

## AMC Basic Outdoor Rock Climbing School Syllabus — INSTRUCTORS

**Instructor's Meeting: Wednesday, Oct. 12, 6:00 PM (The Furniss Residence)**

**Location:** Information sent via separate email

### Supplies to bring:

#### **Gear for student packs:**

Bill F. \_\_\_\_\_

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:**

Bill F. \_\_\_\_\_

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

#### **Instructor's Yellow T-Shirts**

Scott K. \_\_\_\_\_

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

Scott K. \_\_\_\_\_

## General Instructions:

- 1) COVID protocols, per CDC: masks are optional, social distancing is encouraged where possible, hand washing/sanitizing is encouraged. People with symptoms, a positive test, or exposure to someone with COVID-19 should wear a mask.
- 2) If you have a yellow AMC instructor shirt, wear it. If not, wear some other yellow t-shirt if possible.
- 3) Wear a harness if possible.
- 4) Wear a name tag on your shirt or helmet.
- 5) We will have instructor list and assignments for each day – **watch your email**.
- 6) New instructors: watch how we teach the class, especially if you have not been through BORC.
- 7) We have established ways to teach that are consistent with current best practices. These are not the **only** way to do things, but for consistency please teach these methods in this class. It is very confusing for students to be taught multiple methods when they are first learning.
- 8) Teach by demonstrating, then allowing students to do it themselves. Give them space and avoid the temptation to reach in and take over.
- 9) When fitting harnesses or giving instruction regarding putting on or tying into harnesses, be very mindful of students' personal space. Avoid touching people unless necessary and always ask permission first.
- 10) Please tune in to the Zoom lectures if you can. This helps keep our instruction consistent.
- 11) Backup all belays and rappels on all class days. You may need to fill in as the belayer at some stations.
- 12) Prior to the first climbing day, 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 watch the video at: <https://youtu.be/FZEX0avxx6Y> so you are prepared to observe/correct/teach it at all stations where a belay is involved.
- 13) In addition to the standard tube-style belay device, we want to familiarize students with other options, especially assisted-braking devices. If you have a Gri-gri, Vergo, or similar device, please bring it for climbing days so we can familiarize students with proper use.
- 14) On climbing days, be prepared to review the water knot, double grapevine (will be needed for their auto block prior to rappelling) and especially the figure-8 with a follow-through for tying into their harness.
- 15) For self-rescue practice at PRG, arrive early if possible and practice.
- 16) Grad Climb Leaders: please come to PRG on Thursday, Oct. 27 to pick up helmets, harnesses, ropes, and patches
  - a) There will be Grad Climb sheets to give to your students
  - b) After self-rescue practice, students will bring Grad Climb leaders any AMC harnesses and helmets
- 17) NOTE that we are teaching several techniques that are not yet reflected in an updated Manual. Watch the demo videos for current methods.
  - a) Stopper knot is a simple grapevine knot at the end of the rope
  - b) Always close the system when rappelling or belaying. If the rope end is not tied in to another climber, use a stopper knot.
  - c) Belay technique – PBUS – Pull, Brake, Under, Slide
  - d) Extended Rappel – use a 48" sewn runner through tie-in points, tied with an overhand; use belay loop autoblock

## 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/>

# AMC Basic Outdoor Rock Climbing School Syllabus — INSTRUCTORS

**Lead Instructor:** Andrea Galyean, [andreagalyean@hotmail.com](mailto:andreagalyean@hotmail.com), cell/text: 602-797-0919

## Session # 1: Intro, climbing gear, basic knots & rope handling

**When:** Tuesday, Oct. 18, 5:30 p.m.–9:30 p.m. **PLEASE COME EARLY** to help with harness & shoe fitting

**Where:** North Mountain Visitor Center, 12950 N. 7<sup>th</sup> St., Phoenix AZ 85022

### Equipment:

- |  |                        |
|--|------------------------|
| 1. Supplies for registration: clipboards, markers, waivers, registration cards/labels, student nametags, instructor nametags, pens | Bill F. _____          |
| 2. Registration  | Eric E. _____          |
| 3. Instructor and Student syllabi (bring extra)  | Bill F. _____          |
| 4. Gear packs for students (bring extra)   | Bill F. _____          |
| 5. Yellow T-Shirts   | Scott K. _____         |
| 6. Projector   | Bill F. _____          |
| 7. Supplies for class: harnesses (2 bags), all climbing ropes, box of practice ropes   | Bill F. _____          |
| 8. <b>Instructors' gear: Bring your harness &amp; standard harness gear, wear a yellow T-shirt</b>                                 | <b>ALL INSTRUCTORS</b> |

**Harness Fitters: Please arrive by 5 p.m.** Use size medium first if possible. When fitting harnesses, be considerate of students' personal space. Avoid touching people unless necessary and always ask permission.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Agenda:

- |  |      |
|--|------|
| a. Andrea _____ introductions (30 min)   | 5:30 |
| b. _____ club leadership speaks about membership, Meetup, outings, etc. (5 min.) | 6:00 |
| c. Andrea _____ glossary slide show (5 minutes)                                  | 6:05 |
| d. Andrea _____ general/safety lecture (25 minutes)                              | 6:10 |
| e. Andrea _____ gear lecture: helmet, shoes, harness demo (25 minutes)           | 6:35 |
| f. 10-minute break   | 7:00 |
| g. _____ Video _____ overhand, water knot (15 minutes)                           | 7:10 |
| h. ALL: Water knot practice (10 minutes)   | 7:25 |
| i. _____ Video _____ figure 8 on a bight, follow-through (15 minutes)            | 7:35 |
| j. ALL: Figure 8 on a bight & figure 8 follow-through practice (10 minutes)      | 7:50 |
| k. _____ Video _____ grapevine & stopper knot (15 minutes)                       | 8:00 |
| l. ALL: Grapevine & stopper knot practice (10 minutes)                           | 8:15 |
| m. _____ Video _____ rope coiling - backpack coil (10 minutes)                   | 8:25 |
| n. ALL: Pack up gear and move outside for rope coiling practice (5 minutes)      | 8:40 |
| o. ALL: Rope coiling practice  | 8:45 |
| p. Students return club gear and everyone goes home                              | 9:15 |

### Key points to address when tying knots:

- Overhand/waterknot: check length of tails, 4-way tightening, recheck all knots periodically
- Figure 8 follow-through: use your harness to demo, get the figure 8 in the right place to start so 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 a skosh longer than the length of the knot.
- Review AMC knot demo videos and/or [animatedknots.com](http://animatedknots.com) prior to class

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

## AMC Basic Outdoor Rock Climbing School Syllabus

**Lead Instructor:** Andrea Galyean, [andreagalyean@hotmail.com](mailto:andreagalyean@hotmail.com), cell/text: 602-797-0919

### Session # 2: Climbing history, styles & ethics; belaying & rappelling

**When:** Thursday, Oct. 20, 6 p.m.–9 p.m.

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

Instructors are encouraged to join if possible. If not, please watch relevant demo videos on your own time.

#### Agenda:

- Andrea      Review knots
- Andrea      The climbing world: access, ethics, ratings
- Video      **Bottom Belay** – Explain configuration, demo belay process & climbing calls (slot device & Muentert)
- Video      **Top Belay** - Explain configuration, demo belay process using Muentert & climbing calls
- Video      **Rope throwing and Rappel setups** - with **extended slot device** and **Autoblock** rappel backup
- Andrea      Announcements about Grad climbs
- Andrea      Logistics for weekend climbing days

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

Read Chapter 9 for Saturday & Sunday

Read Chapter 8 for next Saturday

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## Session # 3: 1<sup>st</sup> Climbing day

**When:** Saturday, Oct. 22. Arrive by **6:45 a.m.** to leave at 7 a.m.

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

If you are coming north on 101, take Frank Lloyd Wright exit and turn into the Target parking lot directly from the frontage road before you reach the FLW intersection. Otherwise, go east on Frank Lloyd Wright Blvd past 101 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 gear, then carpool to the **Granite Mountain Trailhead** on the North side of the McDowell Sonoran Preserve. **See map.**

The class will be conducted at the Lost Bandana climbing area. It is a **1 ½ mile hike** from the parking lot, so plan to **carry everything including lunch, water, climbing gear, etc. with you.** There is no restroom access after leaving the trailhead, so please be prepared.

### Safety notes:

1. There are Restrooms **but NO WATER** at the Granite Mountain TH.
2. There may be **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.

**General supplies:** first-aid kits, radios & batteries, maps, comb, pruners, water, trash bags: Bill F/Andrea G. \_\_\_\_\_

**Supplies for check-in:** waivers, student nametags, instructor nametags, pens, markers. Bill F/Andrea G. \_\_\_\_\_

**Student Gear:** Harnesses & personal anchors (2 bags), Helmet box Bill F/Andrea G. \_\_\_\_\_

**Supplies for climbing setup:** Ammo box w/ hardware kits, static ropes, climbing ropes, slings, carabiners, tape for students, instructor check-sheets, large cones, PRO Bill F/Andrea G. \_\_\_\_\_

**Supplies for trails:** small cones, orange flagging, pruners, walking sticks for snake patrol. Bill F/Andrea G. \_\_\_\_\_

**City of Scottsdale Permit Sign** Bill F/Andrea G. \_\_\_\_\_

**Instructors Gear:** Yellow shirt. Climbing harness, helmet, standard harness gear, climbing shoes (optional), belay gloves (optional), hiking boots/shoes, long pants, wind shell, warm/cool clothing, sunscreen, sunhat, lunch and snacks, **at least 3 quarts of water**, and whatever else you may need to stay comfortable for the day. If you have an assisted braking belay device (Gri-gri, Vergo, etc.) please bring it.

Pro as required to set up climbs

Instructors

### Instructor assignments for Climb set-ups:

- \* The Cone (west of Lost Bandana Wall) \_\_\_\_\_
- \* Slot (leftmost route on Lost Bandana Wall – 70M) \_\_\_\_\_
- \* Lost Bandana Wall proper \_\_\_\_\_
- \* Owl-out & Family Affair \_\_\_\_\_
- \* Dueling Hammers \_\_\_\_\_
- \* **Climbing Techniques Demo** \_\_\_\_\_

### INSTRUCTORS:

- Head out at 7 a.m. to set up climbs. Take anchor gear (see instructor map) and rope for your assigned climbs.
- Mark trails with small cones, caution tape.
- Check each rope for wear before you put it up
- Make sure an OL signs off on each anchor and each anchor is weight-tested
- Check every student every time to make sure:
  - harness is on correctly, no twisted leg loops, doubled-back
  - helmet is on properly
  - all gear is racked securely on harness
- All student belays should be backed-up (safety-belayed) by an instructor
- All students should practice PBUS until they are fluent in it. Pull out lots of slack so they can take it in to practice PBUS technique before climber begins climbing.
- Students will belay with tube-style devices in the morning. After lunch, we will introduce alternative belay devices so students can practice with Gri-gris, etc.
- All students should practice falling/catching multiple times on first climbs to get comfortable.
- Correct any safety issues, but do not assume that all students want coaching on climbing technique. Ask before offering advice.

### ANDREA:

Check out harnesses, personal anchors, and helmets (at Target meeting area). Use **climbing tape for Name Tags** on helmets.

Discussion about proper use, care, and handling of safety equipment.

Announcements & questions

Designate lead and tail vehicles so no one gets lost.

Announcements after regrouping at the practice area: Review today's class. Plan on climbing until 3 p.m. & staying until everything is broken down and carried out. Plan on lunch break about noon; re-group for lunch. **Safety:** do not belay until your climber has checked you out; do not climb until your belayer has checked you out; do not belay or climb until an **instructor has checked you out**. Wear helmets; watch out for cactus & snakes; drink water; use sunscreen. Stay on trails (for safety, low impact); do not wear climbing shoes between main areas. You will take your first falls and catches today. Hand out maps. Explain the various climbs. Plan on staying until 3:00 pm to break down climbs and help to carry out gear.

**Any special medical conditions (injuries, potential allergic reaction to bees)?** Identify EMT's, medical help

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**Lead Instructor:** Andrea Galyean, [andreagalyean@hotmail.com](mailto:andreagalyean@hotmail.com), cell/text: 602-797-0919

## Session # 4: 2<sup>nd</sup> Climbing day

**When:** Sunday, Oct. 23. **Arrive by 6:45 a.m. to leave by 7 a.m.**

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

We will distribute climbing gear, then carpool to the **Tom's Thumb Trailhead** in the McDowell Sonoran Preserve. *See map.*

### Safety notes:

1. There are Restrooms but **NO WATER** at Tom's Thumb TH.
2. There may be **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.

**General supplies:** first-aid kits, radios & batteries, maps, comb, pruners, water, trash bags: Bill F/Andrea G. \_\_\_\_\_

**Supplies for check-in:** waivers, student nametags, instructor nametags, pens, markers. Bill F/Andrea G. \_\_\_\_\_

**Student Gear:** Harnesses & personal anchors (2 bags), Helmet box Bill F/Andrea G. \_\_\_\_\_

**Supplies for climbing setup:** Ammo box w/ hardware kits, static ropes, climbing ropes, slings, carabiners,

**Tape** for students, instructor check-sheets, large cones, PRO Bill F/Andrea G. \_\_\_\_\_

**Supplies for trails:** small cones, orange flagging, pruners, walking sticks for snake patrol. Bill F/Andrea G. \_\_\_\_\_

**Instructors Gear:** Yellow shirt. Climbing harness, helmet, standard harness gear, climbing shoes (optional), belay gloves (optional), hiking boots/shoes, long pants, wind shell, warm/cool clothing, sunscreen, sunhat, lunch and snacks, **at least 3 quarts of water**, and whatever else you may need to stay comfortable for the day. If you have an assisted braking belay device (Gri-gri, Vergo, etc.) please bring it.

Pro as required to set up stations

Instructors

### Instructor assignments for station set-ups:

\* Short Rappel 1 \_\_\_\_\_

\* Short Rappel 2 \_\_\_\_\_

\* Long Rappel (single) \_\_\_\_\_

\* Long Rappel (double) \_\_\_\_\_

\* Top Belay 1 \_\_\_\_\_

\* Top Belay 2 \_\_\_\_\_

\* Chimney \_\_\_\_\_

\* Lay Back \_\_\_\_\_

\* Smearing \_\_\_\_\_

\* Practice Boulder \_\_\_\_\_

\* Energizer \_\_\_\_\_

\* **Long Rappel Demo** \_\_\_\_\_

## INSTRUCTORS:

- Head out at 7 a.m. to set up climbs. Take anchor gear (see instructor map) and ropes.
- Mark trails with small cones & tape.
- Check each rope for wear before you put it up
- Make sure an OL signs off on each anchor and each anchor is weight-tested
- Check every student every time to make sure:
  - harness is on correctly, no twisted leg loops, doubled-back
  - helmet is on properly
  - all gear is racked securely on harness
- All student belays should be backed-up (safety-belayed) by an instructor
- Novices should go to short rappel first.
- All students should go to short rappel at some point to practice coiling & throwing the rope and rappelling with a Munter hitch.

## ANDREA:

Check out harnesses, personal anchors, and helmets (at Target meeting area). Use climbing tape for name tags on helmets.

Announcements & questions

Designate lead and tail vehicles so no one gets lost.

Announcements after regrouping at the practice area: Review today's class. Plan on climbing until 3 p.m. & staying until everything is broken down and carried out. Plan on lunch break about noon; re-group for lunch. **Safety:** do not belay until your climber has checked you out; do not climb until your belayer has checked you out; do not belay or climb until an **instructor has checked you out**. Wear helmets; watch out for cactus & snakes; drink water; use sunscreen. Stay on trails (for safety, low impact); do not wear climbing shoes between main areas. Hand out maps. Review of practice stations, to include: beginning rappel, long single-rope rappel, long double-rope rappel, top-belay, chimney, lie-back, mantle, and single-pitch climbing and belaying

Rappel demonstration BEFORE breaking into pairs

Students will pair up to visit rappel and climbing practice stations

Top belay and rappel stations are MANDATORY.

**Any special medical conditions (injuries, potential allergic reaction to bees)?** Identify EMT's, medical help

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Think about graduation climbs & talk to Andrea regarding preferences

Everyone will help tear down climbs, coil ropes, and help carry out ropes/gear

Return club gear before leaving at end of session



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**Lead Instructor:** Andrea Galyean, [andreagalyean@hotmail.com](mailto:andreagalyean@hotmail.com), cell/text: 602-797-0919

### Session # 5: Introduction to Self-Rescue

**When:** Tuesday, Oct. 25, 7 p.m.–9 p.m.

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

Instructors are encouraged to join if possible. If not, please watch relevant demo videos on your own time.

#### Agenda:

1. Review of climbing days & questions: **Andrea**
2. Discussion: Introduction to Self-Rescue: **Andrea**
3. Technique demonstrations:
  - a. Using prusiks to ascend/descend rope: **Video**
  - b. Passing a knot/obstruction with prusiks: **Video**
  - c. Passing a knot/obstruction on rappel: **Video**
  - d. Converting from rappel to prusik: **Video**
  - e. Escaping the belay (top-rope): **Video**
  - f. Self-rescue improv: **Video**
4. Questions?: **Andrea**
5. Logistics for next class at PRG and Grad Climbs: **Andrea**

# AMC Basic Outdoor Rock Climbing School Syllabus

**Lead Instructor:** Andrea Galyean, [andreagalyean@hotmail.com](mailto:andreagalyean@hotmail.com), cell/text: 602-797-0919

## Session # 6: Self-Rescue Practice

**When:** Thursday, Oct. 27, 6 p.m. OR Arrive as early as 4 p.m. to help set up ropes & practice your prusiking skills

**Arrive early so you are harnessed up and READY TO START BY 6!**

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

**Preparation:** Review Chapter 8 and self-rescue videos. Review double-grapevine knot and make sure all three Prusik cords are tied into loops and ready for use.

**Equipment:** Climbing harness, helmet, student gear pack, and gloves (optional). DO NOT wear climbing shoes. Bring STIFF HIKING BOOTS/SHOES, preferably high-tops to protect your ankles from the prusiks.

**General supplies:** Pen box with name tags, waivers, pens, markers Bill F./Andrea G.

**Supplies for class:** all ropes, helmets, harnesses & personal anchors (2 bags) Bill F./Andrea G.

**Grad climb assignments** Bill F./Andrea G.

**Supplies for grad climbs:** Bill F./Andrea G.

Ropes: statics and dynamics

Gear boxes: webbing, cordelettes, carabiners

Grad Climb kits for all Leaders and Students (climb description, AMC patches)

List of students with rental shoes for Grad Climb Leaders

**Instructor gear:** harness, helmet, standard harness gear, yellow T-shirt ALL INSTRUCTORS

### Agenda:

- **ALL:** Check in at front desk as you arrive and sign waiver if needed
- Set up anchors: **start at 4:00 pm** \_\_\_\_\_ Andrea G.
- Check out harnesses & helmets as students arrive: \_\_\_\_\_ Andrea G.
- Start class at 6 p.m.:
- Announcements: Andrea G.
- Discussion: other ascending methods and devices: \_\_\_\_\_ Andrea G.
- Review student prusiks and retie if needed: ALL
- Practice chicken hitch: ALL
- Tie off and escape the belay demonstration: \_\_\_\_\_
- Student practice: ALL
  - Prusik up and down fixed line, tying off short
  - Prusik up fixed line past a knot, tying off short, prusik down past a knot
  - Rappel down a fixed line, tying off short, convert from rappel to prusik
  - Prusik up fixed line, tying off short, convert to rappel, rappel down
- Hand out grad climb information to students: Andrea G.
- Pick up grad climb equipment & ropes, meet students: Grad Climb Leaders
- Check in harnesses & helmets as students finish: \_\_\_\_\_
- Review grad climb day and party Andrea G.

### **Key points to remember while prusiking:**

1. **Always** carry your Prusiks with you, even when sport climbing. You never know when you'll need them!
2. Carry them properly chained for easy access.
3. The waist Prusik goes on first, and comes off first.
4. Always "dress" your Prusik hitch.
5. If the Prusik hitch slips, add another wrap. If it's too "sticky," remove one.
6. Always tie off short every 10' - 15'. As you move up, connect yourself to a new tie-off before releasing the old.
7. Plan so you always have a minimum 2 points of contact.
8. Watch the carabiners for cross loading and make sure the carabiners are locked.
9. Do not grab the Prusik hitch. Instead, slide it up or down with two fingers either above or below the hitch.
10. Prusiks are not designed to catch a fall and may slip if not properly (i.e. SLOWLY) weighted.
11. When carrying Prusiks off your harness, carry them around one shoulder and your head.
12. Inspect the grapevine knots and condition of the Prusik cords before using.
13. Prusik cord must be smaller in diameter than that of the rope to be prusiked on.

### **Tips**

1. You can prusik up a single or double rope. Treat a double rope as one, wrapping both strands together.
2. You may need to add or subtract wraps of the Prusik hitch depending on the # of strands and/or diameter.
3. Ascenders can be used in place of Prusiks. Mechanical ascending device used mostly by cavers, aid climbers, and rescue personnel. Learn the specifics of your gear.
4. Prusiking with a pack requires special techniques. At all times keep pack attached to the anchors or yourself. A loop at the top helps when hauling a pack or prusiking with a pack. Can be built in or pre-rigged.
5. Top-heavy climbers may want to use a chest harness or other techniques for prusiking. We will demonstrate options on an individual basis.

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## Session # 7: Grad Climbs & PARTY

**When:** Saturday, Oct. 29, all day

**Where:** Grad climb details, including meeting time and location TBD per Grad Climb Outing Leader.

Grad party details and directions are on the last page of the syllabus.

NEED A PARTY HELPER TO SET UP: \_\_\_\_\_

**Equipment: Confirm all climb details with Grad Climb Outing Leader.** At a minimum, you will need: harness, personal anchor, helmet, climbing shoes, student gear pack, belay gloves (optional), hiking boots/shoes, warm/cool clothing, sunscreen, sunhat, lunch and snacks, water, and whatever else you may need to stay comfortable for the day. Contact your leader and reference grad climb description for other needed gear.

NOTE:

Grad climbs depend on availability of grad climb leaders, student needs, and current access issues. Missed grad climbs can be made up on a club outing at a later date. Due to space limitations, not everyone may get their first choice of climbs.

**Agenda:**

- Meet your Grad Climb Outing Leader when/where they tell you and bring what they tell you to bring.
- Climb and belay safely all day.
- Return in time for the Grad Party.
- BYOB, a potluck dish, and any special guest you'd like over to Bill & Deborah's house.

### GRAD CLIMB OPTIONS (SUBJECT TO CHANGE)

1. **\*\*The Hand, Superstitions** (5.6) 3-pitch rhyolite pinnacle. 60 min approach. \*Long free-hanging rappel. Limit 4 students/2 instructors.
2. **\*\*Crying Dinosaur, Superstitions** (5.5) 3-pitch rhyolite pinnacle. 90 min approach. \*Long free-hanging rappel. Limit 4 students/3 instructors.
3. **Hanging Gardens, McDowells** (5.6) 2-pitch granite crack and face climb. 45 min approach. 2 rappels. Limit 3 students/2 instructors.
4. **Sven Tower III, McDowells** (5.5) 3-pitch granite crack and face climb. 30 min approach. 1 short rappel & walk off. Limit 4 students/2 instructors.
5. **Praying Monk, Camelback Mountain** (5.6) 2 pitches up a conglomerate formation with a scramble in between pitches. 15 min approach. 2 rappels \*including a free-hanging section. Limit 4 students/2 instructors.
6. **Trident, Superior** (5.9) - 3-pitch sport climb, advanced climbers only. 15 min approach. Limit 4 students/2 instructors.
7. **Timezone Wall, Prescott** (5.4 – 5.7) Single-pitch sport climbing on nice granite. 15 min approach. No rappel. Limit 10 students/no limit on instructors.

NOTES: \*All free-hanging rappels involve exposure. Anyone bothered by heights or uncomfortable on rappel should select a single-pitch grad climb.

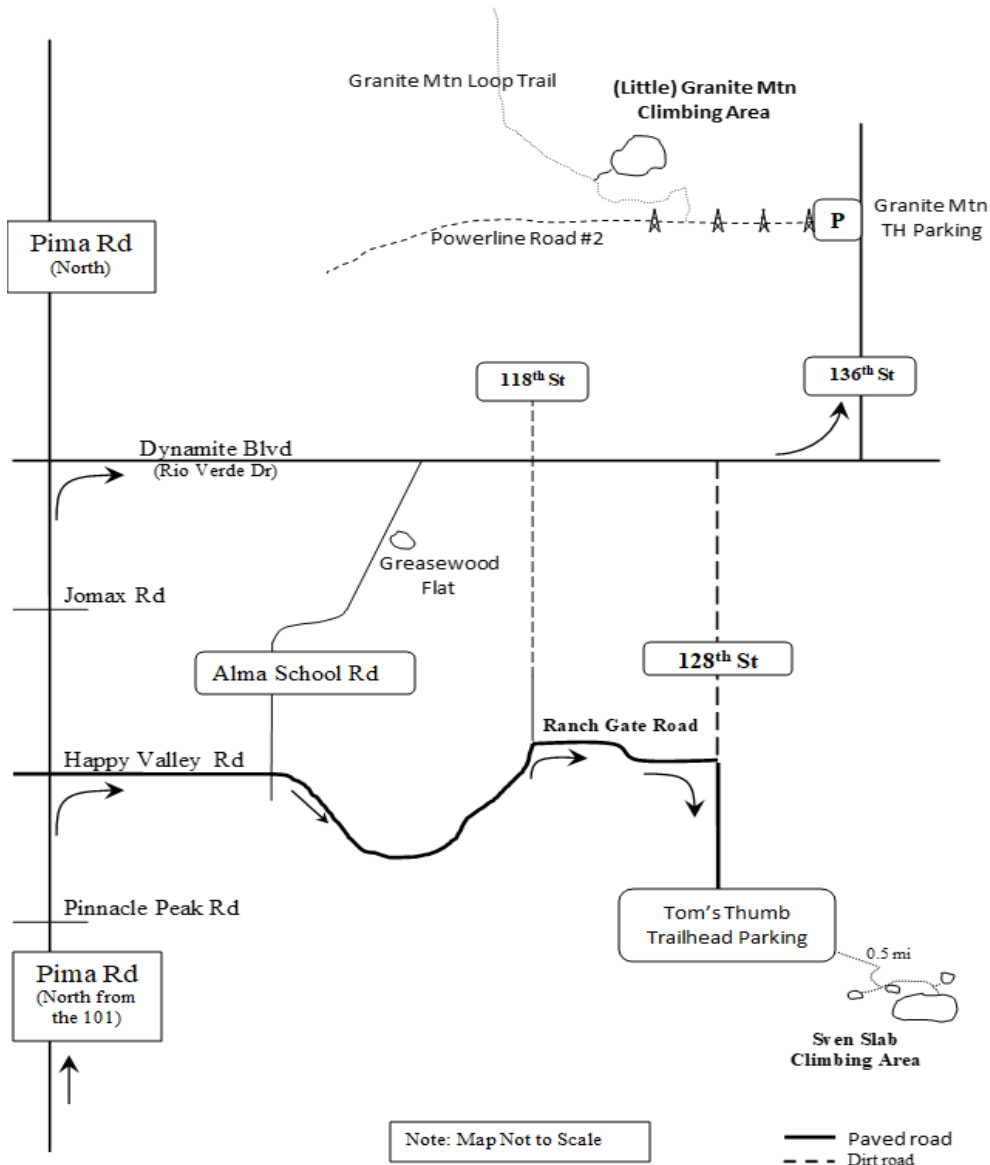
\*\* These climbs have the potential to be long days. If you have plans on Saturday other than the grad party, we would advise you to not go on these climbs. Since you may be coming down in the dark, you should also bring a flashlight/headlamp with batteries, windbreaker, and any other special gear your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

# AMC Basic Outdoor Rock Climbing School Syllabus

## Map for Weekend Climbing Sessions in the McDowells

NOTE: We're climbing at Granite Mtn. on Saturday, Oct. 22 and Tom's Thumb on Sunday, Oct. 23.

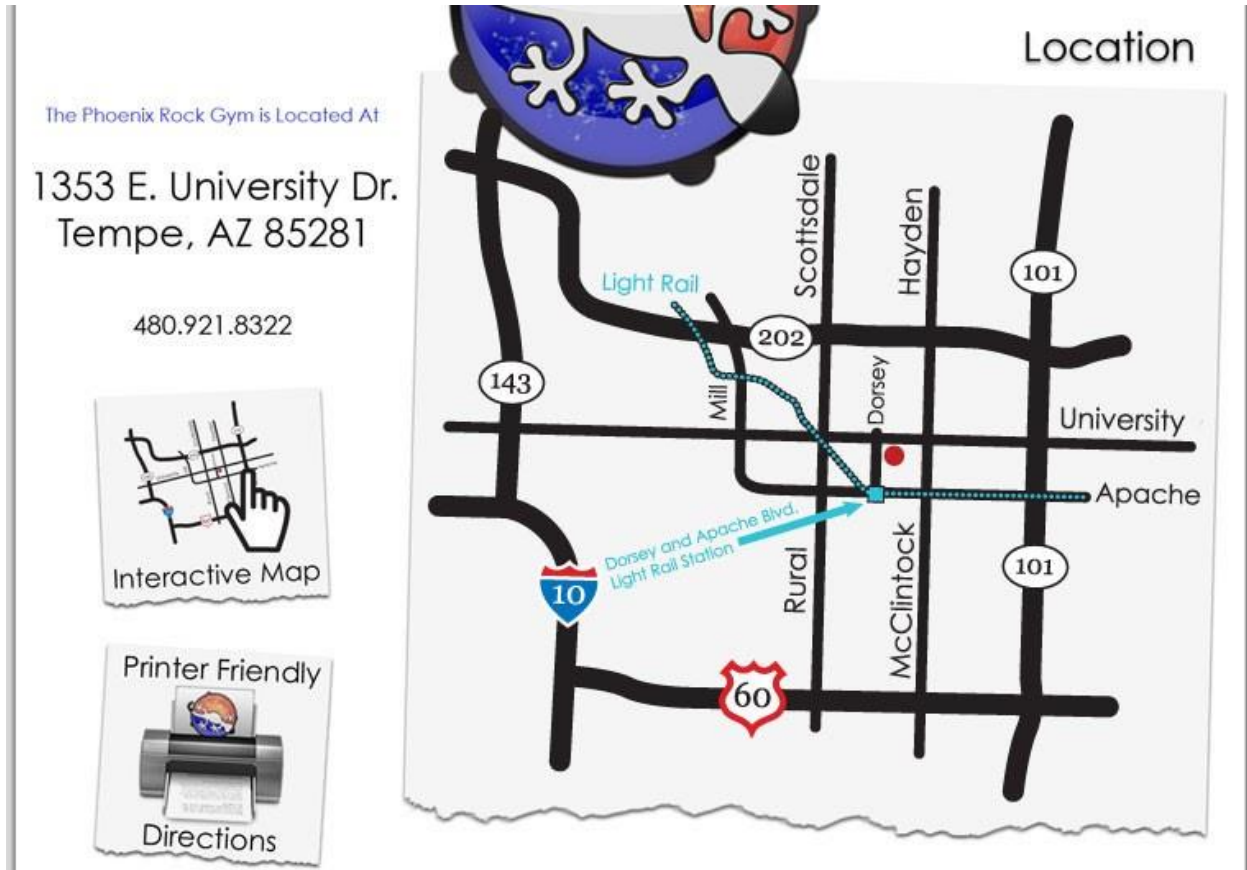
MEET at Target at Frank Lloyd Wright & 101 on both days.



## AMC Basic Outdoor Rock Climbing School Syllabus

Map for Self-Rescue Practice at PRG on Thurs., Oct. 27 at 6 p.m.

### Phoenix Rock Gym



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 Syllabus

**Lead Instructor:** Andrea Galyean, [andregalyean@hotmail.com](mailto:andregalyean@hotmail.com), cell/text: 602-797-0919

### Graduation Party

**When:** Saturday, Oct. 29, anytime after 6 p.m. following the grad climbs

**Where:** Fallon Residence: 2900 South Dromedary Drive, Tempe AZ 85282

**Directions:**

- Take Mill Ave south from Broadway Rd or north from U.S. 60 or Southern Ave
- Turn west onto Erie Dr.
- Continue until Erie ends at Dromedary.
- The house will be on the west side of Dromedary.
- Park on the street and enter through the north side gate.

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

**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, or other special guests.
- Food to eat and/or share.
- Something to grill, if you want. A barbecue will be available.
- Beverage of your choice (AMC provides water & soft drinks)
- Folding chair if you want to guarantee you have the chair of your choice.
- Your best stories and battle wounds from a day on the rocks.