

2023 Spring AMC Basic Outdoor Rock Climbing School Syllabus — INSTRUCTORS

Lead Instructor: Andrea Galyean, andreagalyean@hotmail.com, cell/text: 602-797-0919

Schedule:

Instructors' Meeting: Wednesday, March 8, 6 – 8 PM, Location sent via email

Agenda: We will check ropes, assemble gear packs, and discuss upcoming classes. Attendance is not mandatory but is encouraged, especially if you are a new Instructor. We will be working outdoors, so dress for the weather.

Class Session 1: Tuesday, March 14, 5:30 – 9:30 PM, Location: North Mountain Visitor Center, 12950 N. 7th St., Phoenix AZ 85022

Agenda: Please arrive early (5 p.m. if possible) to help check in students, distribute gear packs, and fit harnesses and shoes. Session will include student introductions, intro to climbing terms and gear, and basic knots and rope care with lead instructor. All instructors will assist students in practicing knots (overhand, water knot, figure 8 on a bight, figure 8 follow-through, grapevine and double grapevine, and daisy chaining) and in coiling ropes. A portion of the class will be held outdoors, so dress for the weather.

Instructor Gear: Yellow AMC shirt or other yellow shirt. Please wear your harness and standard harness gear if possible.

Class Session 2: Thursday, March 14, 6 – 9:30 PM, Location: online via Zoom (link sent in separate email)

Agenda: Instructor attendance is optional but encouraged. Session will cover climbing history, styles & ethics, ratings, belaying and rappelling, and climbing calls. If you do not attend, please review AMC demo videos on belaying, rappelling, and climbing calls.

Class Session 3: Saturday, March 18, **Arrive by 6:45 a.m. to leave by 7 a.m.** Location: Carpool meet-up: outside Starbucks at Happy Valley Towne Center, 2501 W. Happy Valley Rd #50, Phoenix AZ 85085. Reconvene at Watson Lake Boat Ramp Parking Area (3101 Watson Lake Park Rd, Prescott, AZ 86301) by 9 AM. There are restrooms near the parking lot, but not in the climbing area.

Agenda: First climbing day! Instructors will carry in ropes and gear and set up climbs on Time Zone Wall and Comic Cliff Wall. Outing Leaders must approve every anchor and climb. Students will arrive one hour after Instructors and will watch live demonstrations of belaying and climbing technique, then will spend the day rotating through climbs at their own pace. Instructors should coach students through proper PBUS belay technique using a tube-style device and must back up all belays. For the first climbs of the day, all climbers should climb to a safe distance and then take at least three practice falls, so that the belayer can learn how to properly catch a fall and the climber can gain confidence in the system. On later climbs, students can use a Petzl Gri-Gri or Trango Vergo assisted braking belay device.

Instructor Gear: Yellow AMC shirt or other 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 a Gri-gri or Vergo and are comfortable sharing it, please bring it. Instructors who are in charge of setting specific climbs should bring pro as needed.

Class Session 4: Sunday, March 19, **Arrive by 6:45 a.m. to leave by 7 a.m.** Location: 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 and take an immediate right into the shopping center. **Park near the entrance from the Frontage Road.**

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

Agenda: Skills practice day. Instructors will set up ropes and anchors for skills stations including: Practice Boulder (top-belay and mantle), Energizer (top-rope climbing), Student Death Slab (slab climbing and top-belay), lie back, chimney, short rappel (with tube device and munter), long rappel (single line and double line), and rappel set-up and pull. Students will arrive one hour after Instructors and will watch live demonstration of rappelling technique, then will spend the day rotating through stations, with emphasis on completing rappel set-up, rappel, and top-belay stations. Instructors should coach students through proper techniques and must back up all belays.

Instructor Gear: Yellow AMC shirt or other 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 a Gri-gri or Vergo and are comfortable sharing it, please bring it. Instructors who are in charge of setting specific climbs should bring pro as needed.

Class Session 5: Tuesday, March 21, 7–9 PM, Location: online via Zoom (link sent in separate email)

Agenda: Instructor attendance is optional but encouraged. Session will cover self-rescue concepts, including prusiking and escaping the belay. If you do not attend, please review AMC demo videos on prusiking, escaping the belay, and self-rescue improv.

Class Session 6: Thursday, March 23, 6 p.m. OR arrive as early as 4 p.m. to help set up ropes & practice your prusiking skills. Location: Phoenix Rock Gym, 1353 E. University Dr., Tempe AZ 85281

Agenda: Self-rescue practice. Instructors will set up ropes before students arrive and are welcome to practice self-rescue until class begins. Students will watch demonstration of specialty gear and additional self-rescue techniques and everyone will receive final grad climb assignments. Instructors will coach students through ascending the rope using prusiks, passing a knot, converting to/from rappel, and escaping the belay. Grad Climb leaders will meet with their groups and distribute climb information.

Instructor gear: Yellow shirt, 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. **Arrive early so you are harnessed up and READY TO START BY 6:00! Check in at front desk as you arrive and sign waiver if needed**

Class Session 7: Saturday, March 25: Grad Climbs and Party! All Day. Location and Meeting Times TBD per Grad Climb Outing Leader.

Agenda: AMC Outing Leaders will lead small groups on a variety of top-rope and multi-pitch climbs around central AZ. Instructors are needed to help second climbs, belay climbers, and provide extra supervision for new climbers.

Instructor Gear: 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.

Grad Party: Enjoy a fun evening with AMC friends and congratulate the new grads at a casual gathering immediately following grad climbs. Location to be sent in a separate email. Bring your beverage of choice, a potluck dish, and any special guest that you'd like.

General Instructions for ALL Instructor Days:

- 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 for all in-person sessions. If not, wear another yellow t-shirt if possible. *AMC Instructor shirts are provided for Instructors who have already volunteered for at least one other AMC school.
- 3) Wear a harness if possible.
- 4) Wear a name tag on your shirt or helmet.
- 5) We will have specific Instructor lists and assignments for each day – **watch your email**.
- 6) New Instructors: watch how we teach the class, and ask questions if you are not 100% sure.
- 7) We teach specific methods that are consistent with current best practices. These are not necessarily 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. Correct as needed, but avoid the temptation to take over unless there is an immediate safety hazard.
- 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 or Vergo, please bring it for climbing days so we can familiarize students with proper use.
- 14) Check each rope for wear before you put it up.
- 15) Make sure an OL signs off on each anchor and that each anchor is weight-tested.
- 16) Check every student every time to make sure: harness is on correctly and doubled back with no twisted leg loops; helmet is on properly; all gear is racked securely on harness.
- 17) All student belays should be backed-up (safety-belayed) by an instructor.
- 18) 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.
- 19) Students will belay with tube-style devices in the morning of climbing day 1. After they have had some practice, we will introduce alternative belay devices so students can practice with Gri-gris, etc.
- 20) All students should practice falling/catching multiple times on first climbs to get comfortable.
- 21) Correct any safety issues, but ask before offering advice on climbing technique. Not everyone wants beta.
- 22) 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.
- 23) For self-rescue practice at PRG, arrive early if possible and practice.
- 24) Grad Climb Leaders: please come to PRG on Thursday, March 23 to pick up helmets, harnesses, ropes, patches and Grad Climb info sheets. After self-rescue practice, students will bring Grad Climb leaders any AMC harnesses and helmets
- 25) 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 Instructor Resources

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 additional link for knot tying practice:

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

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 4 students/2 instructors.
4. **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.
5. **Trident, Superior** (5.9) - 3-pitch sport climb, advanced climbers only. 15 min approach. Multiple rappels. Limit 4 students/2 instructors.
6. **The Phoenix, Superior** (5.9) - 3-pitch sport climb, advanced climbers only. 15 min approach. Multiple rappels. Limit 4 students/2 instructors.
7. **Half and Half Wall, McDowells** (5.3 – 5.9) Single-pitch sport climbing on nice granite slab. 45 min approach. Short rappel. Limit 8 students/no limit on instructors.
8. **Rosetta Stone, McDowells** (5.1-5.5) Single pitch climbing on granite slab and cracks. 30 minute approach. No rappel. Limit 8 students/no limit on instructors.

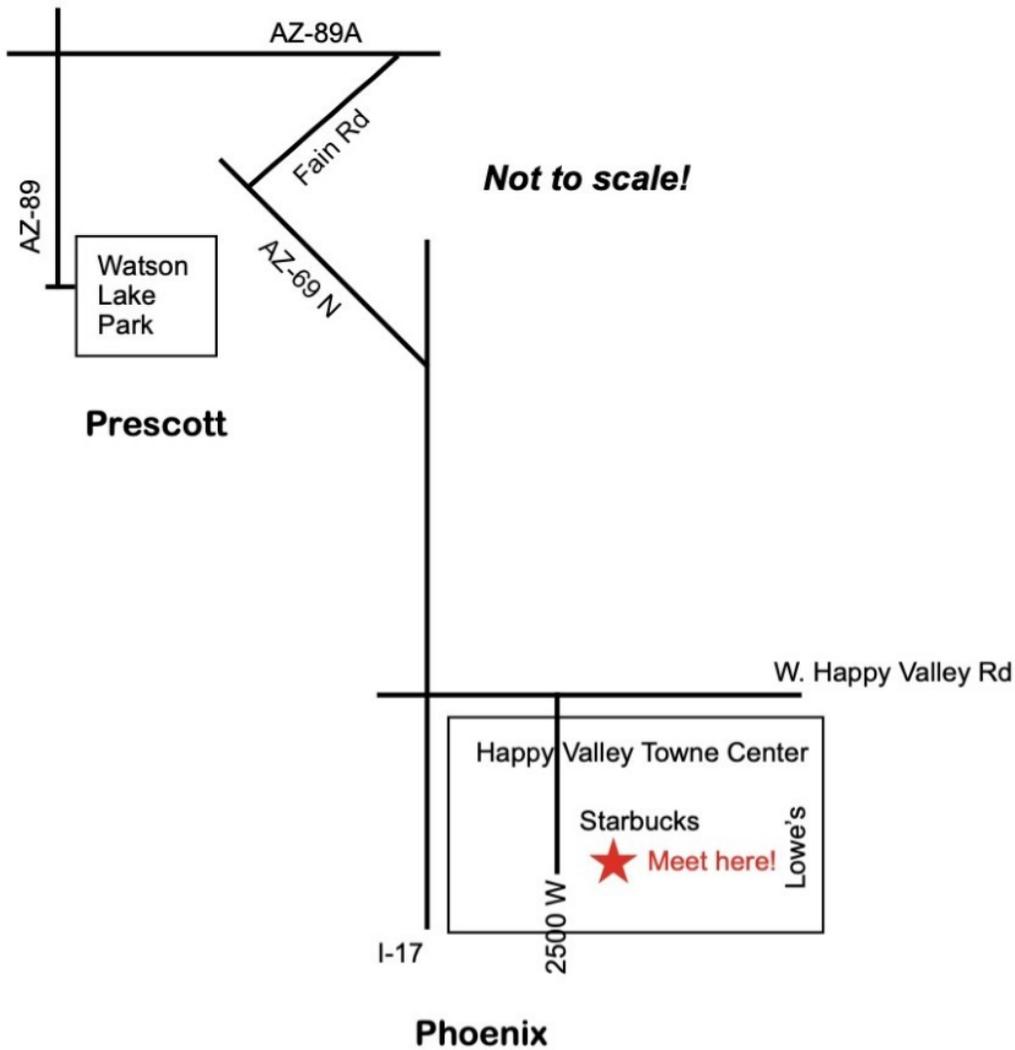
NOTES: *All free-hanging rappels involve exposure. Anyone bothered by heights or uncomfortable on rappel should select a single-pitch grad climb.

** 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.

Maps for In-Person Climbing Sessions

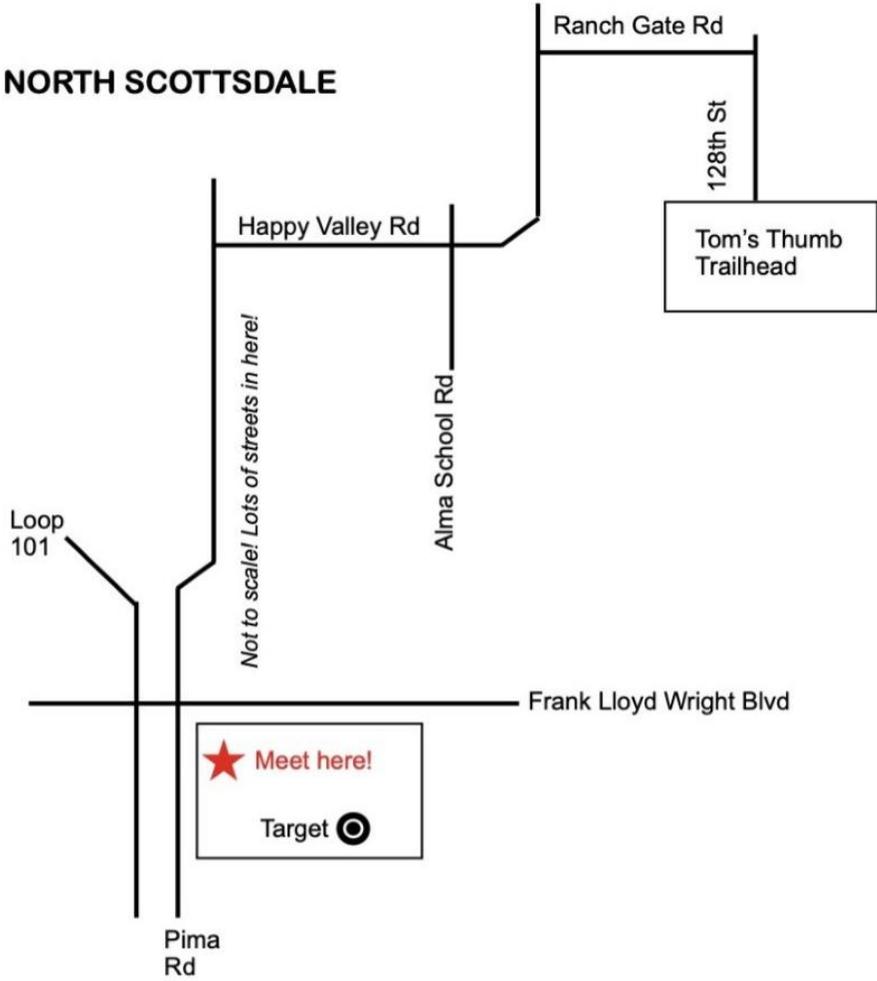
Saturday, March 18: First climbing day at Watson Lake

Meet at 6:45 a.m. in front of Starbucks at Happy Valley Road and I-17 (2501 W Happy Valley Rd, Phoenix, AZ 85085). We will carpool to Watson Lake at 3101 Watson Lake Park Rd, Prescott AZ 86301. Bring cash for parking fee: \$3 per car.



Sunday, March 19: Skills practice at McDowell Sonoran Preserve

Meet at 6:45 a.m. in the Target parking lot at Frank Lloyd Wright and Pima Rd (Loop 101). We will depart by 8 a.m. and carpool to Tom's Thumb Trailhead at 12943 E Paraiso Dr, Scottsdale, AZ 85255



Thursday, March 23: Self-Rescue Practice at Phoenix Rock Gym

Arrive as early as 4 p.m. and prior to 6 p.m. at 1353 E. University Dr., Tempe AZ 85281. PRG is on the southeast corner of University and Dorsey, behind the hotel. Check in at front desk and sign waiver, then proceed to Lead Cave.

