10 minutes)	8:15

Read Chapters 3 & 4 – covered tonight

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

## Instructor Syllabus - Session #2 (Zoom)

**When: Thursday, March 10, 6:00 pm**

**Where: Online via Zoom** – meeting link sent via separate email

1. Lectures:

- a. Andrea Review knots
- b. Andrea The climbing world: access, ethics, ratings
- c. Video **Bottom Belay** – Explain configuration, demo belay process & climbing calls (slot device & Muentner)
- d. Video **Top Belay** - Explain configuration, demo belay process using Muentner & climbing calls
- e. Video **Rope throwing and Rappel setups** - with **extended slot device** and **Autoblock** rappel backup

2. Announcements

3. Review Saturday's class

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

Read Chapter 9 for Saturday & Sunday

Read Chapter 8 for next Saturday

## Instructor Syllabus - Session #3 (1<sup>st</sup> Climbing Day – McDowells):

**When: Saturday, March 12, arrive at 6:45 AM leave by 7:00 AM**

**Where: Target Parking Lot – 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 and take an immediate right into the shopping center. **Park near the entrance from the Frontage Road.**

**Supplies - general:** Hand sanitizer, mask, first-aid kits, radios, extra batteries, **maps**, comb, pruners, extra water, trash bags.

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

Andrea \_\_\_\_\_

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

Andrea \_\_\_\_\_

**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)**

Andrea \_\_\_\_\_

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

Andrea \_\_\_\_\_

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

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. Demo helmets at check-in. Use **climbing tape for Name Tags** on helmets
3. Designate lead and tail vehicles to take students out so no one gets lost.
4. Announcements after regrouping at the practice area – Andrea
  - 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:** COVID – hand sanitizer, masks, social distancing
  - e. **Safety:** do not belay until your climber has checked you out
  - f. **Safety:** do not climb until your belayer has checked you out
  - g. **Safety:** do not belay, climb, or rappel until an **instructor has checked you out**
  - h. **Safety:** wear helmets
  - i. **Safety: Always use Autoblock on rappel**
  - j. **Safety:** watch out for cactus, snakes
  - k. **Safety:** drink water
  - l. **Safety:** use sunscreen
  - m. **Any special medical conditions (e.g. potential allergic reaction to bees!)?**
  - n. Identify EMT's, medical help \_\_\_\_\_
  - o. Stay on trails (for safety, low impact); do not wear climbing shoes between main areas
  - p. 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
  - q. 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
  - r. 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

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

**When: Sunday, March 13, arrive at 6:45 AM, leave by 7:00 AM**

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

**Supplies - general:** Hand sanitizer, mask, first-aid kits, radios, extra batteries, **maps**, comb, pruners, extra water, trash bags.

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

Andrea \_\_\_\_\_

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

~~Andrea \_\_\_\_\_~~

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

Andrea \_\_\_\_\_

### **Instructors Gear:**

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

1. Caravan to Watson Lake Park in Prescott to set up climbs (see map on page 7). There is a \$3 fee per vehicle to enter the park. The kiosk takes both cash and credit, but it's probably safer to have both available.
- ~~2. Check out harnesses~~
3. Announcements - Andrea
4. Review Sunday's class
5. Plan on staying until 4:30 pm to break down climbs and help to carry out gear

**Read Chapters 8 & 10 for next Saturday**

## **AMC Basic School Syllabus - Session # 5 (Self-Rescue – McDowells)**

**When: Saturday, March 19, arrive at 6:45 AM leave by 7:00 AM**

**Where: Target Parking Lot – SE corner of 101 & Frank Lloyd Wright**

**Hint:** Same place as last Saturday!

**Equipment:** All climbing gear, helmet, gloves, hiking boots/shoes, climbing shoes

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

### **Instructors Gear:**

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

Setup Morell's Boulder, Sven Practice Area, Sven Slab, others.

Students will rotate through climbing and self-rescue throughout the day.

### **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. YES – You can prusik up/down with only one prusik (in a pinch) – use the rope
3. Ascenders - Mechanical ascending device used mostly by cavers, aid climbers, and rescue personnel
4. 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)
5. Top heavy climbers (special technique for prusiking will be dealt with on an individual basis)
6. 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)

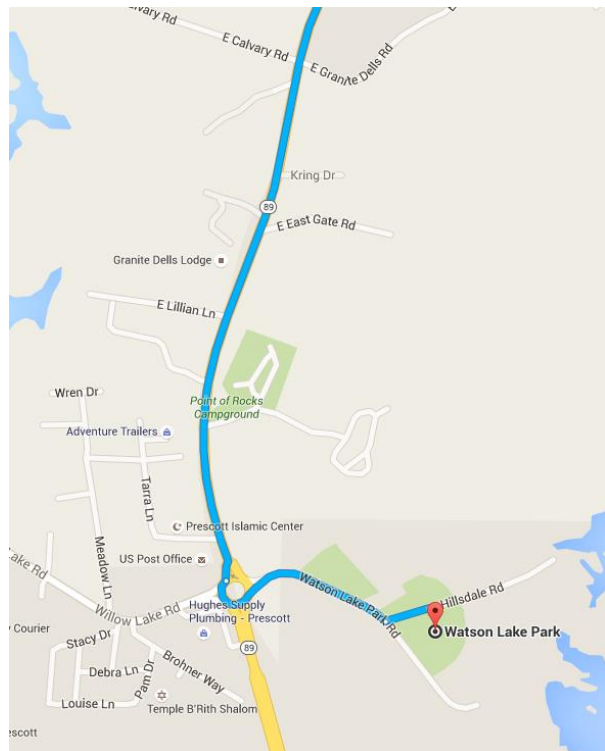
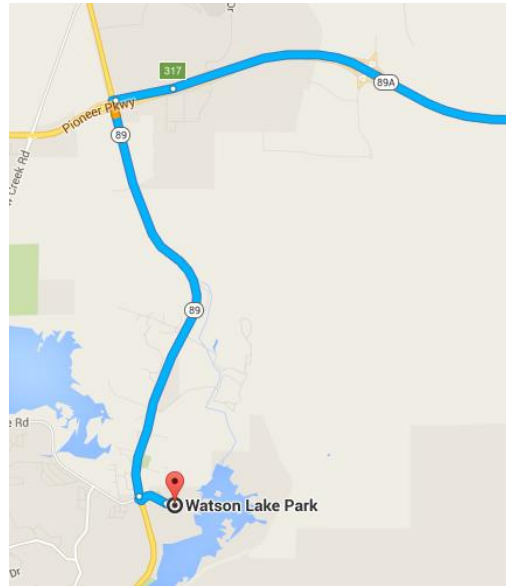
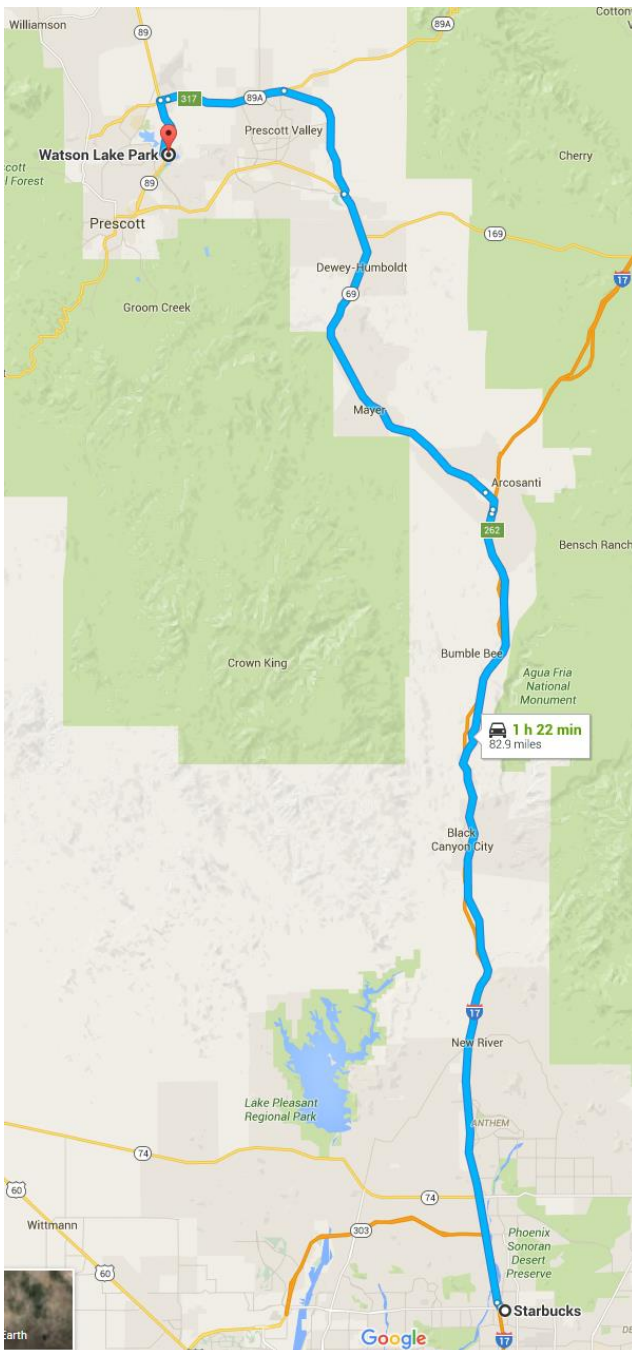
## Directions to Watson Lake Park

From Phoenix, take I-17 North to Hwy 69 at Cordes Junction, Exit 262.

Take Hwy 69 toward Prescott, about 20 miles, until you reach Fain Road (stoplight, Maverik gas station); there will be a sign for Chino Valley. Note: You will reach Fain Road just past Dewey before you reach Prescott.

Turn right onto Fain Road which will merge with Hwy 89A going west. After about 13.5 miles, exit on Hwy 89 South, turn left.

Follow Hwy 89 south about 3 miles to the second traffic circle. Exit the circle to Watson Lake Park. Pay the parking fee and regroup at the north boat ramp.



## **AMC Guidelines and Code of Conduct for In-Person Activities During COVID-19 Pandemic** **Effective: 1/12/21**

During the COVID-19 public health emergency, the Arizona Mountaineering Club is offering in-person activities in accordance with the following guidelines, which follow current guidance from U.S. Centers for Disease Control and Prevention, Arizona Department of Health Services, and Maricopa County Department of Health. These guidelines will be reviewed regularly and are subject to change.

In-person events are also subject to any applicable rules or requirements imposed by the managing entity of the event location, whether private, city, county, state, or federal.

All event organizers, outing leaders, and participants involved in in-person activities are expected to adhere to the guidelines as described below. Anyone who cannot commit to following these requirements may not lead or attend any in-person AMC activity at this time. If you have any questions, please contact AMC board president Andrea Galyean at [andregalyean@hotmail.com](mailto:andregalyean@hotmail.com) or 602-797-0919.

### **Event Guidelines**

In-person events must be outdoor-only and must be approved in advance by the AMC board or Outings Chair.

*Permitted activities:*

- Stewardship events with maximum 10 participants.
- Hiking or scrambling outings with maximum 10 participants, including Outing Leader/s.
- Single-pitch outings with maximum 10 participants, including Outing Leader/s.
- Multi-pitch outings with maximum 7 participants, including Outing Leaders/s.
- Grand Canyon Clean-Up, with restrictions established by GCC Organizer, Outing Leaders, and NPS.
- Schools and clinics with restrictions as established by Schools Chair and Lead Instructors and reviewed by AMC board.
- Online events.

*Groups smaller than maximum limit are advised if circumstances do not allow adequate distancing for maximum number of participants.*

### **Event Leaders must:**

- Model AMC guidance and ensure AMC Guidelines are followed during in-person activities.
- Plan activities to ensure that participants can maintain six-foot physical distancing as much as possible.
- Stop any activity if the situation prevents adherence to these guidelines.
- Remove any participant who does not adhere to these guidelines.
- Notify board president Andrea Galyean at 602-797-0919 or [andregalyean@hotmail.com](mailto:andregalyean@hotmail.com) as soon as possible if they are notified that an event participant develops COVID-like symptoms or tests positive for COVID-19 within 10 days after the event; and provide the full participant list and contact information in order to facilitate contact tracing and notification.
- Include the AMC COVID Code of Conduct (below) in any event announcements and distribute the guidelines to participants in advance of the event.

### **AMC COVID Code of Conduct for in-person events**

#### **All participants must:**

- Remove themselves from participation if they experience any COVID-like symptom of illness within 10 days prior to the event, including cough, shortness of breath or difficulty breathing, fever, chills, muscle pain, headache, sore throat, fatigue, nausea, diarrhea, or recent loss of taste or smell.
- Remove themselves from participation if they have tested positive for COVID-19 within 10 days prior to the event or if they have been directly exposed to any individual with a suspected or confirmed case of COVID-19 within 10 days prior to the event, unless they were protected with appropriate PPE and/or mitigation procedures.
- Wear a face covering that securely covers the nose, mouth, and chin unless outdoors and at least six feet away from other participants, in which case masks are optional unless required by the Event Leader, by law, or by other applicable rules or regulations.
- Remain a minimum of six feet from all other participants whenever possible, excepting participants who share their household.



- Follow the instructions of event leaders at all times.
- Notify the relevant event organizer or Outing Leader as soon as possible if they develop COVID-like symptoms (see above) or test positive for COVID-19 within 10 days after the event.
- Behave in a safe and respectful manner toward other participants and exercise their best judgement regarding their personal safety risk.
- Individuals who violate these requirements will not be permitted to participate in the event.